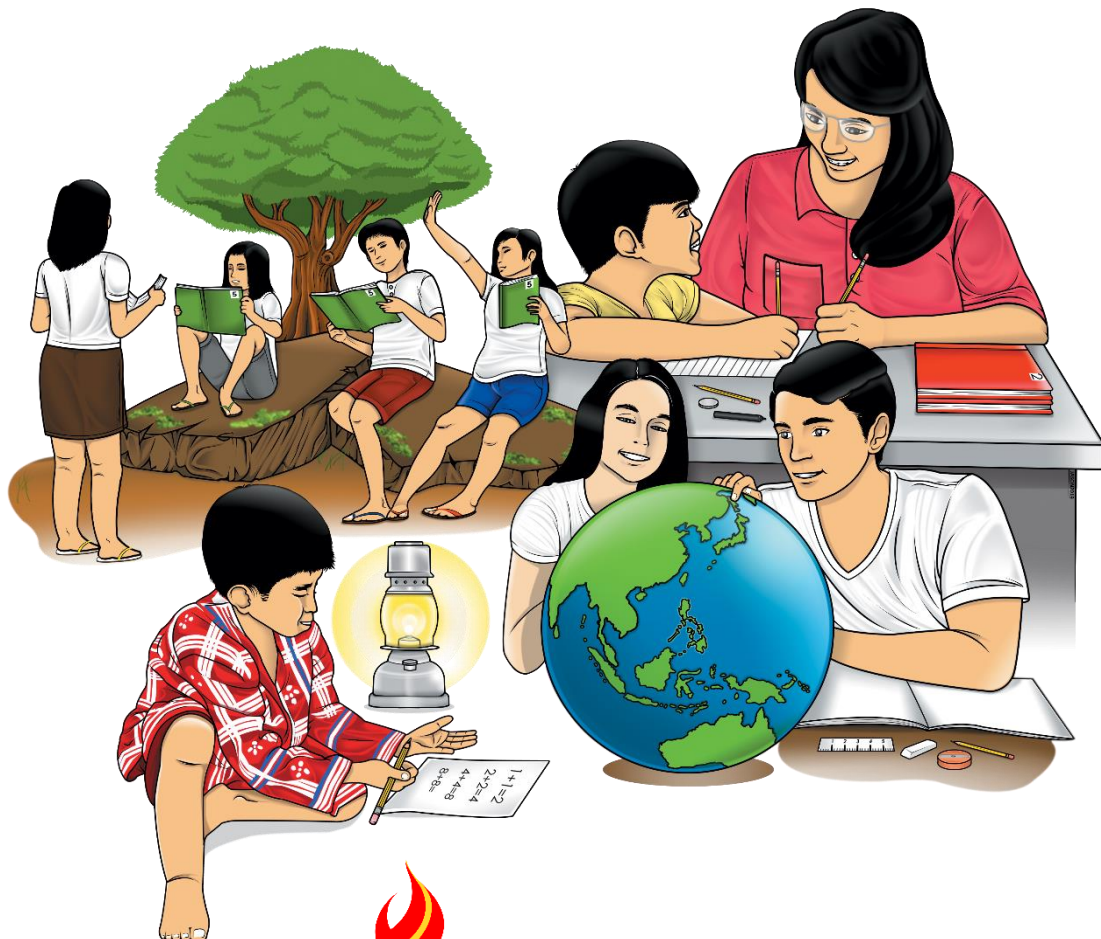


# Physical Education

## Quarter 3 – Module 2

### Lesson 1: Risk Prevention Tips in Dancing



**Physical Education – Grade 6**  
**Alternative Delivery Mode**  
**Quarter 3 – Module 1: Fitness Enhancement Through Folk Dance**  
**First Edition, 2020**

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**6**

**Physical Education**  
**Quarter 3 – Module 2**  
**Lesson 1: Risk Prevention Tips**  
**in Dancing**

## Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



## ***What I Need to Know***

This module was designed and written for you to know the nature/background of Fitness Enhancement Through Folk Dance and the mechanics on how to perform these folk dances (Maglalatik and Itik Itik.)

Dancing is a physical activity where your body move rhythmically usually to music. People dance to perform, celebrate, praise and compete to enjoy life. People also dance to express their thoughts, feelings and emotions. It keeps us physically, mentally and spiritually healthy.

Folk dances in the Philippines differ when it comes to the people who live in different areas, towns and regions. Folk dance refers to the dances created and performed collectively by the ordinary people. The term usually includes as called “ethnic dances” such as those of the cultural community in the cordillera, in Mindoro, Palawan Sulu, Pangasinan, Tagalog, Bicol, Cebuano, Ilonggo and Waray.

Folk Dances may also have divided into the “regional” which refers to dances particular to one locale or area; and the “national” which refer to those performed all over the country.

The module is divided into two lessons, namely:

- Lesson 1 – Risk Prevention Tips in Dancing
- Lesson 2 - The Fundamental Position of the Feet and Arms

After going through this module, you are expected to:

1. observes safety precautions (**PE6GS-IIIb-h-3**)



## ***What I Know***

**Directions:** Choose the letter of the correct answer. Write your answer in your activity sheet.

1. It helps keep the body from overheating.
  - A. avoid sugary foods
  - B. warm up exercise
  - C. well hydrated
  - D. proper costume
  
2. Taking this time will oxygenate blood to your muscles as it speeds up your heart rate and breathing.
  - A. workout
  - B. cool down
  - C. drill
  - D. warm up
  
3. It can be described as the guidelines or instructions of doing something correctly.
  - A. rules
  - B. procedure
  - C. directions
  - D. information
  
4. Suggested type of clothing to be worn during dance class to be comfortable.
  - A. heavy
  - B. lightweight
  - C. stretchy
  - D. two-piece
  
5. The importance of observing the safety measures of the dancers.
  - A. To prevent accidents & injuries from happening.
  - B. For them to exert their full potential
  - C. To produce productive and quality works.
  - D. All of the above.

# 1

## Risk Prevention Tips in Dancing

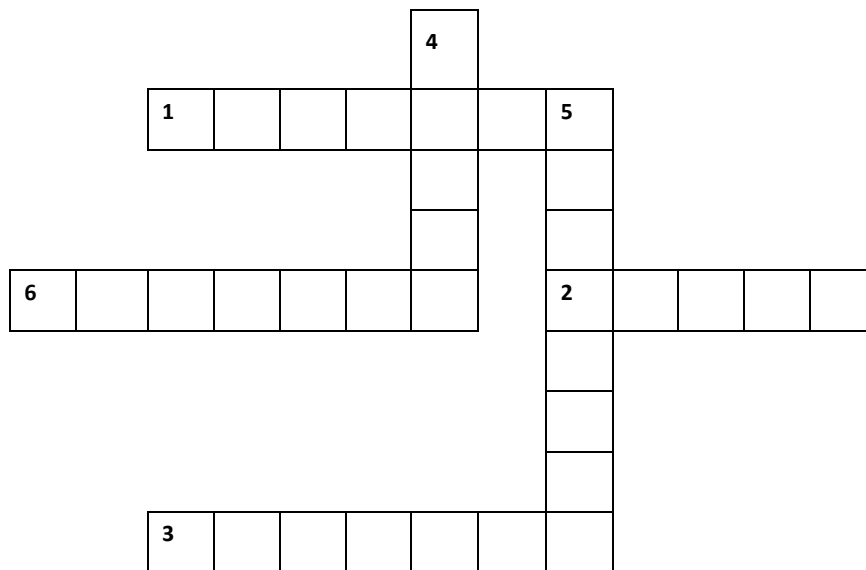
In dancing, the safety of the dancers must be taken into account. Safety measures are necessary, as this will help to prevent any adverse events such as accidents and injuries.

Safety Precautions are set to be followed for the wellbeing and protection of the people. As a result, a safe and healthy dancer increases their potential, effectiveness, and the quality of their performances.



### What's In

**Directions:** Fill in the crossword puzzle with the words missing from the sentences below.



- EXERCISE
- COSTUME
- SINGKIL
- HYDRATE
- FATAL
- RULES

**Across:**

1. \_\_\_ is to add or absorb water.
2. One of a set of explicit or understood regulations is called \_\_\_\_.
3. \_\_\_an **outfit** worn to create the appearance characteristic of a particular period, person, place, or thing.
6. \_\_\_ a folk dance of Maranao which is for royal women to attract potential suitors.

**Down:**

4. Leading to failure or disaster is \_\_\_\_.
5. \_\_\_\_ activity requiring physical effort, carried out to sustain or improve health and fitness



## ***What's New***

What are the risks prevention tips in dancing?

**Activity #1:** Work it out!

**Directions:** Do the following exercises.

1. Head bending
2. Arm circling
3. Arm stretching
4. Trunk bending
5. Leg stretching
6. Jog in place

Purposely, a warm-up and a cool-down exercise both involve doing exercises at a lower intensity and slower pace, for improving your performance, preventing injuries, and helps with recovery from exercise.

Do the following to cool down.

1. Do a 3-5 minute brisk or easy walking.
2. Do the upper body stretch
3. Get hydrated



## ***What is It***

**Rules** can be described as the guidelines or instructions for performing physical activities properly. It is very important to follow the rules for personal safety and the safety of everybody. Neglecting the participation in safety features could result in unexpected accidents or injuries.

There are certain rules we need to consider particularly in folk dancing:

### **1. Wear proper clothing.**

Dance is about movement. So, wear comfortable, cool and fresh clothing that allows you to move easily. Try not to wear rings, watches or other jewelry that is sharp or large and might catch on or scratch the hands of others.

Considering the dancers/performers, one of the important things is to have a proper costume. The quality and type of materials are important. Lightweight materials such as silk move faster and easier and tend to flow around the body.



Stretchable fabrics such as jersey, silk, chiffon, Georgette, and Lycra are commonly used because they don't restrict movement.

Costumes make dancers and movements more beautiful and artistic. It also supports dancers' better interpretation of dance moves, so that the audience immediately, will clearly describe the dancers in the characters they are portraying.

## **2. Look for a spacious area where the dancer's body can move freely.**

Space is an element of movement and therefore relevant no matter what type of dance we do. It can be used as a tool to explain how to perform steps, proper alignment and execute routines.

## **3. Do warm up exercise before activity-sessions.**

Warming up prevents injuries by loosening your joints and improving blood flow to your muscles. Warming up pumps nutrient-rich, oxygenated blood to your muscles as it speeds up your heart rate and breathing. A good warm-up should last five to 10 minutes and work all major muscle groups.

## **4. Keep the body hydrated.**

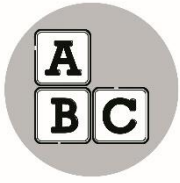
One must keep in mind that since dancing is a form of physical activity. Then, it is important to drink plenty of water to stay hydrated. It helps keep the body from overheating. This is important especially for dancers or performers wearing hot costumes and performing under stage lights.

## **5. Avoid sugary high fat snacks**

Sugary high-fat snacks are easy to grab on the go but will make you feel sluggish while dancing and can cause cramping. Avoid candy bars, cookies, potato chips, and French fries. Even some granola bars are full of sugar and provide little nutrition.

## **6. Do Cool down after activity-sessions.**

Cooling down after activities is to allow the heart rate and breathing to return to normal and to promote relaxation that simply release effort and stress – at least for a short while.



## What's More

### Activity #2: Try this.

**Directions:** Get a partner and try to perform the movements. Let your partner rate you by checking the corresponding column for his/her observation of your performance where:

**4 – very good**

**3 – good**

**2 – fair**

**1 – poor**

	<b>BEND</b>	<b>STRETCH</b>	<b>SLIDE/GLIDE</b>	<b>JUMP</b>
<b>1</b>	Knee-Bending Exercise 	Arm, Leg and Torso Stretch 	Glider Slide Lunge 	Jumping Jack 
<b>2</b>	Standing Side Bending 	Ankle-Holding Stretch 	Wall Slide 	Tuck Jump 
<b>3</b>	Sit and Reach 	Foot-Touching Exercise 	Femoral Nerve Glide 	Jump Squat 

<b>MOVEMENTS</b>	<b>Very Good</b>	<b>Good</b>	<b>Fair</b>	<b>Poor</b>
<b>Rating</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
Bend				
1.				
2.				
3.				
Stretch				
4.				
5.				
6.				
Rise				
7.				
8.				
9.				
Slide/Glide				
10.				
11.				
12.				
Jump				
13.				
14.				
15.				
	<b>4 - VG</b>	<b>3 - G</b>	<b>2 - F</b>	<b>1 - P</b>
<b>Number of Performed Movements</b>	<b>( )</b>	<b>( )</b>	<b>( )</b>	<b>( )</b>



## ***What I Have Learned***

**Directions:** Answer the review questions below to ~~check~~ assess your understanding about the lesson.

1. What are the possible risks in dancing?

\_\_\_\_\_.

2. Why is it important to follow the rules?

\_\_\_\_\_.

3. Give risk prevention tips in dancing.

\_\_\_\_\_.



## What I Can Do

**Directions:** Put a check on the box that shows proper costume for dancing. Justify your answers.



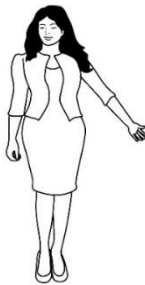
1.



2.



3.



4.



5.



## Assessment

**Directions:** Choose the letter of the correct answer. Write your answer in your activity sheet.

1. An activity that allows the heart rate and breathing to return to normal and to promote relaxation.
  - A. warm up exercise
  - B. dancing
  - C. cool down
  - D. eating
  
2. What will be the consequence of neglecting safety precautions?
  - A. Fatal injury or death.
  - B. Increase potentials.
  - C. Produce productive and quality works.
  - D. Prevent any adverse events.
  
3. Why is it important to drink plenty of water to stay hydrated?
  - A. keep the body from overheating
  - B. maintain blood pressure
  - C. loss fluid will be replaced
  - D. All the above
  
4. How can we avoid risk in a dancing activity?
  - A. do warm up exercises
  - B. wear proper clothing
  - C. eating sugary foods
  - D. A and B
  
5. If you are to choose a snack, what will it be?
  - A. granola bars
  - B. crackers
  - C. potato chips
  - D. cookies



## ***Additional Activities***

**Directions:** Follow a dance move on television/Youtube, “tiktok” or “zumba.”  
How did you start and end your 10umbaity?

Answer the checklist below by checking (/) the corresponding column of your answer.

	<b>Yes</b>	<b>No</b>
1. Do the warm up exercise		
2. Drink plenty of water		
3. Look for a spacious area		
4. Wear a proper attire/clothing		



## ***Answer Key***

**What I Know**  
1. C  
2. D  
3. A  
4. B  
5. D

**What's In**  
1. HYDRATE  
2. RULES  
3. COSTUME  
4. FATAL  
5. EXERCISE  
6. SINGKIL

**What's New**  
Do the warm up exercise

**What's More**  
Put a check on the  
scoring rubrics

**Assessment**  
1. C  
2. A  
3. D  
4. D  
5. B

## References:

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