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Physical Education

Quarter 3 – Module 2

Lesson 2: Rudiments of Dance Position



Physical Education – Grade 6
Alternative Delivery Mode
Quarter 3 – Module 2: Lesson 2 Rudiments of Dance Position
First Edition, 2020

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Physical Education
Quarter 3 – Module 2
Lesson 2: Rudiments of Dance Position

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) 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 – Rudiments of Dance Position

After going through this module, you are expected to:

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



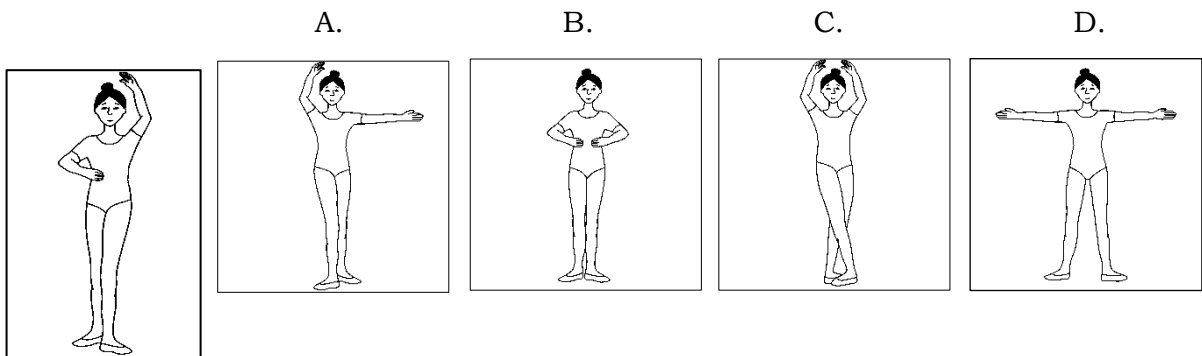
What I Know

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

1. What is the commonly used term for the rudimentary steps?
 - A. A, B, C, D, E
 - B. 1ST, 2ND, 3RD, 4TH, 5TH
 - C. 1, 2, 3, 4, 5
 - D. step, close, hop, slide, jump
2. Which among the picture is in the 3RD arm position?
 - A.
 - B.
 - C.
 - D.

3. On what position can we see a heel of front foot is close to big toe of rear foot?
 - A. 4th
 - B. 2nd
 - C. 5th
 - D. 3rd
4. Why do we need to know the rudiments of dance position?
 - A. It is the foundation of the whole picture of the dance.
 - B. It is essential to a child's further development in dance.
 - C. It is used as starting position for the free-handing exercises.
 - D. All of the above

5. What is next to the position shown on the picture below?



Lesson

2

RUDIMENTS OF DANCE POSITION

Dancers should be prepared mentally and physically for a dance performance. Dancers should have proper training before the performance. In addition, following safety precautions should be strictly observed and considered.

Directions: Match the pictures in Column A in Column B. Write the letter of the answer in your activity sheet.

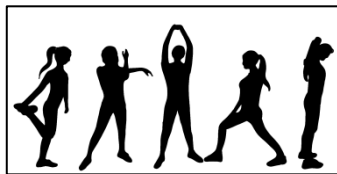


What's In

A

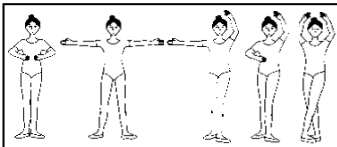
B

1.



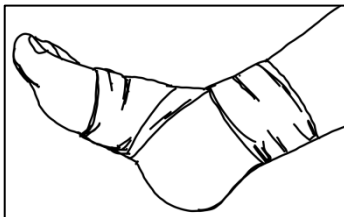
A. arm position

2.



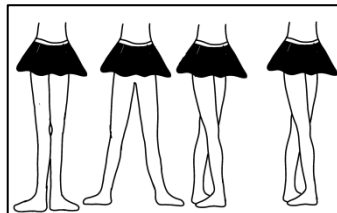
B. injury

3.



C. feet position

4.



D. warm up exercise



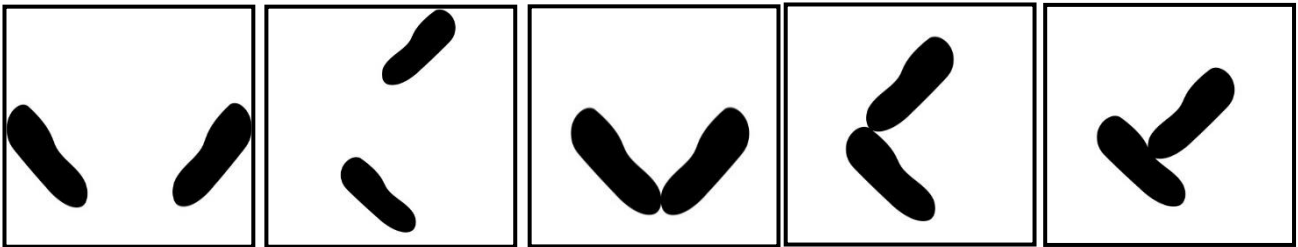
What's New

What are the arm and feet positions?

Activity 1: Arrange Me!

A. Directions: Arrange the feet positions by writing letters (A- E) on the boxes.

1. 2. 3. 4. 5.



B. Directions: Arrange the pictures by writing letters (A- E) on the boxes.

1. 2. 3. 4. 5.





What is It

There are five rudimentary steps in feet and arms. They are commonly termed as 1st, 2nd, 3rd, 4th and 5th position.

1ST POSITION

Feet: Heels close together, toes apart with an angle of about 45 degrees.

Arms: Both arms raised in a circle in front of chest with the fingertips almost touching, with the back of the hand facing front.

2ND POSITION

Feet: Feet apart sideways at shoulder width.

Arms: Both are raised sideward with a graceful curve at shoulder level.

3RD POSITION

Feet: Heel of one foot close to in-step of other foot.

Arms: One arm is raised in front as in 2nd position; another arm raised upward.

4TH POSITION

Feet: One foot in front of other foot of a pace distance.

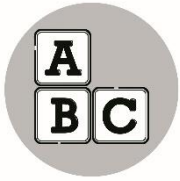
Arms: One arm is raised in front as in 1st position; another arm raised overhead.

5TH POSITION

Feet: Heel of front foot close to big toe of rear foot.

Arms: Both arms raised overhead

Reference: <http://hnupe.weebly.com/pe-2.html>

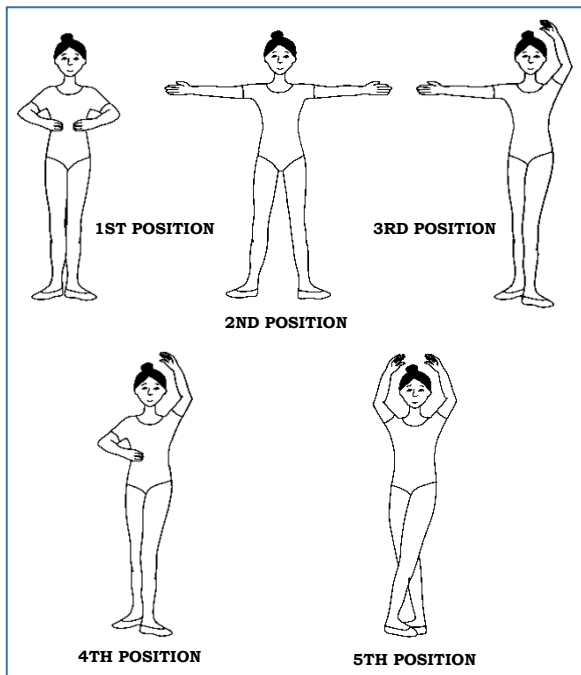


What's More

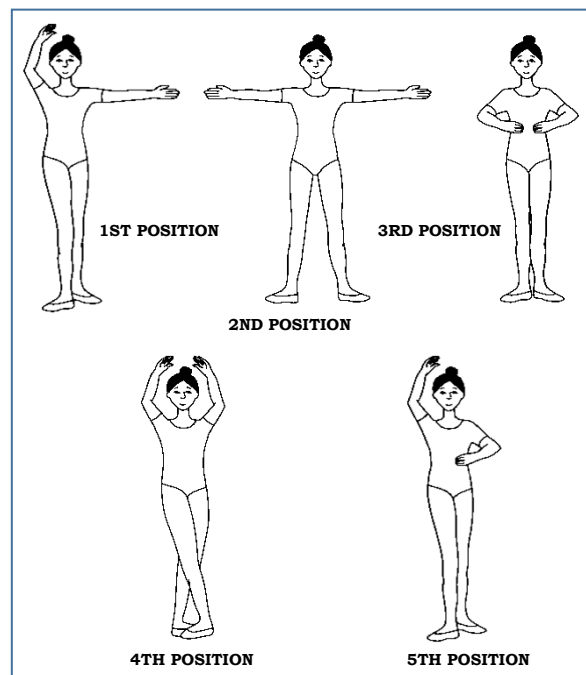
Activity 2: Try this.

Directions: Execute the following arm and feet positions. Put a check (/) corresponding with the column of your performance on the scoring rubrics.

(Using the Left)



(Using the Right)



Scoring Rubrics:

| POSITION | POOR (1) | FAIR (2) | GOOD (3) | VERY GOOD (4) |
|--------------------|-------------|-------------|-------------|------------------|
| 1 ST | | | | |
| 2 ND | | | | |
| 3 RD | | | | |
| 4 TH | | | | |
| 5 TH | | | | |
| Total Score | | | | |



What I Have Learned

Directions: Complete the sentences below to check your understanding about the lesson.

1. I have learned that

_____.

2. The rudimentary steps are commonly termed as:

_____.



What I Can Do

Directions: Execute the combination of feet and arm positions. (Left or Right)

Scoring Rubrics:

| CRITERIA | POOR (1) | FAIR (2) | GOOD (3) | Very Good (4) |
|--|---------------------|---------------------|---------------------|--------------------------|
| Mastery | | | | |
| Execution (Coordination of feet and arms) | | | | |
| Enthusiasm and Energy | | | | |
| Expression and appearance | | | | |
| Total Score | | | | |



Assessment

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

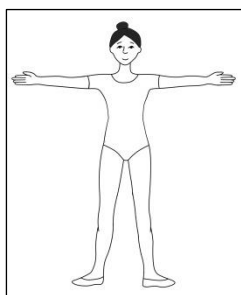
1. The position where the heel of the front foot is close to the big toe of the rear foot
- A. 4th B. 2nd
C. 5th D. 3rd

2. Among the pictures, which is in the 4th arm position?



3. This is a commonly used term for the rudimentary steps.
- A. A, B, C, D, E B. 1ST, 2ND, 3RD, 4TH, 5TH
C. 1, 2, 3, 4, 5 D. step, close, hop, slide, jump
4. The importance of knowing the rudiments of dance position
- A. It is the foundation of the whole picture of the dance.
B. It is essential to a child's further development in dance.
C. It is used as starting position for the free-handing exercise.
D. All the above.

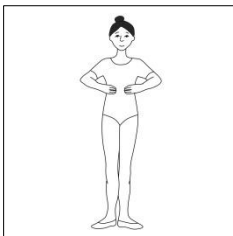
5. The next to the position which is shown on the picture below.



A.



B.



C.



D.





Additional Activities

Directions: Get a partner and try to perform the combination of basic feet and arm positions, both in left and right side. 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, on the scoring rubrics.

Scoring Rubrics:

| CRITERIA | POOR (1) | FAIR (2) | GOOD (3) | VERY GOOD (4) |
|---|---------------------|---------------------|---------------------|------------------------------|
| Mastery | | | | |
| Execution (Coordination of feet and arms) | | | | |
| Enthusiasm and Energy | | | | |
| Expression and appearance | | | | |
| Total Score | | | | |



Answer Key

| | | | | | |
|--|--|---|---|--|---|
| What I Know 1. B 2. D 3. C 4. D 5. C | What's In 1. D 2. A 3. B 4. C | What's New (A) 1. B 2. D 3. A 4. E 6. C | What's New (B) 1. D 2. E 3. B 4. A 7. C | What's More Put a check on the scoring rubrics What's I can do | Assessment 1. C 2. A 3. B 4. D 5. C |
|--|--|---|---|--|---|

References:

<https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwiY1NqIxKntAhUOc5QKHcvyAYgQFjABegQIARAC&url=http%3A%2F%2Fdomingo1084.blogspot.com%2F2018%2F12%2Ffundamental-dance-positions-lesson-7.html&usg=AOvVaw20YibtFROgFWbd0ETHhuNE&cshid=1606714027334514>

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