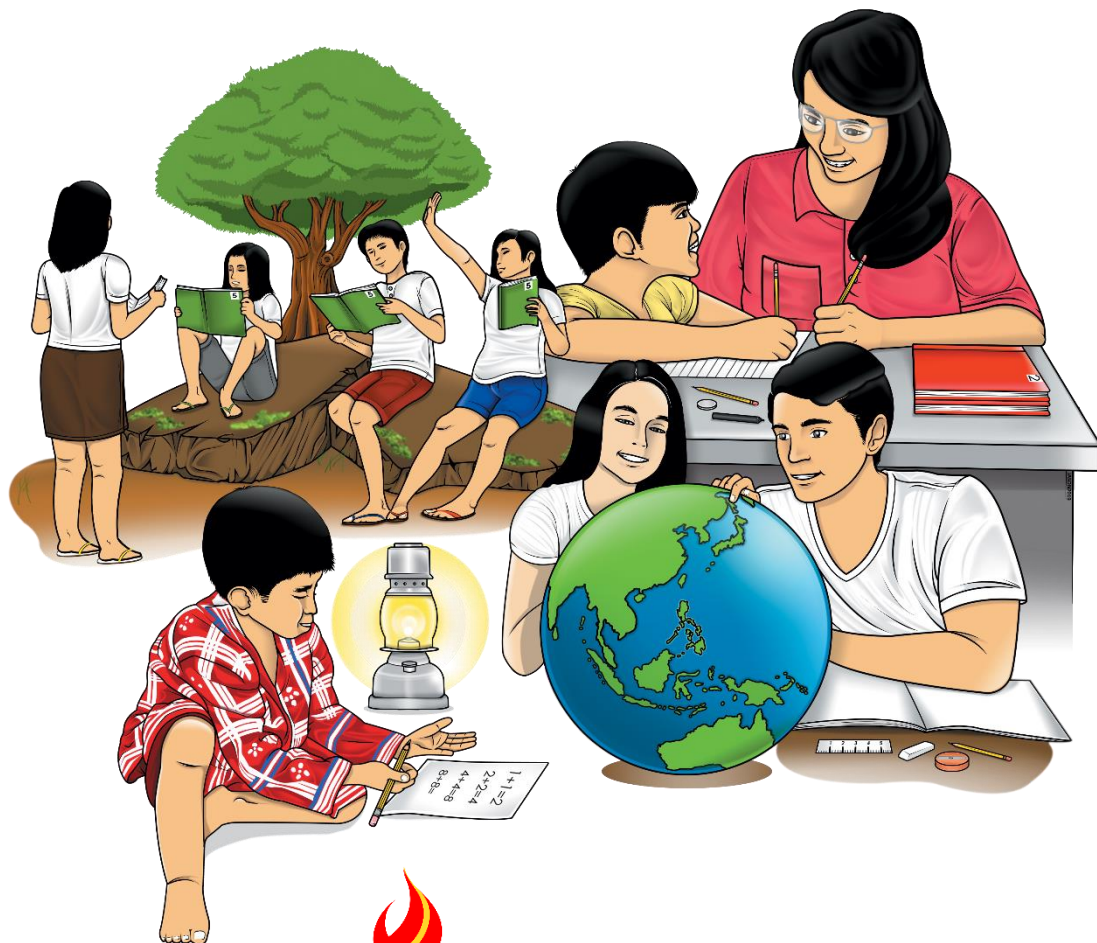


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# Physical Education

## Quarter 3 – Module 1: Self-Assessment on Physical Fitness



**Physical Education – Grade 7**  
**Alternative Delivery Mode**  
**Quarter 3 – Module 1: Self-Assessment on Physical Fitness**  
**First Edition, 2020**

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# **Physical Education**

**Quarter 3 – Module 1:  
Self-Assessment on Physical  
Fitness**

## **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.

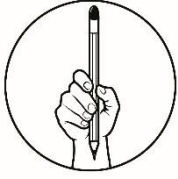


## ***What I Need to Know***

Many of us wonder why our life span is shorter than that of our ancestors. Many studies have proven that the factors or causes of shorter life span are the types of food that we eat as well as our kind of lifestyle. Processed foods are much more dangerous to our health due to the chemical and preservative contents they may have. However, people nowadays prefer to eat processed food because it is much easier to prepare and only consumes a little of their time. In addition, some of us forget to engage in physical activities after an exhausting day. We prefer sitting or lying down while engaging in any activity like watching television, playing video and mobile games, posting and surfing on social media like Facebook, Instagram, YouTube, TikTok and the like during our free time. According to Jon Johnson, too much time spent in technology brought negative effects to our body. It may lead to psychological and physiological issues such as eyestrain and difficulty on focusing on important tasks. It may also contribute to more serious health conditions, such as depression. As a result, these impose dangers and risks to our health.

This module will help you assess yourself on physical fitness and will give you a portion of introduction about folk dance.

1. Undertake physical activity and physical fitness assessment (PE7PF-IIIah-23)
2. Review goals based on assessment result (PE7PF-IIIa34)



## ***What I Know***

This task will test your prior knowledge about the topic. Do not be upset if you will get a low score. Just have fun answering the given questions.

### **Test I. Multiple Choice**

**Directions:** Read and analyze the questions carefully. Choose the letter of the correct answer.

1. What can you do to become physically fit?
  - A. Eat a lot.
  - B. Play online games.
  - C. Sleep more and exercise less.
  - D. Engage in physical activities regularly.
2. Why is it important to be physically fit?
  - A. Because it is now a trend
  - B. Because I just want to be fit
  - C. Because my mother told me to be fit
  - D. Because it has positive impact on our health
3. Does eating a lot of food make our body healthy? Why?
  - A. Yes, because I love eating.
  - B. Yes, because eating a lot of foods make us stronger.
  - C. No, because I do not have money to buy a lot of foods.
  - D. No, because our body needs only an exact amount of calories otherwise it would be unhealthy.
4. All are examples of dynamic exercises, **except** \_\_\_\_\_.
  - A. hopping
  - B. skipping
  - C. close step
  - D. stretching
5. It is a type of questionnaire that will tell you if you should check with your doctor before you start engaging in physical activities.
  - A. PAR -Q
  - B. PAR -U
  - C. PAR -X
  - D. PAR -Y

## Test II. True or False

**Directions:** Read each statement carefully. Write **T** if the statement is true and write **F** if the statement is false.

- \_\_\_\_\_ 1. Regularly engaging in physical activities helps you become fit.
- \_\_\_\_\_ 2. Sleeping 10 hours and more makes your body stronger.
- \_\_\_\_\_ 3. Being fat is healthy.
- \_\_\_\_\_ 4. Being thin is unhealthy.
- \_\_\_\_\_ 5. PAR – Q is done after engaging in physical activity.
- \_\_\_\_\_ 6. If we are actively engaging in physical activities, we will be able to develop our muscles and reduce our fats.
- \_\_\_\_\_ 7. We should see our doctor and get regular checkups.
- \_\_\_\_\_ 8. Being active every day has a positive impact in our lives.
- \_\_\_\_\_ 9. Having a physically fit body means having a longer life span.
- \_\_\_\_\_ 10. Eating healthy diet and engaging in regular exercise are good for our health.

## Lesson

# 1

# Self-Assessment on Physical Fitness

Hello! How are you? Are you tired of the unending paper works that you have no more time engaging in physical activities? If yes, read this module. Your beliefs about having no time engaging in physical activities will be changed. This module will encourage you to perform any physical activities regularly.



## *What's In*

In your previous lesson, you learned about playing Dual Sports. I hope you enjoyed it. For your next task, do this activity.

### **Activity 1: Remember Me?**

During the past lesson, you have learned and experienced playing Dual Sports. Now, give at least four (4) components of physical fitness (Health Related Fitness & Skill Related Fitness) which you need to develop and improve.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_





## What's New

Hello! How are you!? Are you ready for the next lesson? Let us warm you up first. Do this activity to test your readiness and understanding.

### Activity 1: Check it Out! Yow!

**Directions:** Read the following statements carefully. Put a check mark (✓) before the statement that applies to you and put an (✗) mark before the one that does not apply to you.

- \_\_\_\_\_ 1. I engage in physical activities for at least 30 minutes several days a week.
- \_\_\_\_\_ 2. I engage in physical activities that challenge my heart rate.
- \_\_\_\_\_ 3. I feel pain in my chest when I do physical activities.
- \_\_\_\_\_ 4. I like to participate in dance exercises and folk dancing in school or community.
- \_\_\_\_\_ 5. I am/want to be a member of a dance group.
- \_\_\_\_\_ 6. I take care of the environment by doing small deeds such as throwing my trash into the wastebasket.
- \_\_\_\_\_ 7. I do warm-up, stretching, and cool-down exercises.
- \_\_\_\_\_ 8. I am careful in choosing what to eat.
- \_\_\_\_\_ 9. I love dancing, especially folk dance.
- \_\_\_\_\_ 10. I always find time to do leisure activities such as dancing.

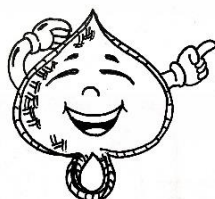
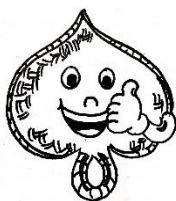
Count the number of check marks (✓) to know your Physical Fitness Assessment Result. Using the scale below, let's evaluate your score and see the results of your assessment.

**9-10 (Excellent)**

**6-8 (Good)**

**3-4 (Fair)**

**0-2 (Needs Improvement)**





## ***What is It***

Now, answer these guide questions.

### **Guide Questions:**

1. Based on the score you got in our previous activity, do you consider yourself physically fit? Explain your answer. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.
2. Why is it important to be physically fit? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.
3. What do you think are the implications of having a physically fit body? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.
4. What can you do to become physically fit? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

### **Activity 1: Let us ponder...**

Engaging in physical activity regularly is fun and healthy and is basically our need to become more active every day. Being active every day has a positive impact in our lives. When we engage regularly in physical activities, we tend to reduce fats which can help us maintain our weight and achieve a healthy body. However, we should always check our health before starting to become much more physically active. We should see our doctor and get regular checkups.

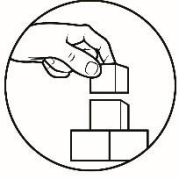
If you are planning to be more physically active, start by answering the questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start.

**Directions:** Please read the questions carefully and answer each one honestly: Put an (✖) mark if your answer is **NO** and (✓) mark if your answer is **YES**.

| YES                      | NO                       |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activities based on his/her recommendations? |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Do you feel pain in your chest when you do any physical activity?  |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. In the past month, did you feel any chest pain even if you were not doing a physical activity?   |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Do you lose your balance because of dizziness or do you ever lose consciousness?   |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?  |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Is your doctor currently prescribing drugs (like water pills) for your blood pressure or heart condition?  |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Do you know of <u>any other reason</u> why you should not do any physical activity?  |

**NOTE:**

- If you answered YES to one or more questions, you need to talk to your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you perform a fitness appraisal. Tell your doctor about the PAR-Q and the questions you answered YES.
  - You may be able to do any activity you want – as long as you start slowly and build up gradually. You may also need to restrict your activities to those which are safe for you. Speak with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
  - Find out which community programs are safe and helpful for you.
  
- If you answered NO to all questions, you can:
  - Start becoming much more physically active – begin slowly and build up gradually. This is the safest and easiest way to go.
  - Take part in a fitness appraisal. This is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively.



## ***What's More***

How was your activity? Did you enjoy it? Let us proceed to another activity.

### **Activity 1: Be Hot! Let's Warm It Up!**

As you can see, there are illustrations below, all you have to do is to follow the given illustrations and procedure to assess your physical fitness.

#### **You will need:**

a notebook and a ballpen

#### **Daily Routine:**

Obtain your Resting Heart Rate.

#### **General Warm Up:**

Do a 10-minute walking steps. (4 forward, 4 backward, and 4 sideward L and R)

#### **Dynamic warm up:**

- a. 16 close steps R and L (step-close)
- b. 16 hop steps R and L (step-hop)
- c. 16 skip steps in place R and L

#### **Assessment:**

How was your warm-up activity? What did you feel while doing the dynamic warm-up? Did this activity help you in improving your physical fitness?

While performing the dynamic warm-up, did you realize that you are also making some of the basic steps of folk dancing? Well, you will learn these steps in the next lessons.



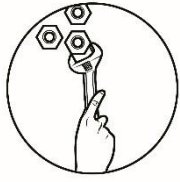
## ***What I Have Learned***

Now, let us proceed to your next task.

### **Activity 1: Beat it! Set Goals for It!**

Remember the results of your assessment on your first task? It has something to do with this activity. You are going to choose three components that you consider as your weakness. Fill in the chart with the necessary information. You will be guided by a sample provided for you.

| <b>Component</b>              | <b>Goal</b>                           | <b>Activities to do to achieve your goal</b>                   |
|-------------------------------|---------------------------------------|--|
| e.g. cardiovascular endurance | Increase my cardiovascular endurance. | jogging, 3-minute step test, walking at least 30 minutes a day |
|                               |                                       |  |
|                               |                                       |  |
|                               |                                       |  |
|                               |                                       |  |
|                               |                                       |  |
|                               |                                       |  |
|                               |                                       |  |



## What I Can Do

### Activity 1: Think and Reflect!

Using the given dynamic warm-up exercise, create a set of folk dance steps accompanied by a folk dance music. You will be assisted and graded by your teacher during your performance. Enjoy and have fun!

Here's the set of rubrics for the activity.

|                    | <b>4-<br/>Outstanding</b>   | <b>3 – Very<br/>Satisfactory</b>  | <b>2 -<br/>Satisfactory</b>  | <b>1 -Needs<br/>Improvement</b>   |
|--------------------|---|---|--|---|
| <b>Mastery</b>     | Student displays an impressive level of mastery.  | Student displays high level of mastery.   | Student displays moderate level of mastery.  | Student displays low level of mastery.  |
| <b>Execution</b>   | Student shows an impressive level of proficiency in the execution of steps displaying excellent health-related fitness level. | Student shows high level of proficiency in the execution of the steps displaying high health-related fitness level. | Student shows medium level of proficiency in the execution of steps displaying acceptable level of health-related fitness. | Student shows low level of proficiency in the execution of steps displaying low health-related fitness. |
| <b>Beat</b>        | Student clearly maintains the beat and consistently maintains it throughout the dance.  | Student demonstrates the beat most times and is able to maintain it.  | Student beat is inconsistent and it fluctuates at times.   | Movements and the beat of the music are out of step or not synchronized.                                |
| <b>Performance</b> | The dancer is consistently focused, concentrated and committed to the performance of the movement.                            | The dancer is often focused, concentrated and committed to the performance of the movement.                         | The dancer is seldom focused, concentrated and committed to the performance of the movement.                               | The dancer is not focused, concentrated and committed to the performance of the movement.               |

## Assess Your Behavior

Answer the following questions:

1. What did you feel while doing the activity? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.
2. Were you able to perform it well? Explain your answer. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.
3. What do you think are the benefits that you can gain as you engage in folk dancing? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.
4. What do you think are the exercises that you need to perform in order to develop your endurance and keep your muscles and bones strong? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.
5. Did you enjoy the activity? What was the best dance step for you? Explain. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.



## Assessment

### Test I. Multiple Choice

**Directions:** Read and analyze the questions carefully. Choose the letter of the correct answer.

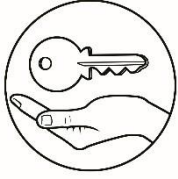
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  - D. No, because our body needs only an exact amount of calories otherwise it would be unhealthy.
4. All are examples of dynamic exercises, **except** \_\_\_\_\_.
  - A. hopping
  - B. skipping
  - C. close step
  - D. stretching
5. It is a type of questionnaire that will tell you if you should check with your doctor before you start engaging in physical activities.
  - A. PAR -Q
  - B. PAR -U
  - C. PAR -X
  - D. PAR -Y



## Test II. True or False

**Directions:** Read each statement carefully. Write **T** if the statement is true and write **F** if the statement is false.

- \_\_\_\_\_ 1. Regularly engaging in physical activities helps you become fit.
- \_\_\_\_\_ 2. Sleeping 10 hours and more makes your body stronger.
- \_\_\_\_\_ 3. Being fat is healthy.
- \_\_\_\_\_ 4. Being thin is unhealthy.
- \_\_\_\_\_ 5. PAR – Q is done after engaging in physical activity.
- \_\_\_\_\_ 6. If we are actively engaging in physical activities, we will be able to develop our muscles and reduce our fats.
- \_\_\_\_\_ 7. We should see our doctor and get regular checkups.
- \_\_\_\_\_ 8. Being active every day has a positive impact in our lives.
- \_\_\_\_\_ 9. Having a physically fit body means having a longer life span.
- \_\_\_\_\_ 10. Eating healthy diet and engaging in regular exercise are good for our health.



## ***Answer Key***

|                                 |
|---------------------------------|
| <b>What I Know / Assessment</b> |
| Test I.                         |
| 1. D                            |
| 2. D                            |
| 3. D                            |
| 4. B                            |
| 5. D                            |
| Test II.                        |
| 1. T                            |
| 2. F                            |
| 3. F                            |
| 4. F                            |
| 5. F                            |
| 6. T                            |
| 7. T                            |
| 8. T                            |
| 9. T                            |
| 10. T                           |

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