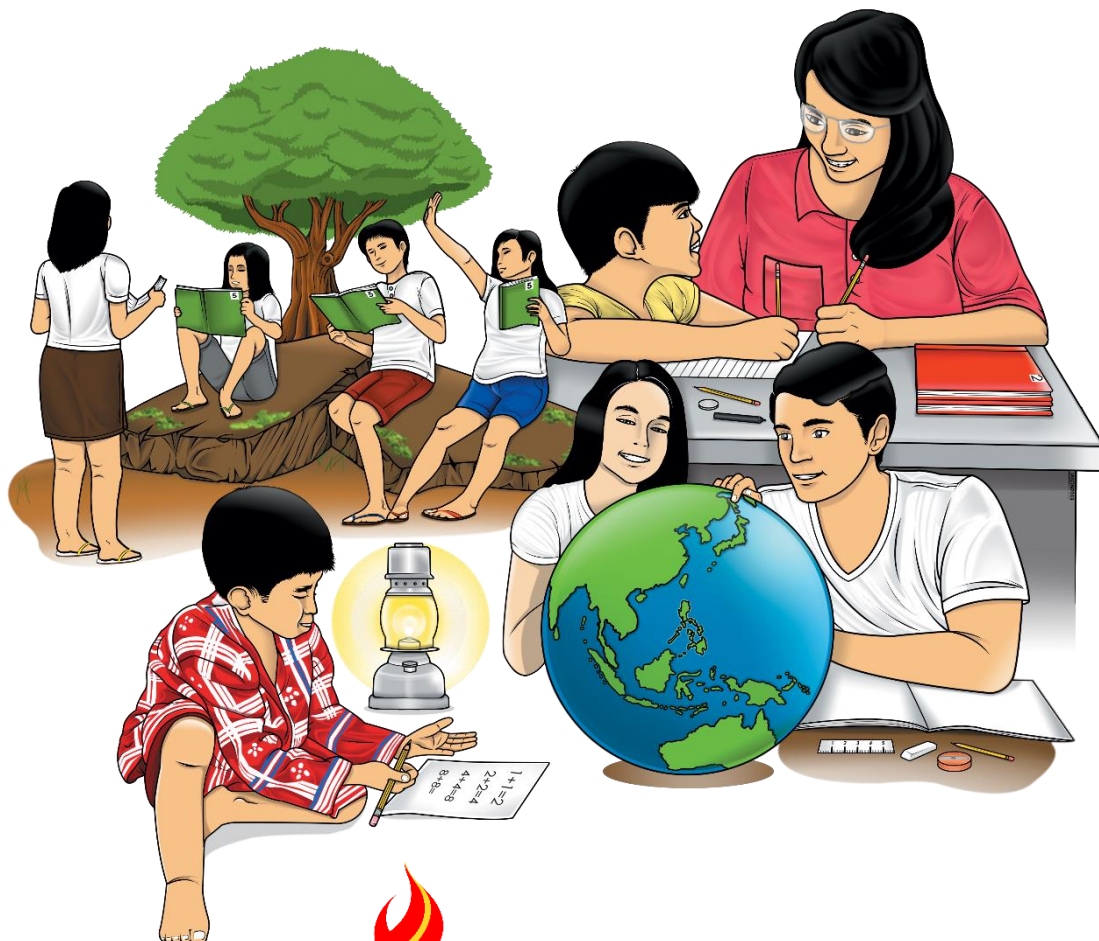


# Physical Education

## Quarter 3 – Module 2: Philippine Folk Dance (Tinikling)



**Physical Education – Grade 7**  
**Alternative Delivery Mode**  
**Quarter 3 – Module 2: Philippine Folk Dance (Tinikling)**  
**First Edition, 2020**

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# **Physical Education**

## **Quarter 3 – Module 2: Philippine Folk Dance (Tinikling)**

## **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***

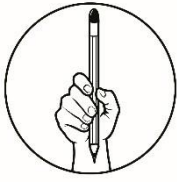
This module was designed and written with you in mind. It is here to help you experience activities that will not only help you develop physical fitness and improve cardio-vascular endurance, but will also help you learn the beauty of our culture through folk dancing specifically the Tinikling Dance. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

The module focuses on:

- Lesson 1 –Tinigling Dance

After going through this module, you are expected to:

- describe nature and background of Tinikling



## ***What I Know***

### **Multiple Choice**

**Directions:** Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. The following are benefits of Dancing Tinikling, except:
  - A. Improve eye sight
  - B. Manage your weight
  - C. Improve Muscle Tone
  - D. Cardiovascular Endurance
2. The following are examples of activities that improve cardiovascular endurance, except:
  - A. Zumba
  - B. Jogging
  - C. Dancing
  - D. Playing Chess
3. The following are example of Skill-related fitness developed in learning the dance Tinikling, except:
  - A. Power
  - B. Balance
  - C. Speed
  - D. Body Composition
4. The following are skills improved in learning the dance Tinikling, except:
  - A. Agility
  - B. Rhythm
  - C. Running
  - D. Hand Coordination
5. These are locomotor movements used in Tinikling
  - A. Hopping, jumping, Turning
  - B. Hopping, Jumping, Walking
  - C. Jumping, Skipping, Turning
  - D. Hopping, Galloping, Jumping

6. Tinikling Dance improves \_\_\_\_\_.  
A. Flexibility  
B. Muscular strength  
C. Muscular endurance  
D. Cardiovascular endurance
7. What makes Tinikling dance the best form fitness regimen?  
A. It improves muscle tone  
B. It helps in weight management  
C. It improves cardiovascular endurance  
D. All of the above
8. It is a hand movement used in the dance Tinikling.  
A. Jaleo  
B. Kewet  
C. Kumintang  
D. Hayon-hayon
9. The dance *Tinikling* is a dance from which province?  
A. Bicol  
B. Leyte  
C. Bohol  
D. Samar
10. In the dance *Tinikling*, the Tikling refers to which animal?  
A. dog  
B. fish  
C. bird  
D. crocodile
11. In the dance *Tinikling*, the dancers wear patadyong or kimono, while the boys wear Barong \_\_\_\_\_.  
A. Saya  
B. Bisaya  
C. Tagalog  
D. Kamison
12. How many beats are there in a  $\frac{3}{4}$  time signature?  
A. one beat  
B. two beats  
C. three beats  
D. four beats

13. In the dance *Tinikling*, Music B uses “and” in the count. Where is the “and” located?
- A. After ct. 1
  - B. After ct. 3
  - C. Before ct. 1
  - D. Before ct. 3
14. How many bamboo poles are used in the dance *Tinikling*?
- A. one bamboo pole
  - B. two bamboo poles
  - C. three bamboo poles
  - D. four bamboo poles
15. Why is it important to know the culture of the dance?
- A. to learn patriotism
  - B. to know the background of the dance
  - C. to identify the significance of the dance in the culture
  - D. to learn more about the culture and tradition of the Philippines



## Lesson

# 2

## Tinikling

Dance is the soul of one's self that mirrors the culture and tradition of the whole nation. Dances are significant not only in developing one's culture and tradition, but also in describing a person's patriotism, nationalism, and love for the country. The dance Tinikling greatly reflect the culture and tradition of the Philippines not only because it is a Philippine folk dance but because it shows how happy and enjoying it is to live in the country side.



### What's In

From our previous lesson, we learned different physical activities that are used to develop cardiovascular endurance. Let us now check your knowledge about this.

#### Procedure:

1. Get your *Resting Heart Rate* and record it on your notebook.
2. Warm-up
  - a. Neck stretch
  - b. Hip rotation
  - c. Shoulder stretch
  - d. Knee rotation
3. Do **Lunges** right and left 16 times alternately.
4. Do **High Knees** right and left alternately for 30 seconds.
5. Do **Carioca** covering a total distance of 10 meters.
6. Finally, get your *Active Heart Rate* and record it in your notebook.

Resting heart rate =	Active heart rate =
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### ***Notes to the Teacher***

For performance tasks, give students time (at least one week) before they present the activity. The students may present their performance tasks through online presentation, uploading of video, transfer of video, or home visitation.



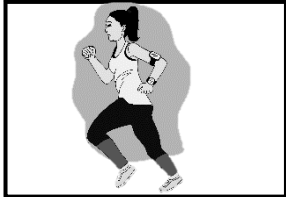
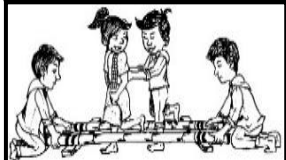


## ***What's New***

### **Cardiovascular Activities**

**Directions:** In Column A, are different activities you can do to develop your Cardiovascular Endurance. In Column B, are those of physical activities. Match the items in Column A that correspond to the items in Column B. Write the letter of the correct answer on your Answer Sheet.

#### **Column A**

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

#### **Column B**

- A. Tinikling dance
- B. Hip-hop dance
- C. Zumba
- D. Jogging
- E. Swimming



## What is It

The above pictures are different cardiovascular activities that you can do to better improve your cardiovascular endurance. Dance can be a great activity to help improve your cardiovascular endurance. In folk dance, there are a lot of dance to choose from to help you improve your cardiovascular endurance. One of these dances is the dance Tinikling. With its jumping, hopping, and upbeat rhythm, it will surely make your heart skip a beat.

### Tinikling

*Tinikling* is a dance which originated from the province of Leyte. The basic movements and steps of this dance were made by imitating the movements of the *Tikling* birds (a bird with long legs and a long neck) while playing in the rice fields and jumping over tree branches.

The performers dance along the sides and between two bamboo poles, about nine (9) feet long, which are placed horizontally on the ground. The poles are struck together in time to the music. Skill is demonstrated in dancing between the bamboos, and in keeping the feet from being caught.

Two (2) bamboo players sit opposite each other on the ground holding the ends of the bamboo poles. Two pieces of board or bamboo, about thirty (30) inches long and two (2) inches thick, are placed under the poles, about one foot from the ends. (see *Illustration 1*)

Costume: In the dance, the girls wear “Balintawak” or Patadyong. The boys wear Barong Tagalog and long red trousers with one leg rolled up. They dance barefoot.

Formation: dancers stand at the left side of the bamboo poles, girls in front facing the audience (see *Illustration 1*)

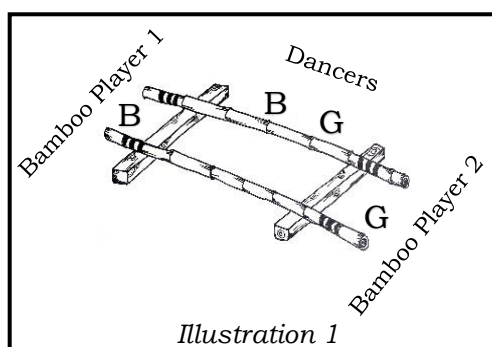
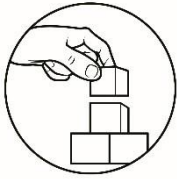


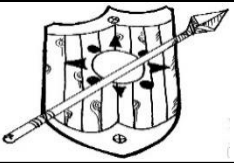
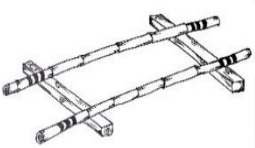
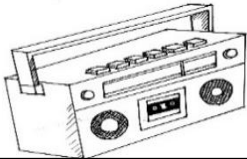









Illustration 1



## What's More

### Activity 1.1 Three Pictures, One Dance

Analyze carefully the three pictures in each set. Draw a smiley ☺ on the space provided if the picture pertains to *Tinikling* dance.

### Activity 1.2 Supporting questions

**Directions:** Answer the following questions:

- How did you identify if the picture pertains to *Tinikling* dance?

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- Based on the pictures above, what kind of dance is *Tinikling*?

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- If you dance *Tinikling*, do you think you will enjoy it? Why or why not?

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## Activity 2 Tinikling Clap, Plastic Bottle Tap

It is important to know the beat and measure of a dance in order to follow its rhythm. Dances have different countings and measures of beats. **Time Signature** is a musical notation used to specify how many beats are there in each measure. The *Tinikling* dance, uses  $\frac{3}{4}$  time signature. It has 3 beats (counts) in every measure (1m). The music of *Tinikling* dance is divided into two parts: Music A uses counting 1, 2, 3 in every measure, while Music B uses counting 1, 2 & 3 in every measure. The *Tinikling* dance uses bamboo poles that are clasped together to form a beat.

In order to learn the clapping pattern of the bamboo poles used in *tinikling*, learn the procedures described below?

### Materials needed:

- table/floor
- two (2) plastic bottled water/ two (2) empty cans

### Procedures:

1. If you choose to use the floor, sit down on your feet and legs. If you choose to use a table, make sure you sit properly and align your body making a good posture.
2. Position the plastic bottles of water or empty cans on the table/floor parallel to each other, and perpendicular to your body.
3. Hold each plastic bottle with your hands.

### First Rhythm (Music A)

1. Strike the plastic bottles on the floor (count 1)
2. Strike again the plastic bottles on the floor (count 2)
3. Strike the plastic bottle together (count 3)

### Second Rhythm (Music B)

1. Strike the right plastic bottle on the floor (count 1)
2. Strike the left plastic bottle on the floor (count and)
3. Strike the right plastic bottle on the floor (count 2)
4. Strike the plastic bottle together (count 3)

## Activity 2.2 Supporting questions

1. After practicing the rhythm, which among the two rhythms is easier? Why?

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2. What other recyclable materials can you use to do the activities? Share your experience using other recyclable materials.

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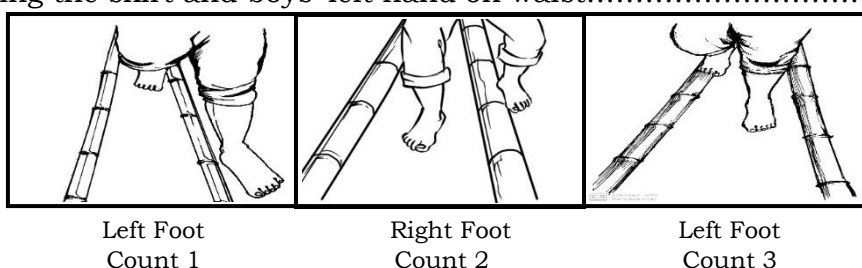
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3. Try playing the 1<sup>st</sup> and 2<sup>nd</sup> rhythm using a bamboo or any pipe. What do you think is the difference between the sound produced by plastic, bamboo, or pipe while playing?

### Activity 3.1 Basic steps of Tinikling

#### First measure

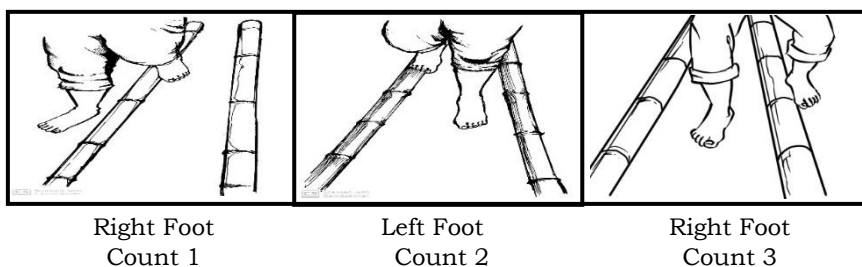
- a. Hop on left foot outside (at the left side) the bamboo poles ..... count 1
- b. Hop on right foot between the bamboo poles ..... count 2
- c. Hop on the left on the same spot and raise right foot, bend right arms upward about head level and “kumintang” the hand counterclockwise. Girls’ left hand holding the skirt and boys’ left hand on waist..... count 3



*Illustration 2*

#### Second measure

- a) Hop on right foot outside (at the right side) the bamboo poles .... count 1
- b) Hop on left foot between the poles ..... count 2
- c) Hop on right foot on the same spot, reverse hand positions ..... count 3



*Illustration 2*

### Activity 3.2 Step up to the Beat

**Directions:** Using the “First Rhythm” in activity 2, do the “Tinikling steps” while striking the plastic bottle on a table or any object waist level or above.

1. Were you able to do the activity easily? Why or why not?

2. What fitness components are being developed in dancing Tinikling?

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3. Did your heart rate increase or your leg muscles get tired while doing the activity? Explain your answer.

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4. Would you recommend tinikling dance as a best form of fitness regimen? Why or why not?

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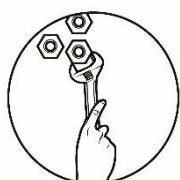
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## ***What I Have Learned***

Aside from improving the cardiovascular endurance, Tinikling also improves other skills such as the following:

<b>Skill-related Fitness</b>	<b>Skills in Tinikling</b>
Agility	When the dancer change direction while turning or while jumping out of the bamboo during the dance.
Coordination	Doing fundamental hand movement while hopping inside and outside of the bamboo.
Power	Clapping of bamboo poles while maintaining the speed.
Speed	Maintaining in the rhythm of the dance.
Balance	Stay standing on one leg while hopping.
Reaction time	Jumping out of the bamboo before it closes.



## ***What I Can Do***

Dancing does not only improve our cardiovascular endurance, it also develops muscular strength, muscular tone, and also helps you manage your weight. Tinikling also develops hand coordination, agility, foot speed, and rhythm. Since dancing Tinikling is fun and enjoying, it is also a good stress reliever and promotes fun and exciting experience.



## **Assessment**

**Directions:** Answer the following questions.

1. Why is it important to know the culture of the dance and where it originates?

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2. Will you consider dancing *Tinikling* to further develop your fitness level?

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3. As a Filipino, how will you promote Philippine Folk dance in school and in the home?

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4. Can you consider *Tinikling* as a dance that develops multiple skills? Why?

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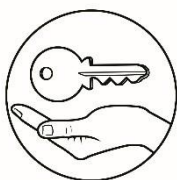
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## **Additional Activities**

In learning the dance, it is also important to learn the culture: thus, learning the clothings used in the dance. Create a drawing or paper doll of a dancer wearing the costume of Tinikling.





## Answer Key

<p><b>What's More</b></p> <p>Activity 1: Three Picture, One Dance</p> <table><tr><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td></tr></table>													<p><b>What's New</b></p> <ol style="list-style-type: none"><li>1. C</li><li>2. B</li><li>3. D</li><li>4. A</li></ol>	<p><b>What I Know</b></p> <ol style="list-style-type: none"><li>1. A</li><li>2. D</li><li>3. D</li><li>4. C</li><li>5. A</li><li>6. D</li><li>7. D</li><li>8. C</li><li>9. A</li><li>10. C</li><li>11. D</li><li>12. C</li><li>13. B</li><li>14. B</li><li>15. D</li></ol>
														
														
														
														

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<http://sites.google.com/site/folkdancesofthephilippines/philippine-folk-dance/classifications-of-philippine-folk-dance>

[http://www.youtube.com/watch?v=\\_welhK7QS-8&feature=youtu.be](http://www.youtube.com/watch?v=_welhK7QS-8&feature=youtu.be)

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