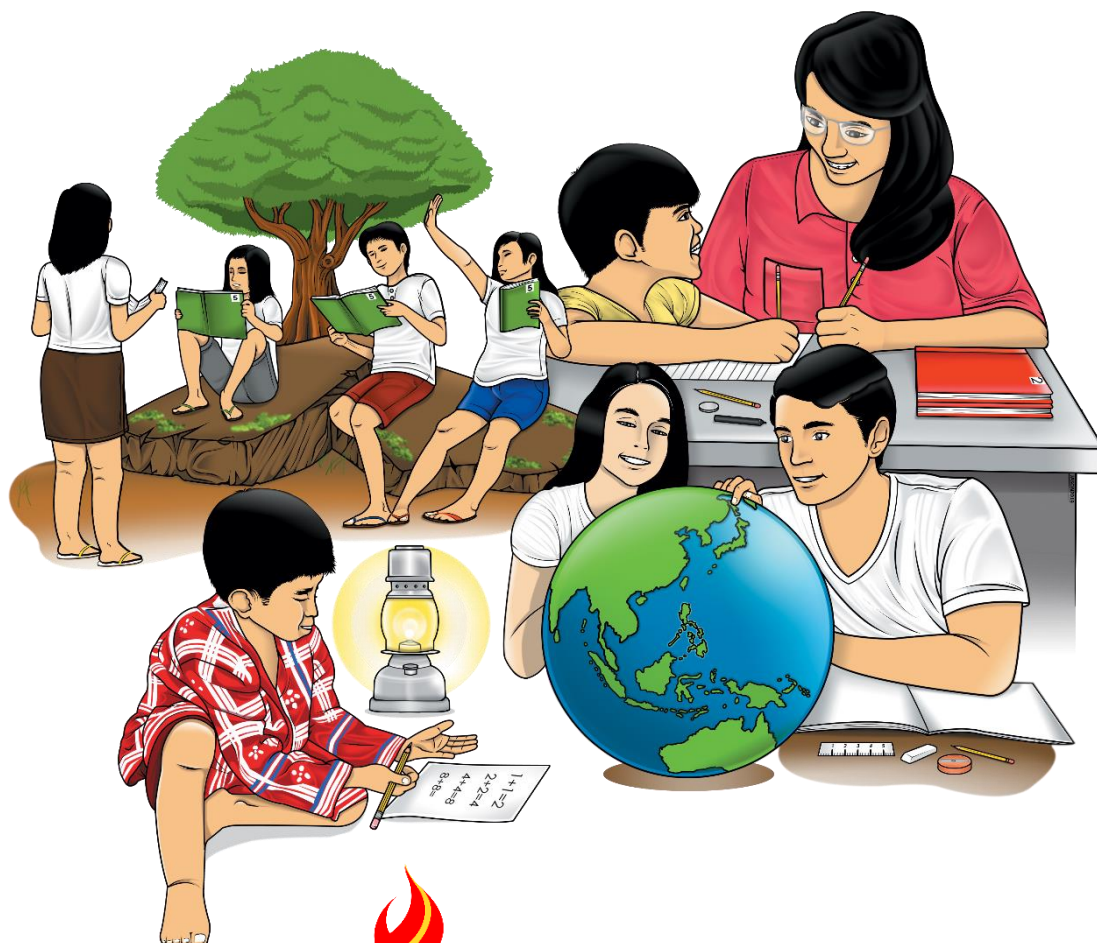


Senior High School

# Health Optimizing Physical Education

## H.O.P.E 2

### Quarters 3 and 4 – Module 1: The Role of Physical Activity in Managing One's Stress



**Health Optimizing Physical Education H.O.P.E 2**  
**Alternative Delivery Mode**  
**Quarters 3 and 4 – Module 1: The Role of Physical Activity in Managing One’s Stress**  
**First Edition, 2021**

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Senior High School

# **Health Optimizing Physical Education 2 H.O.P.E 2**

**Quarters 3 and 4 – Module 1:  
The Role of Physical Activity in  
Managing One’s Stress**

## **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 is designed and written with you in mind. The activities to be undertaken here are all self-initiated. The series of activities will enable you to learn much about fitness. In the application, you will be asked to design a fitness program through engaging in individual, dual, and team sports that can be adapted by others.

Aligned with the curriculum, this module is focused on one lesson, that is:

Lesson 1 – Managing One’s Stress through Individual, Dual, and Team Sports

After going through this module, you are expected to:

1. describe the role of physical activity assessments in managing one's stress
2. know how to manage one’s stress through participating in individual dual and team sports,
3. design activities for individual, dual, and team sports that reduce individual stress.



## ***What I Know***

Directions: Identify the concept being asked in each statement. Choose and write the letter of the correct answer on a separate sheet of paper.

1. It refers to the feeling of being under abnormal pressure coming from the different aspects of your daily life.
  - A. Anxiety
  - B. Nervousness
  - C. Problem
  - D. Stress
  
2. Which of the following is NOT a stressful aspect of life?
  - A. an argument with your family
  - B. engaging in physical activities
  - C. existing financial worries.
  - D. increased workload
  
3. Research has shown that stress can sometimes be positive. It can make you more alert and help you perform better in certain situations. Which best describes the statement?
  - A. False
  - B. True
  - C. No connection
  - D. Partly yes
  
4. It is a result of excessive or prolonged stress due to multiple tasks that cannot be managed properly.
  - A. Illness
  - B. Problem
  - C. Unmotivated
  - D. Inferiority Complex
  
5. What sports category that can be played alone without teammates?
  - A. Dual
  - B. Team
  - C. Group
  - D. Individual

6. Which of the following help reduce stress?
  - A. Participating in physical activities
  - B. Solving a personal problem
  - C. Managing an event
  - D. None of the above
  
7. Which of the following engage in an active physical activity?
  - A. Active life style
  - B. Good health
  - C. Socialization
  - D. All of the above
  
8. What is a sport that is played by two people opposing each other?
  - A. Dual
  - B. Individual
  - C. Single
  - D. Team
  
9. What is the process of making arrangements or preparations for an event or activity systematically especially on a large scale?
  - A. Anti- Smoking Campaign
  - B. Camping
  - C. Organize
  - D. Plan
  
10. What is the capacity of an individual to perform daily task effectively without undue fatigue?
  - A. Aerobics Exercise
  - B. Physical fitness
  - C. Physical education
  - D. Sports

For numbers 11-20. Classify the following physical activities into Moderate Physical Activities or Vigorous Physical Activities. Write MPA for moderate physical activities and write VPA for vigorous physical activities

- |                                |                                     |
|--------------------------------|-------------------------------------|
| 11. ___ Jumping Rope           | 16. ___ Playing friendly basketball |
| 12. ___ Walking Briskly        | 17. ___ Hiking uphill with backpack |
| 13. ___ Biking Slowly          | 18. ___ Ballroom Dancing            |
| 14. ___ Race Walking           | 19. ___ General Gardening           |
| 15. ___ Competitive basketball | 20. ___ Running                     |

## Lesson

# 1

## Managing One's Stress Through Individual, Dual and Team Sports

### Words to Ponder

“The greatest weapon against **stress** is our ability to choose one thought over another.”

## **STRESS**



When people hear the word **stress**, they react differently. Some people keep on saying that they feel stressed out.

Stress is a feeling of being under abnormal pressure. This pressure can come from different aspects of your day-to-day life. Such as an increased workload, a transitional period, an argument you have with your family or new and existing financial worries. You may find that it has a cumulative effect, with each stressor building on top of one another. During these situations, you may feel threatened or upset and your body might create a stress response. This can cause a variety of physical symptoms, change the way you behave, and lead you to experience more intense emotions.

Stress affects us in a numerous of ways, both physically and emotionally, and in varying intensities. Research has shown that stress can sometimes be positive. It can make you more alert and help you perform better in certain situations. However, stress has only found out to be beneficial if it is short-lived. Excessive or prolonged stress can contribute to illness such as heart disease and mental health problems such as anxiety and depression. Some common symptoms of stress include sleeping problems, sweating, or a change in appetite. Symptoms like these are triggered by a rush of stress hormones in your body which, when released, allow you to deal with pressures or threats. This is known as the 'fight or flight' response.

When stress affects the brain, with its many nerve connections, the rest of the body feels the impact as well. So, it is logical to say that if your body feels better, so does your mind. Exercise and any physical activity produce endorphins chemicals in the brain that act as natural painkillers and also



improve the ability to sleep, which in turn reduces stress. Meditation, acupuncture, massage therapy, even breathing deeply can cause your body to produce endorphins. And conventional wisdom holds that a workout of low to moderate intensity makes you feel energized and healthy.

Scientists have found that regular participation in aerobic exercise has been shown to decrease overall levels of tension, elevate and stabilize mood, improve sleep, and improve self-esteem. Even five minutes of aerobic exercise can stimulate anti-anxiety effects.



## ***What's In***

### **Is there anything else I should know about managing one's stress?**

Direction: List down physical activities that help reduce one's stress. Write your answers on a separate sheet of paper.

<b>PHYSICAL ACTIVITIES</b>
1.
2.
3.
4.
5.

The benefits of physical activities like engaging in individual, dual or team sports and exercise in improving physical condition and fighting diseases have long been established, and physicians have always encouraged people to stay physically active. Participating in physical activities like in individual, dual, or team sports is also considered vital for maintaining mental fitness, and it can reduce stress.

Direction: Copy the table below on a separate sheet of paper and list down sports activities that can help to reduce ones' stress.

<b>Individual sports</b>	<b>Dual sports</b>	<b>Team sports</b>
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.



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

### **The Role of Physical Activity in Managing One's Stress in times of COVID-19 Pandemic**

COVID-19 pandemic is an unprecedented time across the world. Worldwide, extensive social distancing policies are put into place, restricting people's daily activities and worldwide pleas from governments asking people to stay safe and stay at home. This of course means that most people will spend much of their time (if not all) at home.



These social distancing measures mean that people have far fewer opportunities to be physically active, especially if activities such as walking or cycling as transportation means or taking part in a leisurely sports activity such as jogging, taking the dog for a walk, and going to the gym are restricted. Furthermore, these drastic measures also make it so much easier to be sedentary at home for long periods of time. The impact of this physical inactivity may very likely be seen in many areas such as health and social care and the mental well-being of people across the globe.

Although these social distancing measures are important and needed in a time such as now, our bodies and minds still need physical activity.

#### **What is Physical Activity?**

Physical Activity (PA) is defined as any bodily movement produced by skeletal muscles that require energy expenditure. There are two components to physical activity that needs to be considered:

**Aerobic fitness:** this usually includes moderate to vigorous activity that makes you feel a bit warm, causes your breathing to increase and your heart rate to increase.

**Strength and balance:** This is often the forgotten component of physical activity, but it is an essential part which has many benefits.

Physical activity may include

- Active recreation
- Sports participation
- Cycling
- Walking

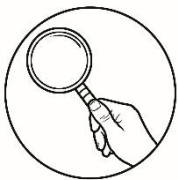
Play  
Dance  
Gardening  
House cleaning  
Carrying heavy shopping

During the COVID-19 pandemic, it is even more important for all people to be physically active. Even if it is only a short break from sitting at your desk and doing some walking or stretching. Doing something simple as this will:

ease muscle strain  
relief mental tension  
improve blood circulation  
improve muscle activity  
helps to give some routine to a day in these unprecedented times.

Answer the following questions briefly. Write your answers on a separate sheet of paper.

1. What are the most common causes of stress during this pandemic (Covid-19)?
2. What physical activities may help people reduce the stress?
3. What is the importance of physical activity and sports in managing one's stress?



## ***What is It***

### **LET'S TALK ABOUT THIS**

#### **Managing One's Stress through Individual, Dual, and Team Sports**

There are certain sports, such as golf, bowling, and tennis that, for the most part, are considered **individual sports**, which are sports played alone without teammates. Yes, there are exceptions, such as the Ryder Cup in golf, in which two teams from either side of the Atlantic Ocean compete, but often the competition is for an individual trophy. A sample of the thousands of individual sports includes: badminton, bowling, boxing, cycling, figure skating, golf, skiing, snowboarding, surfing, swimming, track and field and wrestling.

#### **Tips to Manage Stress**

**Exercise** – Working out regularly is one of the best ways to relax your body and mind. Exercise can also improve one's mood. Work up to 2 hours

and 30 minutes of moderately intense exercise like brisk walks or 75 minutes of a more vigorous exercise like swimming laps, jogging or other sports.

**Relax Your Muscle** - When you are stressed, your muscles get tense. You can help loosen them up on your own and refresh your body by:

- Stretching
- Enjoying a massage
- Taking a hot bath or shower
- Getting a good night's sleep

**Deep Breathing** - Stopping and taking a few deep breaths can take the pressure off you right away. You'll be surprised at how much better you feel once you get good at it. Just follow these 5 steps:

1. Sit in a comfortable position with your hands in your lap and your feet on the floor. You may also lie down.
2. Close your eyes.
3. Imagine yourself in a relaxing place. It can be on the beach, in a beautiful field of grass, or anywhere that gives you a peaceful feeling.
4. Slowly take deep breaths in and out.
5. Do this for 5 to 10 minutes at a time.

**Eat Well**- Eating a regular, well-balanced diet will help you feel better in general. It may also help control your moods. Your meals should be full of vegetables, fruit, whole grains, and lean protein for energy. And don't skip any. It's not good for you and can put you in a bad mood, which can actually increase your stress.

**Slow Down** - Modern life is so busy, and sometimes we just need to slow down and chill out. Look at your life and find small ways you can do that. For example:

- Set your watch 5 to 10 minutes ahead. That way you'll get places a little early and avoid the stress of being late.
- When you're driving a bike on the road, switch to the bicycle lane, so you can avoid road accident.
- Break down the school requirements into smaller ones. For example, arrange this from easiest to hardest.

**Take A Break** - You need to plan on some real downtime to give your mind time off from stress. If you're a person who likes to set goals, this may be hard for you at first. But stick with it, and look forward to these moments. Restful things you can do include:

- Meditation
- Yoga
- Tai chi
- Prayer
- Listening to your favorite music
- Spending time in nature

**Make Time for Hobbies** - You need to set aside time for things you enjoy. Try to do something every day that makes you feel good, and it will help relieve your stress. It doesn't have to be a ton of time -- even 15 to 20 minutes will do. Relaxing hobbies include things like:

- Reading
- Knitting
- Doing an art project
- Playing golf
- Watching a movie
- Doing puzzles
- Playing cards and board games

**Talk About Your Problems** - If things are bothering you, talking about them can help lower your stress. You can talk to family members and friends, and you can also talk to yourself. It's called self-talk and we all do it. But in order for self-talk to help reduce stress you need to make sure it's positive and not negative.

**Go Easy On Yourself** - Accept that you can't do things perfectly, no matter how hard you try. You also can't control everything in your life. So do yourself a favor and stop thinking so much. And don't forget to keep up your sense of humor. Laughter goes a long way towards making you feel relaxed.

**Eliminate Your Triggers** - Figure the biggest causes of stress in your life. Is it your job, your commute, your schoolwork? If you're able to identify what they are, see if you're able to eliminate them from your life, or at least reduce them. If you can't identify the main causes of your stress, try to have a stress journal. Make note of when you become most anxious and see if you can determine a pattern, then find ways to remove or lessen those triggers.

### **Skills**

There are thousands of individual sports, and the skill requirements for each vary greatly; however, there are certain skills that apply to most individual athletes. Most have high levels of cardiovascular fitness to allow for long hours of practice and play. Most have well-toned muscles and are flexible.

One major advantage of competing in an individual sport is that the athlete can progress at his own pace to improve skills. The skills he needs are more mental than physical. He needs autonomy, self-discipline, focused thinking, and passion. He must work on a specific skill over and over until it is mastered. He can practice as early or late as he wants. Furthermore, he gets to take all the credit for winning, but he is on his own and can blame no one but himself for any lackluster performances.

### **Critical Elements**

Individual sports also allow athletes to aim for personal goals without worrying about hurting the team. For example, in distance running, an athlete

will commonly shoot for a personal best (known as a PB) several times per year. In fact, individual athletes said to be competing against themselves. They do have competitors to beat, but they also attempt to improve on their previous best performances as well.

There are two basic types of motivation. They are **external motivation** and **intrinsic motivation**. **External motivation** comes from someone else or involves gaining a reward. Examples of external motivation include a coach yelling at you to do push-ups, winning a medal, or a parent telling you to clean your room. **Intrinsic motivation** literally means that the desire comes from within. This is a trait that many individual sport's athletes possess. It includes deciding to run a personal best in a 5K race or attempting to qualify for a big tournament. In individual sports, there are no teammates to please or to put peer pressure upon you, as the pressure comes from yourself.

### Types of Sports

Sports is an activity, that requires physical actions and skills where individual or teams compete under a set of rules. It is classified into individual, dual, or team sports.

Dual sports is a type of sports that are played by two people playing against each other. Dual sports develop teamwork and coordination, since it needs both to win the game. Like individual sports, dual sports build muscular strength and promote tactical strategy. Examples of individual and dual sports are badminton, tennis, pickleball, golf, archery, dance, cross-country skiing and table tennis.

A team sport includes any sport where individuals are organized into opposing teams which compete to win. Team members act together towards a shared objective. This can be done in many ways such as outscoring the opposing team. Team sports are practiced between opposing teams, where the players generally interact directly and simultaneously between them to achieve an objective. The objective often involves teammates facilitating the movement of a ball or similar object in accordance with a set of rules to score points.

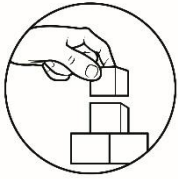
Despite the different types of sports categories, there are still sports that can be played either individual, dual, and team. Below are the examples:

<b>Sports</b>	<b>Individual</b>	<b>Dual</b>	<b>Team</b>
Badminton	/	/	
Basketball			/
Bowling	/		/
Boxing	/		
Football			/
Lawn Tennis	/	/	

<b>Sports</b>	<b>Individual</b>	<b>Dual</b>	<b>Team</b>
Track and Field	/		/
Table Tennis	/	/	
Skating	/	/	/
Softball			/
Swimming	/		/
Volleyball			/
Volleyball (beach)		/	/

Engaging in different sports whether individual, dual, or team sports is beneficial to everyone. Participating in physical activities like in individual, dual, or team sports is also considered vital for maintaining mental fitness, and it can reduce stress. Studies show that it is very effective at reducing fatigue, improving alertness and concentration, and at enhancing overall cognitive function. This can be helpful when stress has depleted your energy or ability to concentrate.

Knowing how to manage time properly and identify the priorities associated with proper physical activities are considered one of the best remedies to fight and reduce stress.



## What's More

**Activity 1:** Identifying benefits of physical activities and sports

Directions: List down the benefits of engaging in physical activities. Write your answers on a separate sheet of paper.



1. \_\_\_\_\_

6. \_\_\_\_\_

2. \_\_\_\_\_

7. \_\_\_\_\_

3. \_\_\_\_\_

8. \_\_\_\_\_

4. \_\_\_\_\_

9. \_\_\_\_\_

5. \_\_\_\_\_

10. \_\_\_\_\_

### B. My Stress Management Plan

Directions: Make a plan to manage your stress properly. Copy the table below on a separate sheet of paper.

ACTIVITIES	PURPOSE/OBJECTIVES	DAY/TIME

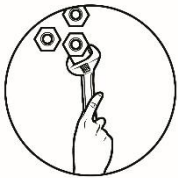




## ***What I Have Learned***

Complete the following statements.

1. I discovered that to be able to manage one's stress is \_\_\_\_\_.
2. I discovered that there are many benefits in \_\_\_\_\_.
3. I can say that the role of physical activity assessments in managing one's stress is \_\_\_\_\_.
4. I learned that engaging in physical activity will help me to \_\_\_\_\_.
5. As an individual, my responsibility to manage one's stress is \_\_\_\_\_.



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

### **LET'S MOVE**

To manage one's stress, one can be actively participated in any physical activities.

Directions: Make a dance video using the basic skills of individual, dual and team sports. The video should last for not more than three (3) minutes. Any music genre can be used.





## **Assessment**

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

1. It refers to the feeling of being under abnormal pressure coming from the different aspects of your daily life.
  - A. Behavioral problems
  - B. Abnormalities
  - C. Sadness
  - D. Stress
  
2. Based on the lesson, stress affects us in a number of ways, both \_\_\_\_\_ and \_\_\_\_\_.
  - A. physically and biologically
  - B. physically and emotionally
  - C. physically and holistically
  - D. physically and spiritually
  
3. Excessive or prolonged stress can contribute to illness such as heart disease and mental health problems such as \_\_\_\_\_ and \_\_\_\_\_.
  - A. anxiety and depression
  - B. depression and emotion
  - C. emotion and anxiety
  - D. psychosis and dementia
  
4. Scientists have found that regular participation in aerobic exercise has been shown to decrease overall levels of tension, elevate and stabilize mood, improve sleep, and improve self \_\_\_\_\_.
  - A. analysis
  - B. destruction
  - C. esteem
  - D. focus
  
5. It is defined as any bodily movement produced by skeletal muscles that require energy expenditure.
  - A. Aerobics activity
  - B. Dance lesson
  - C. Physical activity
  - D. None of the above

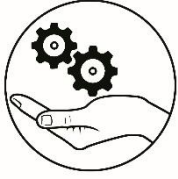
6. It is an exercise that usually includes moderate to vigorous activity that makes you feel a bit warm, causes your breathing to increase and your heart rate to rise.
  - A. aerobic exercise
  - B. aerobic fitness
  - C. fitness
  - D. zumba
  
7. It pertains to sports played alone without teammates.
  - A. Dual
  - B. Individual
  - C. Team
  - D. Trio
  
8. This type of sports can be played by two people opposing each other, More so, it also develops teamwork and coordination since it needs both to win the game.
  - A. Dual
  - B. Individual
  - C. Team
  - D. Trio
  
9. This is a sport where individuals are organized into opposing teams which compete to win.
  - A. Dual
  - B. Individual
  - C. Team
  - D. Trio
  
10. Knowing how to manage time properly and identifying the priorities associated with proper \_\_\_\_\_ are considered one of the best remedies to fight and reduce stress.
  - A. Analysis
  - B. Composition
  - C. Performance
  - D. Physical activities

**IDENTIFICATION:**

Directions: Identify the word or group of words being described. Write your answer on your answer sheet.

- \_\_\_\_\_ 11. It refers to 2 hours and 30 minutes of moderately intense activities like brisk walks or 75 minutes of a more vigorous activity like swimming laps, jogging, or other physical activities.
  
- \_\_\_\_\_ 12. It is a feeling after stretching, enjoying a massage, taking a hot bath or shower and getting a good night's sleep.

- \_\_\_\_\_ 13. This exercise usually includes moderate to vigorous activity that makes you feel a bit warm, causes your breathing to increase and increases your heart rate.
- \_\_\_\_\_ 14. It is a physical fitness component that is often times forgotten in physical activity, but it is an essential part which has many benefits.
- \_\_\_\_\_ 15. It is a type of motivation that comes from someone else or involves gaining a reward.
- \_\_\_\_\_ 16. It is a type of motivation that literally means that the desire comes from within.
- \_\_\_\_\_ 17. This type of motivation involves a coach yelling at you to do push ups, winning a medal, or a parent telling you to clean your room.
- \_\_\_\_\_ 18. This is the activity that follows the steps below:
- a. Sit in a comfortable position with your hands in your lap and your feet on the floor. You may also lie down.
  - b. Close your eyes.
  - c. Imagine yourself in a relaxing place. It can be on the beach, in a beautiful field of grass, or anywhere that gives you a peaceful feeling.
  - d. Slowly take deep breaths in and out.
  - e. Do this for 5 to 10 minutes at a time
- \_\_\_\_\_ 19. This type of motivation involves a personal trait that an athlete possesses, such as determination and the desired to win.
- \_\_\_\_\_ 20. It is an activity that requires physical actions and skills, where individual or teams compete under a set of rules.



## ***Additional Activities***

Directions:

A. Make a slide show presentation of your own images showing the basic skills of individual, dual, and team sports. Background music can be applied to make it more interesting and creative.

### **REFLECTION:**

1. When my stress is properly handled, I think...

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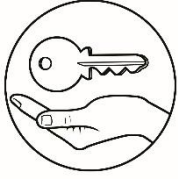
2. I can help my friends and my family to handle stress properly through

---

3. For me, the role of physical activity in managing one's stress is....

---

---



## Answer Key

<b>What I Know</b>	<b>Assessment</b>
1.D	1. D
2.B	2. B
3.B	3. C
4.C	4. A
5.B	5. E
6.A	6. C
7.D	7. B
8.A	8. A
9.C	9. C
10.B	10. D
11.MPA	IDENTIFICATION
12.VPA	1. Exercise
13.MPA	2. Relax
14.VPA	3. Aerobic fitness
15.MPA	4. Strength and
16.VPA	Balance
17.MPA	5. Deep breathing
18.VPA	6. External motivation
19.VPA	7. Intrinsic motivation
20.MPA	8. External motivation
	9. Intrinsic motivation
	10. Sports

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[https://www.google.com/search?q=What+is+the+nature+of+dual+sports%3F&sa=X&ved=2ahUKEwjT4\\_G9jOzpAhXMF1gKHfdMD0kQ3rMBKAJ6BAGNEAw&biw=1366&bih=608](https://www.google.com/search?q=What+is+the+nature+of+dual+sports%3F&sa=X&ved=2ahUKEwjT4_G9jOzpAhXMF1gKHfdMD0kQ3rMBKAJ6BAGNEAw&biw=1366&bih=608)

<https://www.webmd.com/balance/guide/tips-to-control-stress#1>

**For inquiries or feedback, please write or call:**

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