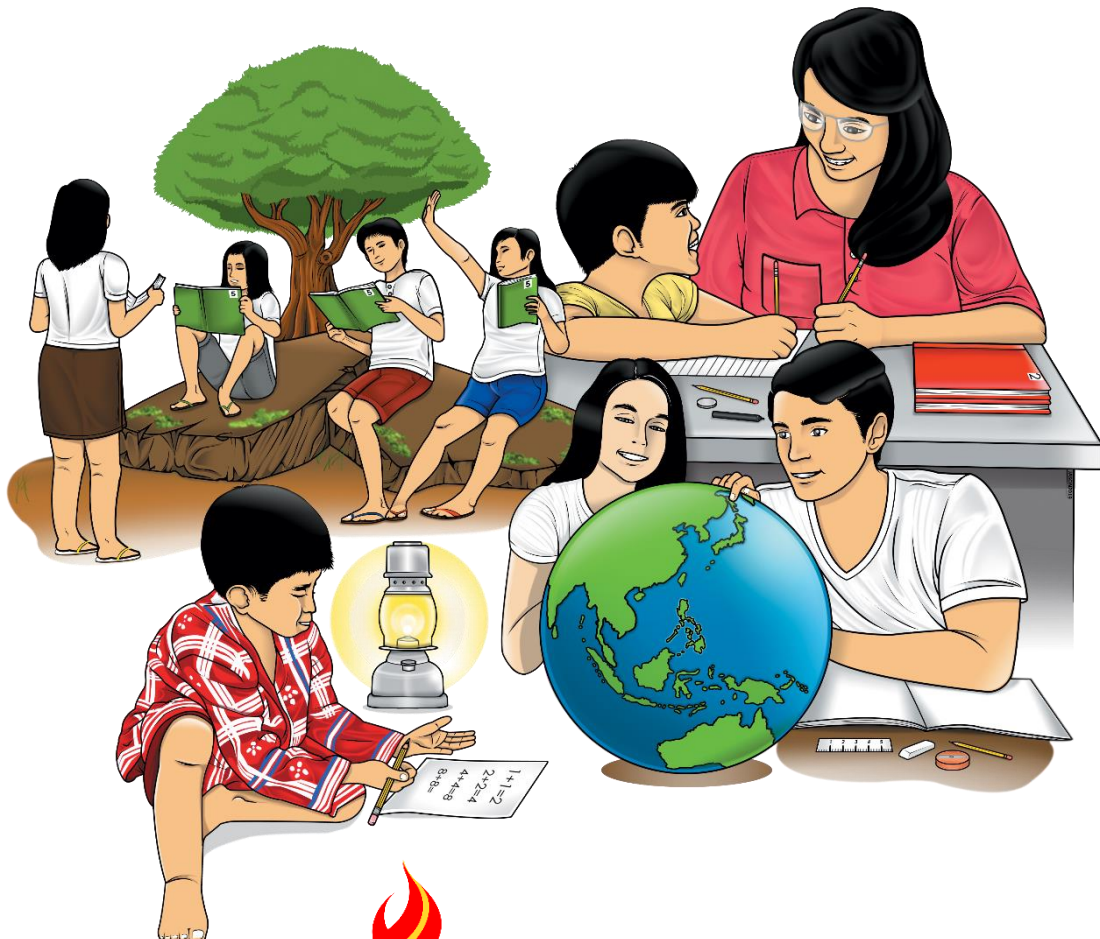


Senior High School

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

## Quarters 3 and 4 – Module 2: Athletics in Relation to Health-Related Fitness



**Health Optimizing Physical Education 2**  
**Alternative Delivery Mode**  
**Quarter 2 – Module 2: Athletics in Relation to Health-Related Fitness**  
**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 2: Athletics in Relation to Health-Related 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***

This module was designed and written to help you understand the Health Optimizing Physical Education specifically about athletics in relation to health-related fitness. The scope of this module permits it to be utilized in many various learning situations. The given activities in this module can be done individually or with the help of a family member. This module focuses in self-assesses health-related fitness (HRF) status, barriers to physical activity assessment participation and one's diet.

After browsing this module, you are expected to:

1. Describe the nature and background of athletics.
2. Identify the different categories/events in athletics.
3. Execute different skills in athletics.
4. Initiate family participation in doing the activities.



## ***What I Know***

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

1. Which is the best strategy for improving the flexibility of the body?
  - A. Perform different stretching exercises targeting multiple areas.
  - B. Perform stretching exercises in between strength-building exercise.
  - C. Perform the same exercise over and over until the target is reached.
  - D. Perform a set of routine exercises, targeting only one area of the body.
2. Which is not a good body composition?
  - A. Improve muscle endurance
  - B. Increase range of motion
  - C. Increase range of movement
  - D. Weightlifting for muscles
3. Which of the following exercises is best for improving muscular strength and endurance?
  - A. Bicycling
  - B. Push-ups
  - C. Running
  - D. Walking
4. In which type of events do athlete race over short distances?
  - A. Hurdles
  - B. Long-distance
  - C. Middle-distance
  - D. Sprints
5. Long Jump, Triple Jump, High Jump and Pole Vault are examples of what event in Track and Field?
  - A. Hurdles
  - B. Jumps
  - C. Sprint
  - D. Throws
6. The following are health-related fitness test. Which among the selection below is intended for cardiovascular endurance?
  - A. 1-km run
  - B. Push-ups
  - C. Sit and Reach
  - D. Squats
7. Rain is an athlete and she must leap over a number of barriers that is placed at specific area around the track. What event will best fit Rain?
  - A. 100-m dash
  - B. Hurdles
  - C. Relays
  - D. Shotput
8. Aleyra is an athlete that throws a heavy disc in attempt to mark a farther distance than her competitors. What event will best fit her skills?
  - A. Discus Throw
  - B. Javelin Throw
  - C. Long Jump
  - D. Shot-put

9. Which field event combines athletes' speed, strength, and agility in attempt to leap as far as possible from a take-off point?
- A. Discus Throw
  - B. Long Jump
  - C. Javelin Throw
  - D. Triple Jump
10. In which field event does an athlete use a flexible pole as an aid to jump over a horizontal bar?
- A. Discus Throw
  - B. Long Jump
  - C. Pole Vault
  - D. Triple Jump
11. Kiel has been running five times a week with his track team to improve his mile run time. Which health-related fitness components is he working on?
- A. Cardiovascular Endurance
  - B. Flexibility
  - C. Muscular Endurance
  - D. Muscular Strength
12. Which meter races are considered sprints?
- A. 100, 200, 400
  - B. 110, 210, 410
  - C. 150, 250, 350
  - D. 200, 300, 500
13. The cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition components of \_\_\_\_\_.
- A. Body Mass Index
  - B. Flexibility
  - C. Health-Related Fitness
  - D. Skill-Related Fitness
14. What skill enables one to become and stay physically healthy?
- A. Body Mass Index
  - B. Flexibility
  - C. Health-Related Fitness
  - D. Skill-Related Fitness
15. What term is used to describe running, throwing, and jumping events?
- A. Athletics
  - B. Meeting
  - C. Relays
  - D. Track and Field

**Lesson****1****Health Optimizing Physical Education 2: Athletics in Relation to Health-Related Fitness****What's In****Activity 1. MY FITNESS JOURNEY**

**Direction:** Complete the table below. The first row has been filled for you as an example. Write your answer on a separate sheet of paper.

<b>Components of Health-Related Fitness</b>	<b>Description</b>	<b>How to Integrate in Your Real Life</b>	<b>Benefit(s)</b>
1. Cardiovascular Endurance	It is the ability to exercise without being overly tired	20 to 30 minutes jogging at least 2 to 4 time per week.	It reduces the risk of death from heart attack or stroke and reduces the risk of having any cardiovascular disease.
2.			
3.			
4.			
5.			



*Please be reminded of these tips and learning strategy before you start reading and answering all the activities provided. Try to write out what you know and be detailed as possible. Then check the module for accuracy and correctness to see if you really understand what you read.*



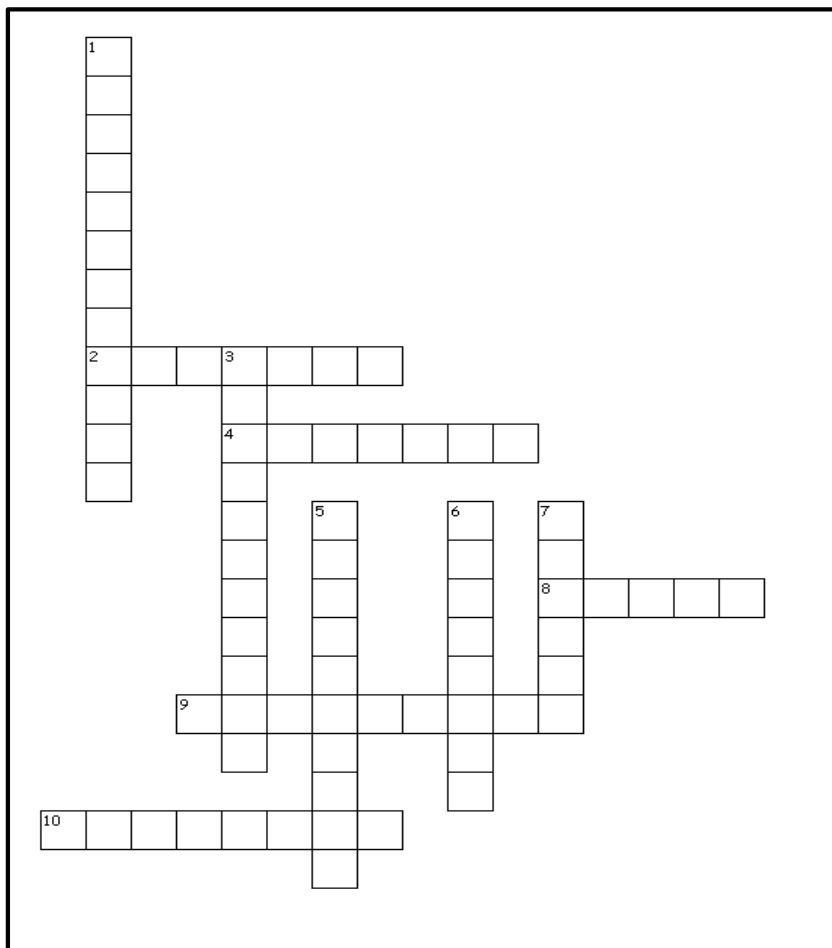


## What's New

Physical education is one of the important components of education that gives opportunities to attain the knowledge and skills to be physically active and live healthy lifestyle. Active participation in physical activities will allow the students to develop their potential skills and experiences which, in turn, develop them into healthy members of the society.

### Activity 2: CROSSWORD PUZZLE

**Directions:** Identify the different events in Athletics. Write your answer on a separate sheet.



#### Down

1. An event where an athlete runs and throws a spear.
3. An event where an athlete throws a heavy disc as far as possible.
5. An event where an athlete must hop, step, and jump into the sand pit.
6. An event where an athlete combines speed, agility, and strength to leap as far as possible.
7. An event where an athlete runs over a short distance.

#### Across

2. An event where an athlete must leap over a number of barriers placed at specific area around the track.
4. An event where an athlete throws a heavy spherical ball as far as possible.
8. An event where an athlete runs carrying a baton to pass onto the next runner.
9. An event in which an athlete must jump using a long flexible pole over a bar.
10. An event in which an athlete must jump unaided over a horizontal bar.



## ***What is It***

Being physically active permits the body systems to function properly with alertness and energy. Remaining in shape permits a person to efficiently and effectively perform his/her daily tasks that will lead to better output and performance.

Health-related fitness involves exercise activities that you do to improve your physical health and stay healthy. Health related fitness includes five (5) components namely, cardiovascular endurance, muscular strength, flexibility, muscular endurance, and body composition.

### **ATHLETICS**

#### **Brief History**

Athletics is composed of sports involving running, walking, jumping, and throwing. It is a group of sports divided mainly in what is popularly known as track and field and it has been played centuries ago in a sports competition. In 776 B.C, Greeks started to promote track and field and it opened the Olympic Games. Since then, it has been staged every four years until 394 A.D. Athens revived the Olympic Games in 1896. After that, the Olympic Games is stage every four years.

In the early stage, the Greeks' participation in athletics was intended to show the strong body and skills of the soldiers. The beauty of the games caught the attention and interest of more than 5000 people. Olympic Games became very competitive and in 1923 women were included in the event. The competition was under the support of the Amateur Athletics Union.

Track and field event was introduced to the Filipinos by the Americans. It was warmly accepted as one of the events for competition. Athletics, as part of the local competition, was governed by the Philippine Athletics Track and Field Association. It followed the rules of International Amateur Athletic Federation as a world governing body for track and field athletics. Because of its worth and value, it was included as a subject in the Physical Education.

#### **Events in Athletics**

##### **Running Event**

100-meter dash	4 x 100-meter relay
200-meter dash	4 x 400-meter relay
400-meter dash	110-meter high hurdles
800-meter run	100-meter hurdles
1500-meter run	400-meter low hurdles
3000-meter run	3000-meter Steeple Chase
5000-meter run	Marathon and Walkathon

## Jumping Events

Long Jump  
Triple Jump  
High Jump  
Pole Vault

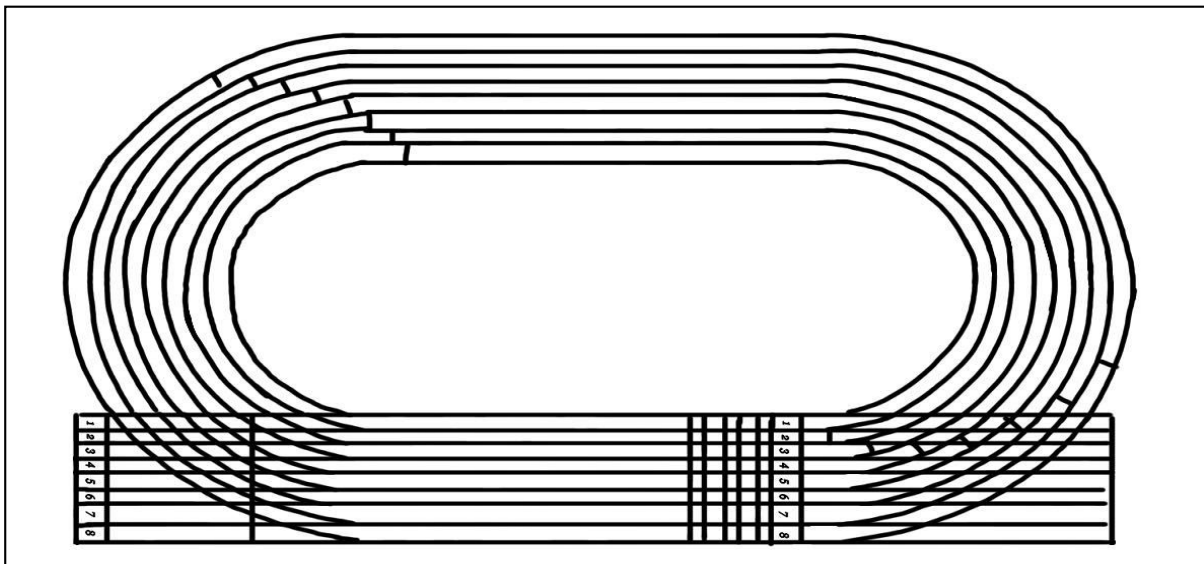
## Throwing Events

Shot Put  
Discus Throw  
Javelin Throw  
Hammer Throw

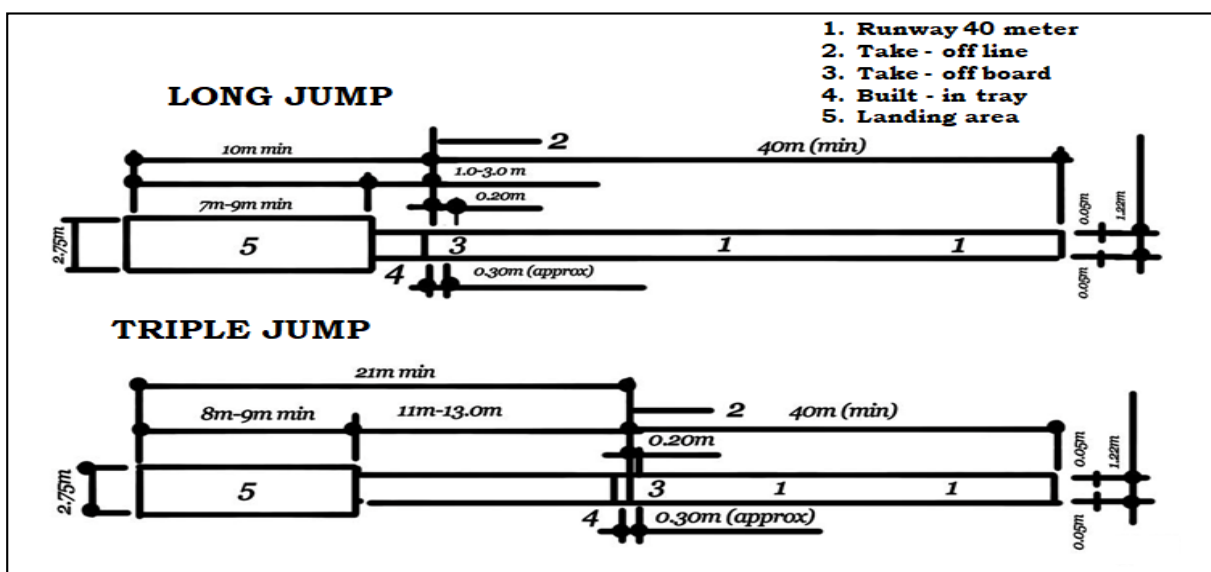
## Athletics Playing Venue

Running events are played in an oval. It has eight lanes and the inner most lane measures 400 meters. The seven other lanes are appropriately marked to indicate the 400-meter distance and the exceeding land measurement.

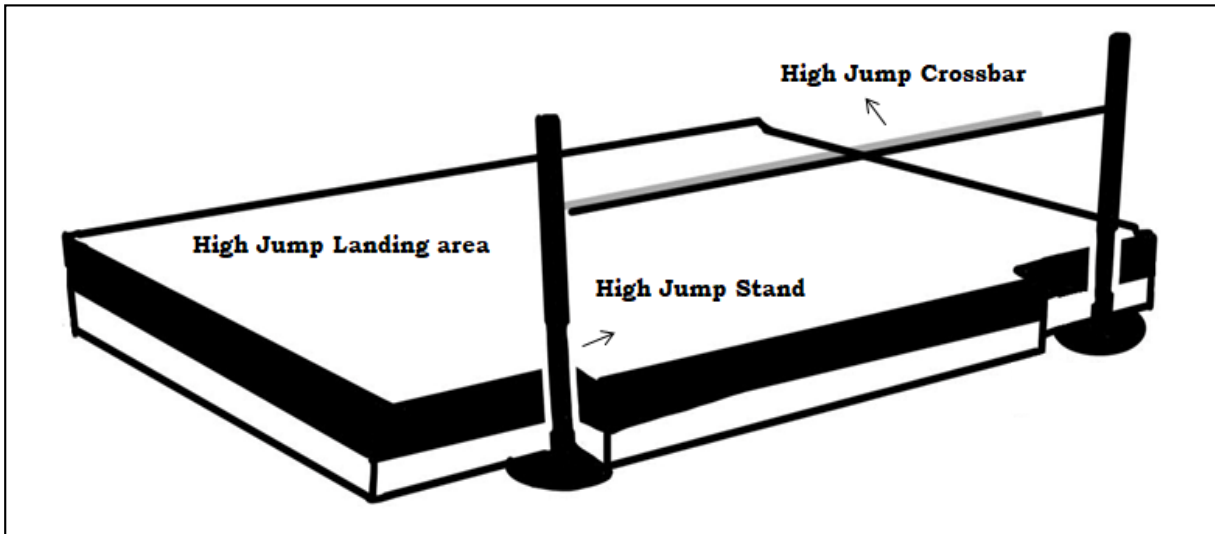
The surface of the oval is even and levelled, covered by mixture of sand and cinder, some are combination of asphalt and synthetic rubber. The modern running tracks are made of synthetic rubber like materials.



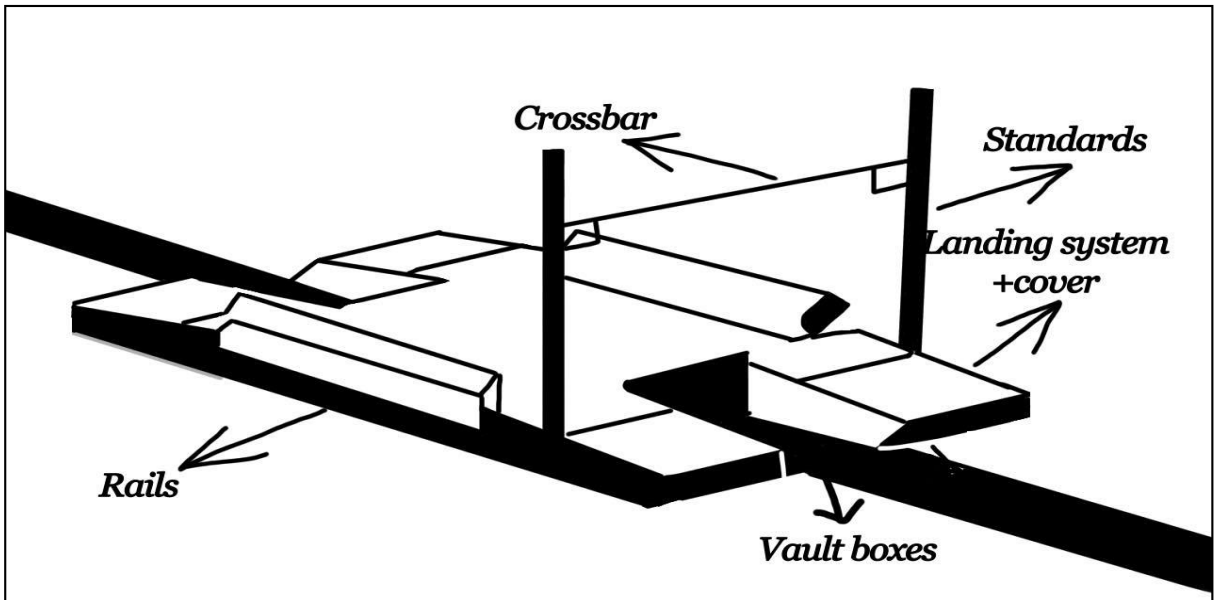
## Long Jump and Triple Jump



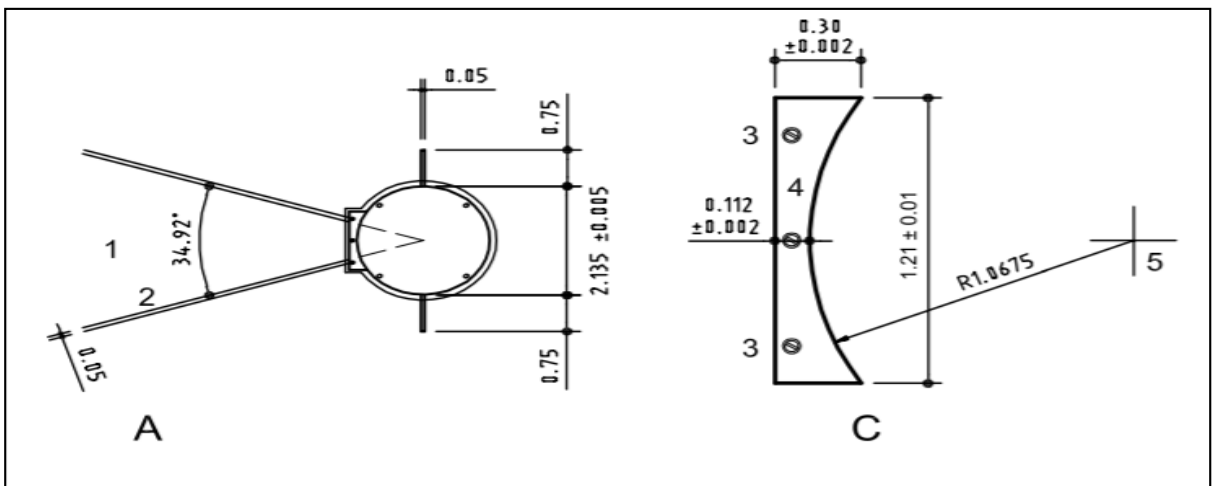
### High Jump



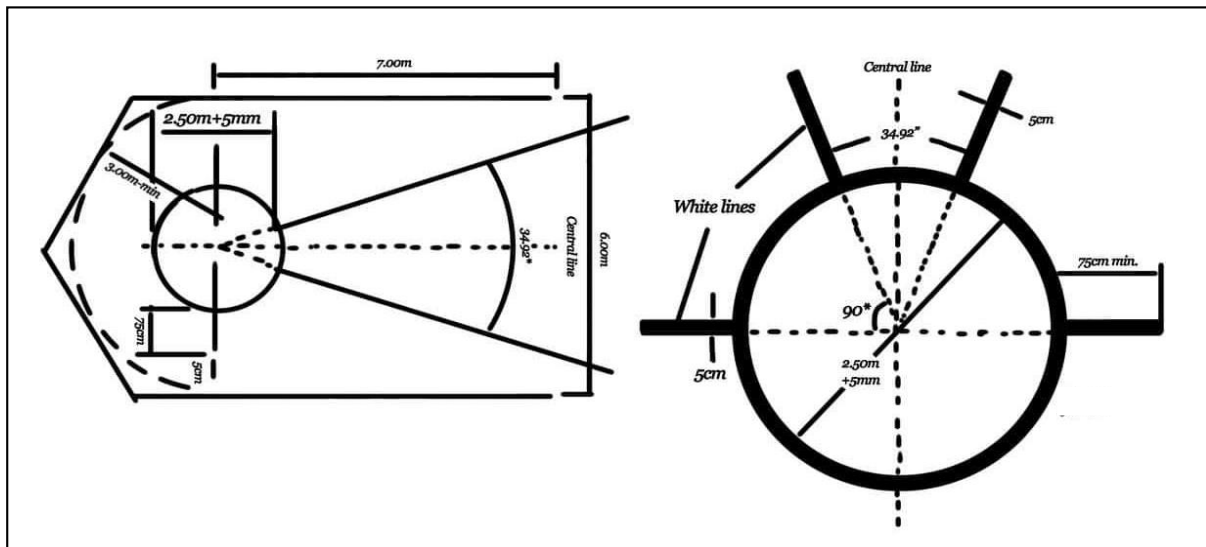
### Pole vault



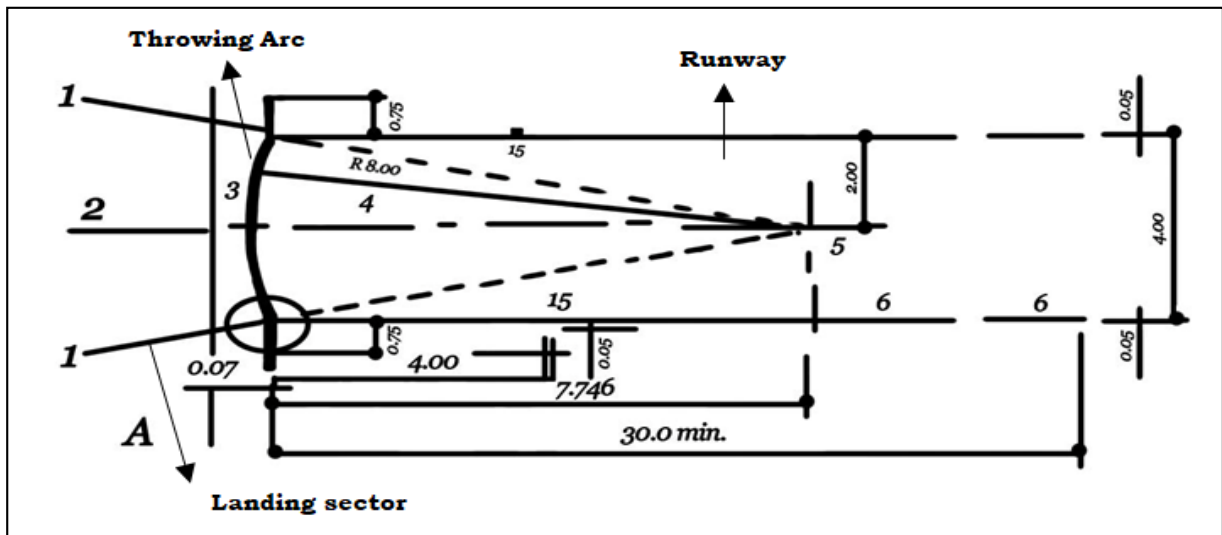
### Shot Put



## Discus throw



## Javelin Throw



## Different Athletics Events/Games

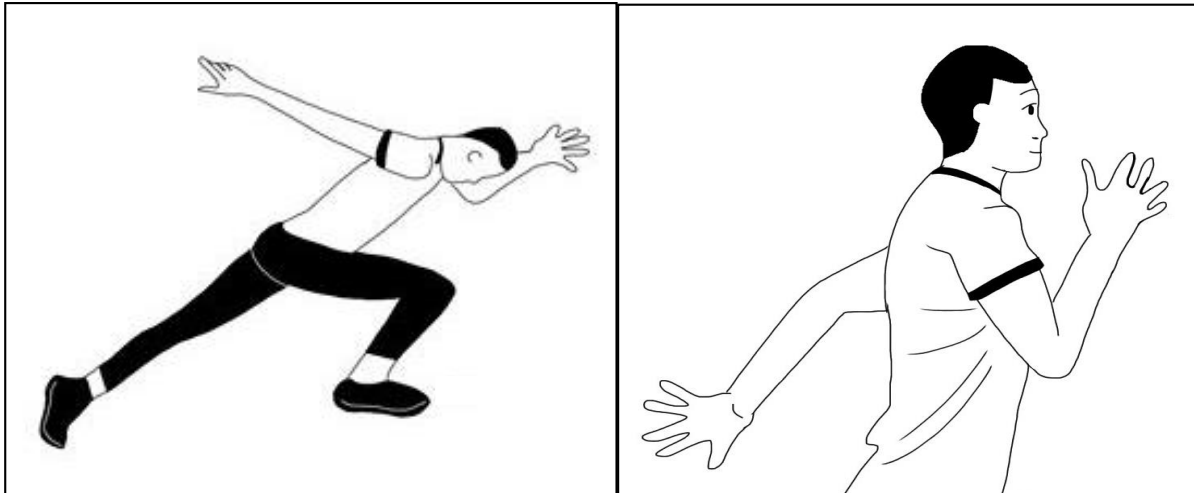
According to *MichelletheRunner.com*, like ballet, running is just as graceful. Every stride and kilometer have a purpose inside a race. Each section of the race must meet specific criteria in order to complete the race in a specific time. Ballerinas have to time their steps to music; runners must time their strides to pace”.

On the other hand, Stephen Baker says, “*Understanding and applying physiology could improve your running.*”

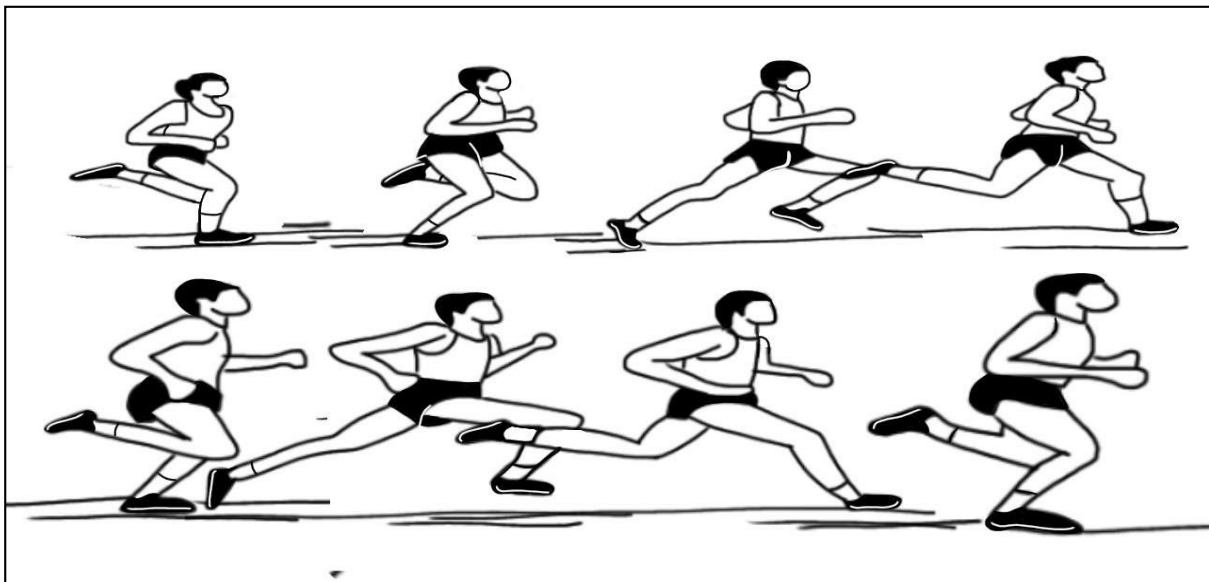
Therefore, by combining the art of running and science-based running, a champion shall be born.

## Running Events

### Body position of the sprinter



### Body position of the distance runner



Can you be both a sprinter and a distance runner? Not really. For sure, you can do both activities for recreational purposes and overall fitness. However, your training routine and your genetics shall eventually determine what you are best at.

Sprinters are innately gifted with a larger number of fast-twitch muscle fibers. It permits them to execute explosive movements and participate in high-intensity exercise for short period of time. According to National Academy of Sports Medicine (NASM), the same goes for powerlifters, bodybuilders, and other strength athletes. Fast-twitch fibers can produce more force in a shorter time than slow-twitch fibers. Also, sprinters are naturally more muscular and have a bigger build than long-distance runners.

The relatively short sprint distances, ranging up to 400 meters, require a sustained top speed. Originally all sprinters start from a standing position, but in the 1880s the crouch start was invented, and it became a rule that sprinters must start with both feet and both hands on the track. The introduction of the adjustable starting block aided the quick start which is critical in the sprints.

Endurance athletes or long-distance runners have 90 to 95 percent slow-twitch muscle fibers. According to American Council on Exercise, slow-twitch fibers are slighter and less powerful but more resilient to fatigue than fast-twitch fibers. So, they rely on oxygen to function properly. Slow-twitch muscle fibers are well suitable for long-duration aerobic activities.

**Note:**

Short sprint distances, ranging up to 400 meters must start with both feet and both hands on the track (crouch start).

**Did you Know that:**

Jamaican sprinter Usain Bolt is the fastest man in history with a world record time of 9.58 seconds and the fastest woman in history is Florence Griffith-Joyner with a world record time of 10.49.

**The Hurdles**

**Hurdling** is a sport in athletics (track and field) in which a runner sprints and leaps over a series of hurdles, which are set on a track with specific distance apart. Runners must stay in their respective lanes throughout the race. If the runner knocks the hurdles down while leaping, a runner who trails a foot or leg alongside a hurdle or knocks it down with a hand is disqualified. The winner will be the first player who been complete the course without violation.

**Dimensions: The standard heights of the hurdles shall be:**

Distance	Men	Men U20	U18 Boys	Women/U20	U18 Girls
110m/100m	1.067m	0.991m	0.914m	0.838m	0.762m
400m	0.914m	0.914m	0.838m	0.762m	0.762m

**Hurdle Races**

The standard distances shall be:  
 Men – U20 Men and U18 Boys: 110m, 400m  
 Women, U20 Women U18 Girls 100m, 400m

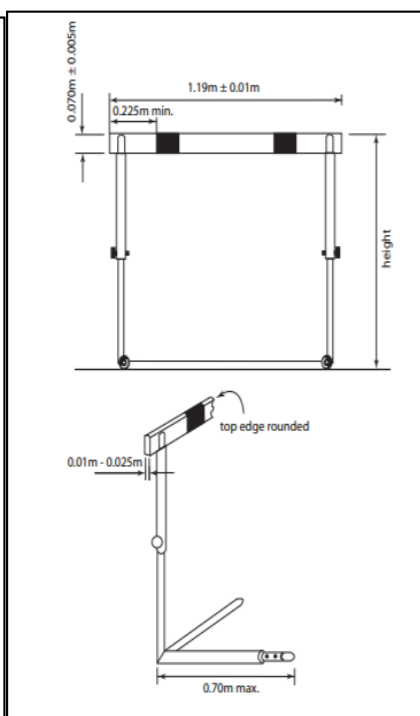
There should be ten flights of hurdles in each lane, set out in accordance with the following table:

**Men, U20 Men and U18 Boys**

Distance of race	Distance from start line to first hurdle	Distance between hurdles	Distance from last hurdle to finish line
110m	13.72m	9.14m	14.02m
400m	45.00m	35.00m	40.00m

**Women, U20 Women and U18 Girls**

Distance of race	Distance from start line to first hurdle	Distance between hurdles	Distance from last hurdle to finish line
100m	13.00m	8.50m	10.00m
400m	45.00m	35.00m	40.00m



## What is a Relay?

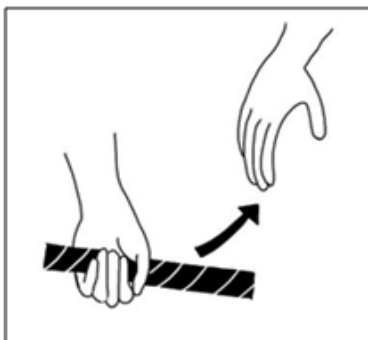
The relays involve four runners per team. There are two standard events, the 4 × 100- and 4 × 400-meter relays. They are both included in local meets, in Olympic Games, and IAAF World Championships. The first runner in the 4 x 100- meter relay begins the race in starting blocks. The next three runners receive the baton in the 30 meters passing and receiving zone. The receiver begins running in the acceleration zone within the exchange zone (30m). In the relay, runners should not switch hands when carrying the baton. Therefore, if the first runner will carry the baton in his right hand, the receiving hand of the second runner will be left hand, the receiving hand of the third runner will be right and the final runner will handle it in his left hand.

## Rules of a Relay

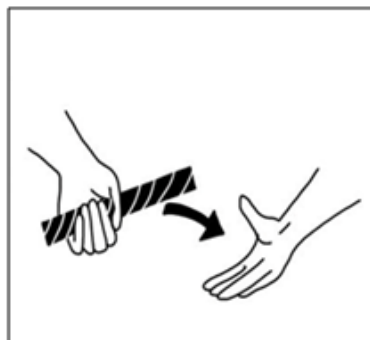
A team may be disqualified from a relay for:

- False Starting
- Incorrect baton passing
- For 4 x 400m illegal switching
- Passing of the baton outside the takeover zone
- During the race an athlete takes or picks up the baton of another team
- Deliberately impeding, improperly crossing the lane, or in any other way interfering with another competitor

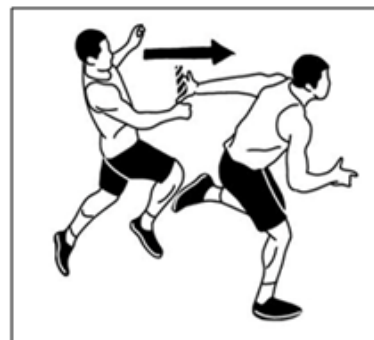
### Un sweep Technique



### Down sweep Technique



### Push- Pass Technique



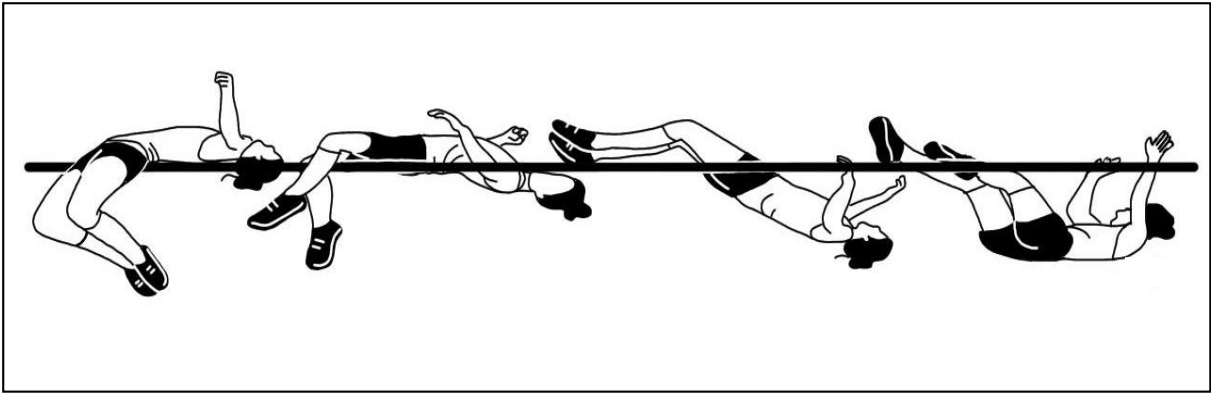
## Jumping Events

Like running races, jumping games seem to be part of our childhood life. We tend to see how far and high we can jump and who can do it best. There are four athletics jumping events.

### High Jump

In the high jump event, the athlete must run in the start and must jump over a bar without knocking it over. They land on a big soft cushion. Being able to jump high without knocking the bar is advantage to win the game. In this event technique is important, there are many techniques used for high jump, but the current, and most successful, is called the Fosbury Flop. The Fosbury flop technique involves an approach from almost straight ahead, then twisting on takeoff and going over the head first with the back to the bar. Jumpers then land on their back.

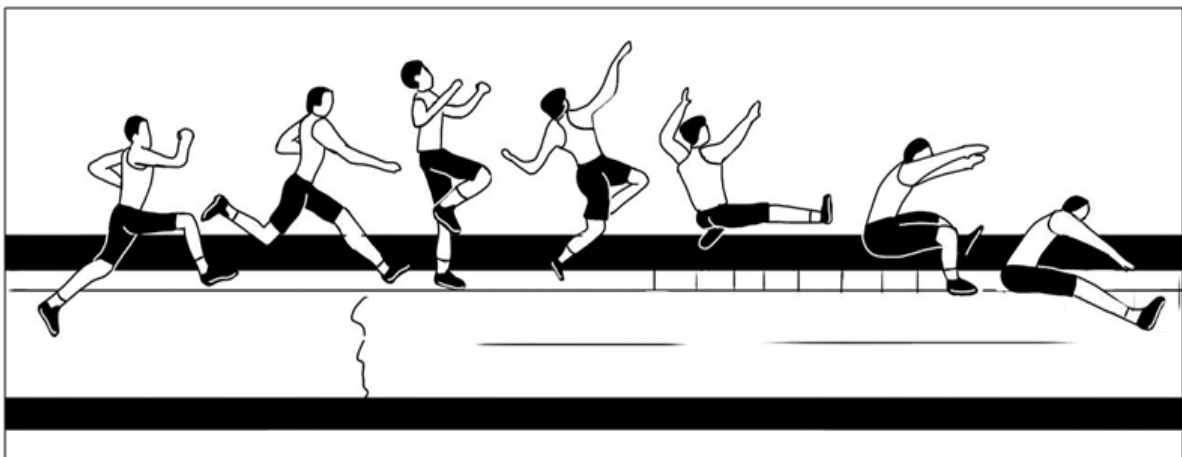




### **Long Jump**

Long jump is the least complicated of all field events. It is formerly called broad jumping. Long jump has been a popular athletics event since Ancient Greece Olympics. In long jump, speed is the most vital ingredient for a successful jump. Jumpers make their approach down the runway at almost top speed, plant a foot on the takeoff board, and leap into the air. Jumpers must plant the forward foot not beyond the take-off board to become legal. The most popular long-jumping style is “Hitch-Kick,” where in the runner apparently walks in air.

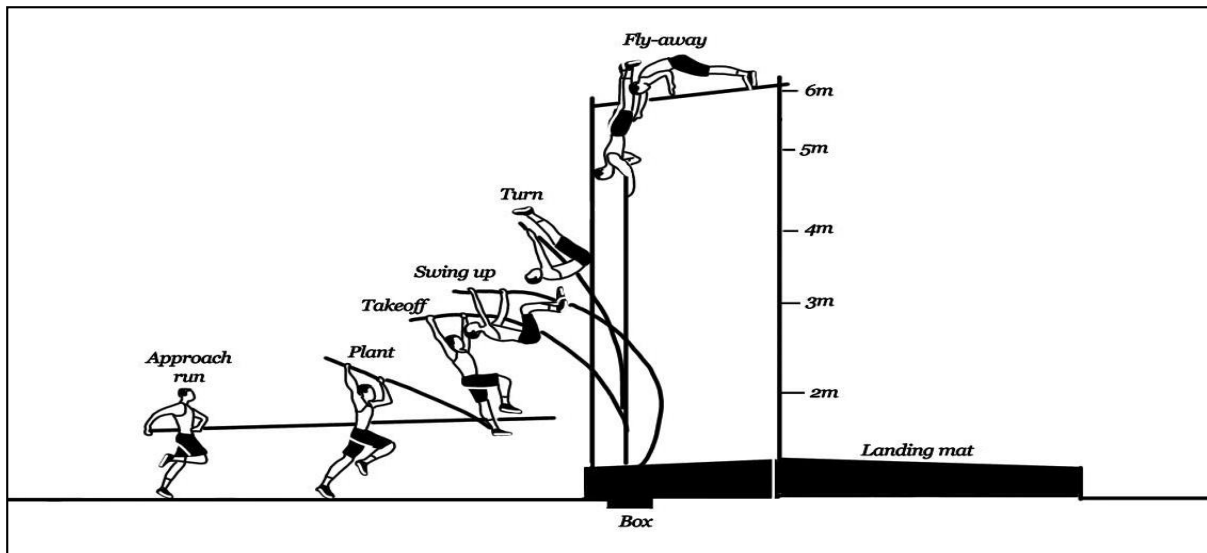
### **LONG JUMP**



### **Pole Vault**

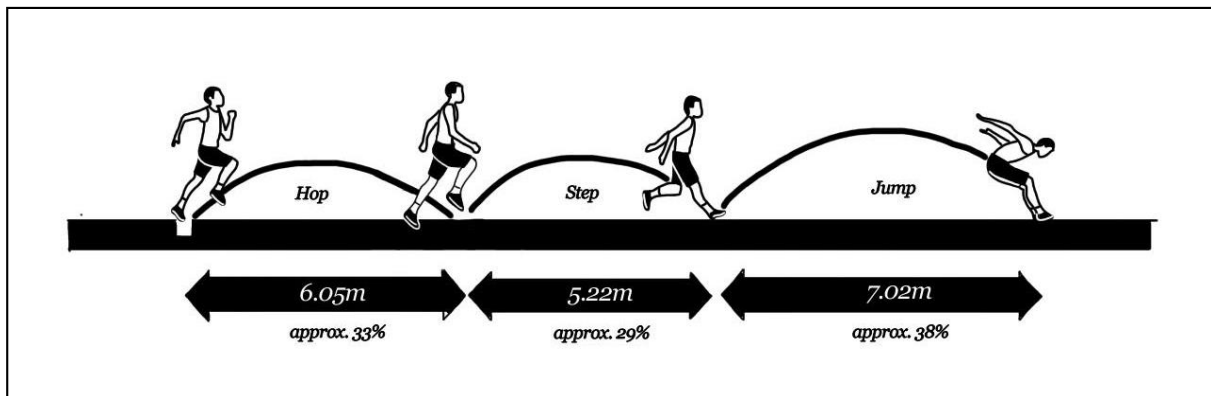
The pole vault may be the toughest to master of all field events. Pole-vaulting is quite more likely to high jump. Vaulters attempt to vault over a crossbar placed on uprights, each height. They are given three tries, then they land on a large soft mattress for safety.

The vaulter runs down the track holding a pole at one end. After planting the end of the pole in a metal box in the ground level, the vaulters propel themselves up and over a high bar using both a jump and the spring to gain height. They must get over the bar without knocking it off.



### Triple Jump

The triple jump is like long jump, it is known as the hop, step, and jump. The jumper will first run down the track gaining speed; at the start of the jump or take off point they will jump or spring from one foot and land on that same foot (hop); next they jump again, at this time landing on the opposite foot (step); lastly, they jump as far as they can and land on both feet (jump) into the sand pit or landing pit.

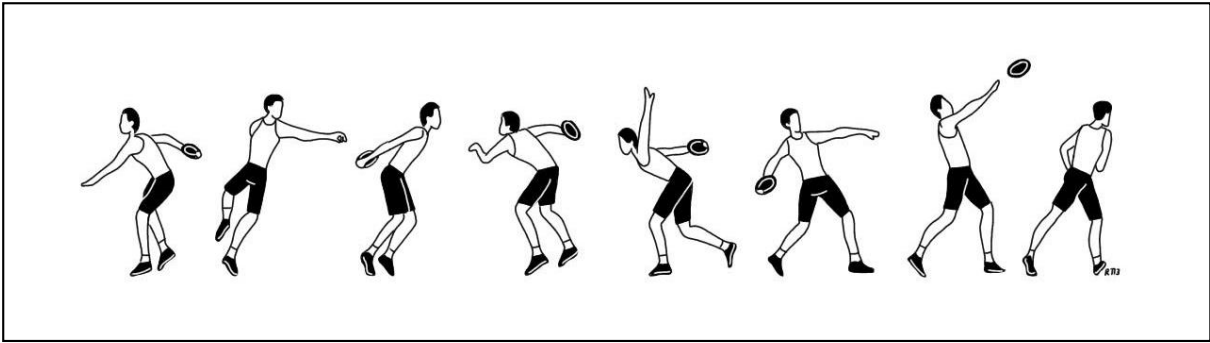


### Throwing Events

It's always fun to see who can throw something the farthest, whether it's a ball, or even a rock. These events necessitate explosive movements. Power is the component to be considered. Athletics is the place where you can throw stuff for distance as a real sport. There are four major throwing events outlined below.

#### Discus

A discus is plate like or round disc (implement), typically made of plastic with a metal rim. It is thrown from a concrete circle that is about 2.50 meter in diameter. The thrower's feet cannot leave the circle unless the discus lands on sector area or else the thrower will be at fault, and the throw will not be counted. To achieve maximum distance in the discus, the thrower shall maintain these three components - speed, technique, and strength. The thrower that throws the farthest inside the sector area and without committing any violation wins.



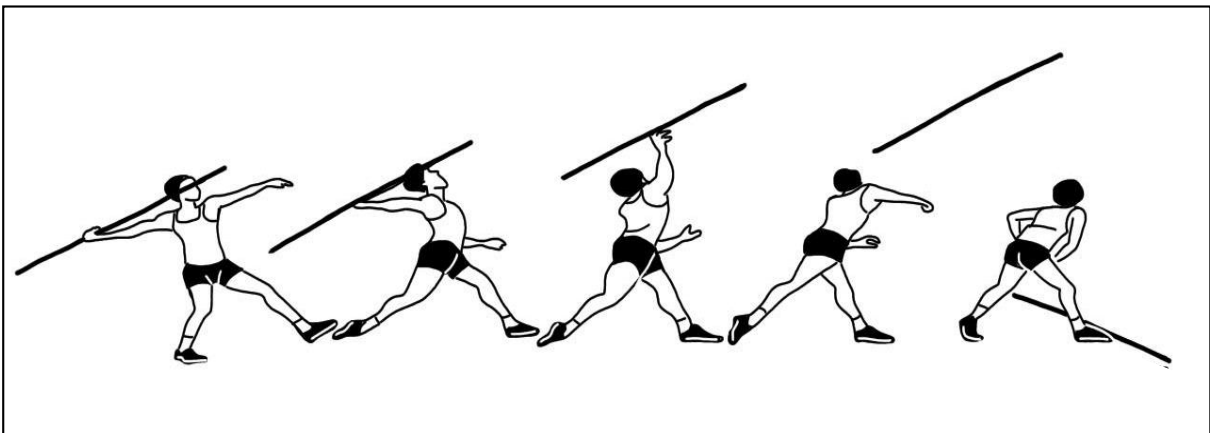
## Javelin

The javelin is something like a spear (implement). It was introduced in the Olympics at 708 BC. This event should be supervised at all times to be sure no one is hurt. Javelin throw does not use a circle when throwing. The thrower must hold the javelin at the grip part and should always be maintained above the shoulder level. The javelin must lie before the specified zone and its tip should hit the ground to become valid. The thrower should maintain his balance until the javelin lands on the ground. Once the competition has started, the athletes cannot use the perimeter for practice purpose.

The throw will be considered as foul in the following cases:

- Improper throw of the javelin in the attempt.
- Thrower goes out of the marking line while throwing (continuous motion)
- The tip of the javelin lies outside the edges of the landing sector.

The thrower who throws farthest inside the landing sector and didn't commit any violation wins.



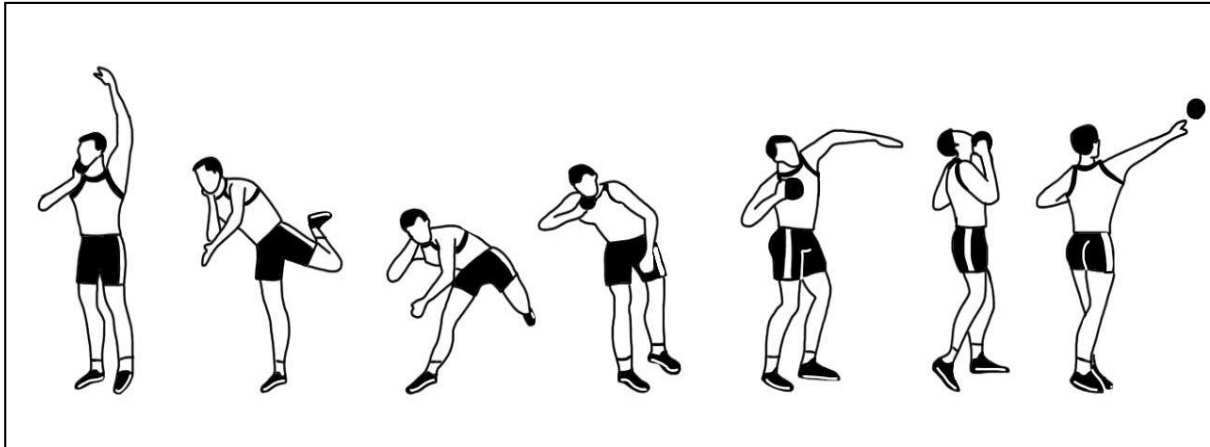
## Shot Put

Shot is a piece of spherical iron ball that is thrown from a concrete circle that is seven feet in diameter. The front of the circle has a metal board called a toe board or stop board. The thrower cannot touch the top of the stop board or step over it during the throw. The thrower holds the shot close to his/her neck in one hand.

There are two common throwing techniques:

1. Slide or "glide"
2. Spin or rotational

The goal is to build momentum and finally push or put the shot inside the sector landing area. The thrower must stay in a circle until the shot has landed or else their throw is invalid. The thrower throws farthest inside the landing sector and without committing any violation wins.



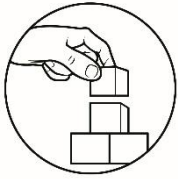
### Hammer Throw

Hammer throw does not actually involve throwing a usual hammer like you think. In this Athletics throwing event, the thrower throws a metal ball attached to a handle and a straight wire about three feet long. The hammer is thrown from a concrete circle 2.15 meter in diameter (just like the shot put) but there is no toe board or stop board. Like the discus and the shot put, the thrower must stay in a circle until the hammer lands. The thrower rotates several times to gain momentum prior to releasing and throwing the hammer. Maintaining balance is important due to the force generated by having the heavy ball at the end of the wire. The thrower that throws farthest without committing any violation wins.

### Official Implements

In all International Competitions, the implements used shall comply with current IAAF specifications. Only IAAF certified implements may be used. The following table shows the implement to be used by each age group:

Implement	Girls	Women	Boys U18	Men U20	Men Senior
Shot	3.000kg	4.000kg	5.000kg	6.000kg	7.260kg
Discus	1.000kg	1.000kg	1.500kg	1.750kg	2.000kg
Hammer	3.000kg	4.000kg	5.000kg	6.000kg	7.260kg
Javelin	500g	600g	700g	800g	800g

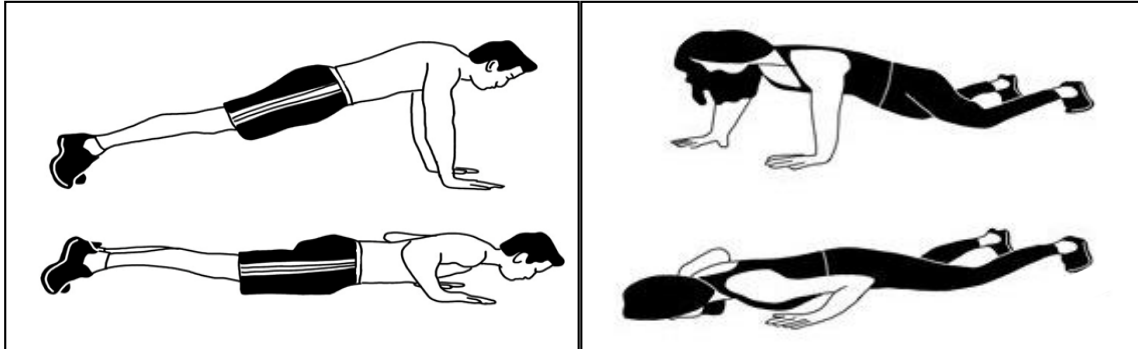


## What's More

### Activity 3: LET'S DO THIS

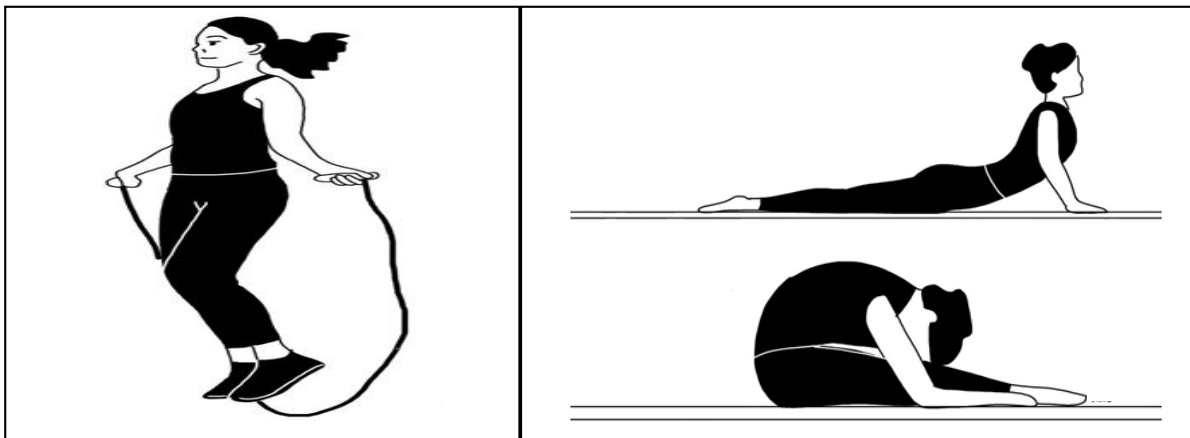
**Directions:** Perform each activity at a time and answer the given questions below.

#### Muscular Strength and Endurance Exercise



Cardiovascular endurance  
Exercise

Flexibility Exercise



Answer the following questions after performing the activities.

1. How did you feel while performing the activities?

---

2. How was your breathing?

---

3. How much did you sweat?

---

4. Do you feel pain in your muscle while doing the exercises? Why do you think so?

---

**Reflection:**

1. On a scale of 1 to 10, how fit do you see yourself? Why?

---

2. When is the most probable time for you to engage in your own personal workout?

---

3. Is there any reason why you do not engage in physical activity?

---



## *What I Have Learned*

### **Activity 4: THE ATHLETICS CONCEPT MAP**

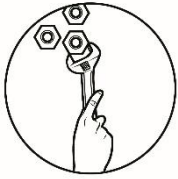
This activity will measure your skill on identifying games in each athletic event. Fill in the diagram below with the needed information.

TRACK EVENTS	FILED EVENTS	
	A T H L E T I C S	

### **Activity 4: LET'S MAKE A FLIPCHART!!**

**Direction:** Make a flipchart showing your understanding of how each athletics event differ from the other and what health related fitness you need to develop when playing specific event in Athletics.



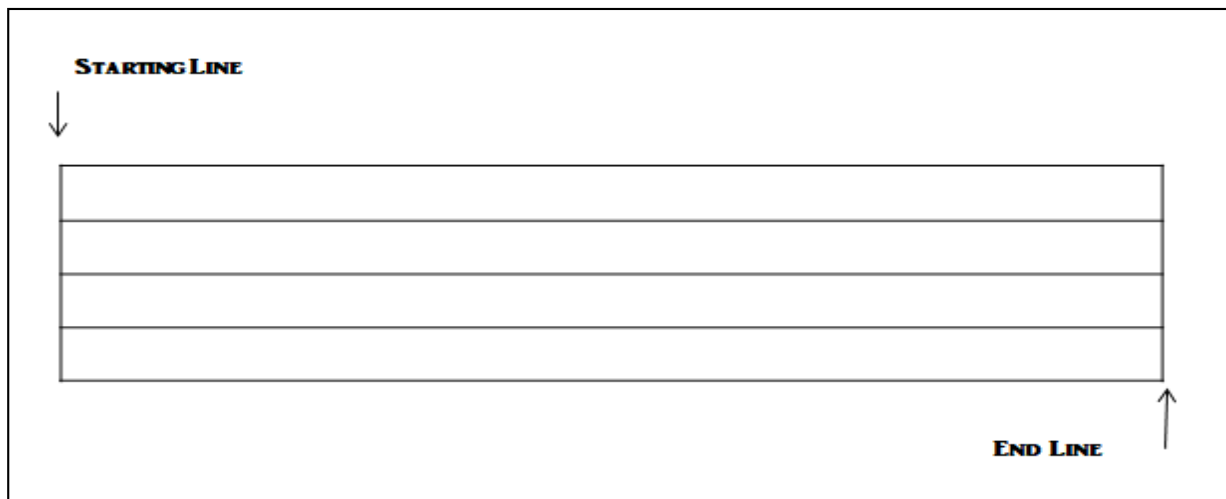


## What I Can Do

### Activity 5: Let's Play

**Direction:** This activity will test your ability to run fast. Invite your siblings, parents, relatives, neighbors to be part of this competition. Measure 40 meters on the street or vacant place. Make sure that the place is safe to organize the event. Put a mark on starting line and finish line.

This is a sprint challenge. First challenge, the runner will run with arms at their side, then the second challenge will require the runner run with his/her arm swinging. Before the start of the competition, make sure that your cellular phone is ready to record the activity.



**Note:** Before the competition, make sure that all the players will do warm up exercise and stretching.

- ✓ 3 minutes jogging
- ✓ Static Stretching
  - Neck Stretches
  - Shoulder Curls
  - Arm Stretches
  - Trunk Stretches
  - Toe Touch
  - Lunges
  - Squats

**Reminder:** Please apply social distancing.



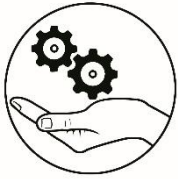


## Assessment

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

1. Performing different stretching exercises that are targeting the multiple areas of the body is the best strategy for improving the \_\_\_\_\_.  
A. cardiovascular endurance                      C. muscular endurance  
B. flexibility    D. muscular strength
2. Good body composition includes \_\_\_\_\_.  
A. increase range of motion                      C. weightlifting for muscles  
B. increase range of movement                      D. All of the Above
3. Push-ups are the best exercise when improving \_\_\_\_\_.  
A. body composition                                      C. flexibility  
B. cardiovascular endurance                                      D. muscular strength
4. Sprint is a type of event where in the athlete runs over \_\_\_\_\_.  
A. an obstacle    C. short distance  
B. long distance    D. None of the Above
5. Jumping events in athletics includes \_\_\_\_\_.  
A. hop, hog, walk  
B. discus throw, hammer throw, javelin throw  
C. high jump, long jump, pole vault, triple jump  
D. hurdles, long distance, middle distance, relay, sprint
6. The following are exercises to improve cardiovascular endurance. Which does not belong to the group?  
A. Power Walking    C. Swimming  
B. Running    D. Weightlifting
7. Mel wants to improve her cardiovascular endurance. What program should she include in her training routine?  
A. Aerobic Training    C. Flexibility Training  
B. Agility Training    D. Strength Training
8. Which is the standard distance of hurdler race for men?  
A. 80 and 100m    C. 110 and 400m  
B. 100 and 400m    D. 150 and 250m
9. Where did athletics originate?  
A. Ancient Greece    C. Britain  
B. Ancient Rome    D. Russia

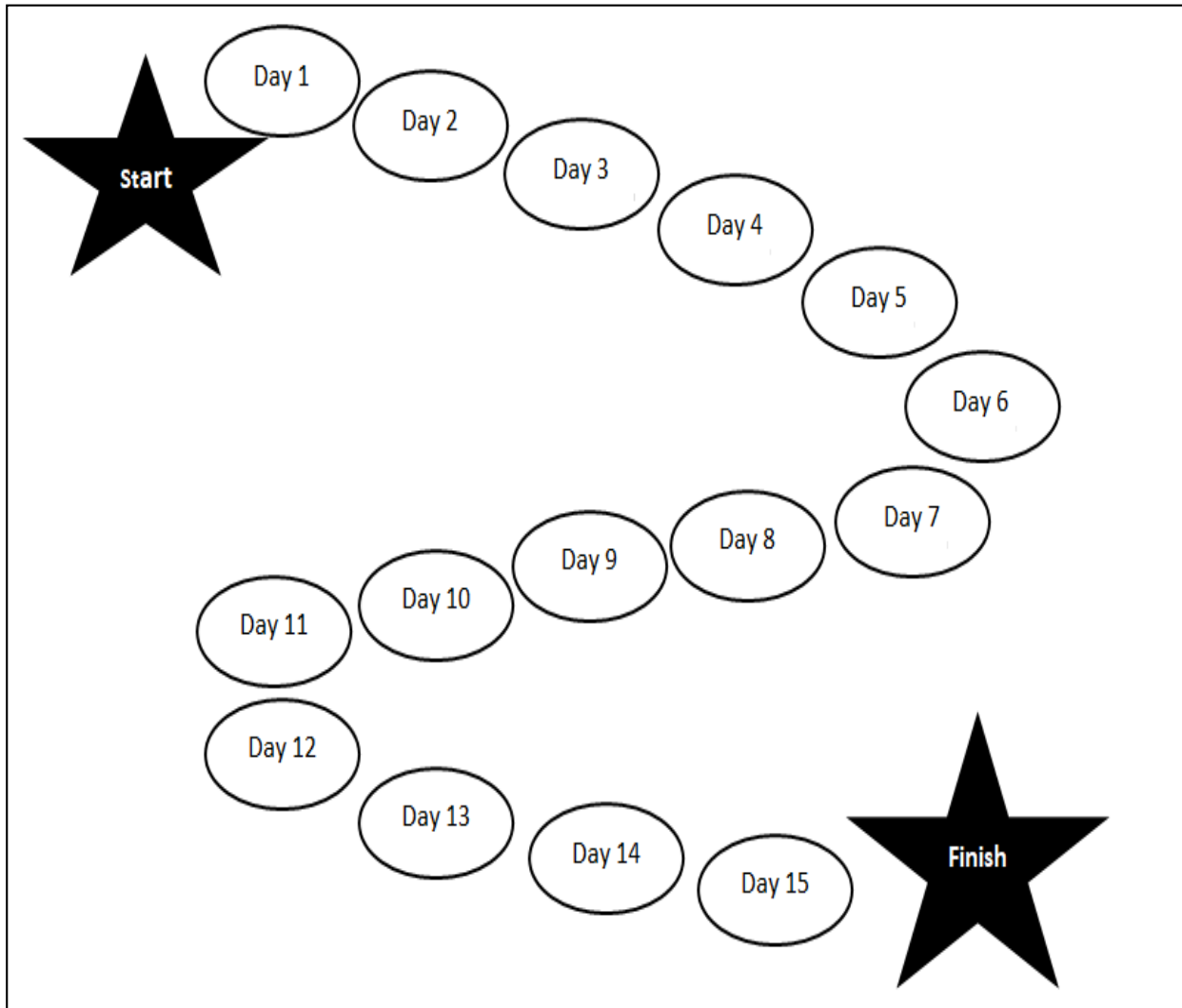
10. The following are the different events in athletics. Which of these is a field event?
- A. High Jump
  - B. Relay
  - C. Shotput
  - D. Triple Jump
11. It is the amount of the muscle that can produce.
- A. Muscular Endurance
  - B. Muscular Strength
  - C. Power
  - D. Speed
12. 100, 200, 400m are considered \_\_\_\_.
- A. long distance
  - B. middle distance
  - C. relay
  - D. sprints
13. Lee wants to improve power. Which health-related component should he focus on?
- A. Cardiovascular Endurance
  - B. Flexibility
  - C. Muscular Endurance
  - D. Muscular Strength
14. Health-related fitness refers to the \_\_\_\_.
- A. ability to do well in activities and sports.
  - B. skills that enable one to become and stay physically healthy.
  - C. maximum amount of force of the muscles that can produce in a single effort.
  - D. ability of the muscles to perform against a force over an extended period of time.
15. Chloe monitors her target heart rate. What part of fitness does she measure?
- A. Intensity for flexibility
  - B. Time for cardiovascular endurance
  - C. Frequency for muscular endurance
  - D. Intensity for cardiovascular endurance

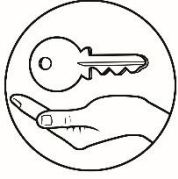


## ***Additional Activities***

Activity 6: Let's be physical

Direction: This is a 15-day push-up challenge. Make sure that your mind and heart are ready to this challenge.





## **Answer Key**

<p><b>Assessment</b></p> <p>1. B 2. D 3. B 4. C 5. C 6. D 7. A 8. C 9. A 10. C 11. B 12. D 13. D 14. B 15. D</p>	<p><b>Activity 2: Crossword Puzzle</b></p> <p><b>ACROSS:</b> 2. HURDLES 4. SHOT PUT 8. RELAY 9. POLE VAULT 10. HIGH JUMP</p> <p><b>DOWN:</b> 1. JAVELIN THROW 3. DISCUS THROW 5. TRIPLE JUMP 6. LONG JUMP 7. SPRINT</p>	<p><b>What I Know</b></p> <p>1. A 2. C 3. A 4. D 5. B 6. A 7. B 8. D 9. B 10. C 11. A 12. A 13. C 14. D 15. A</p>
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