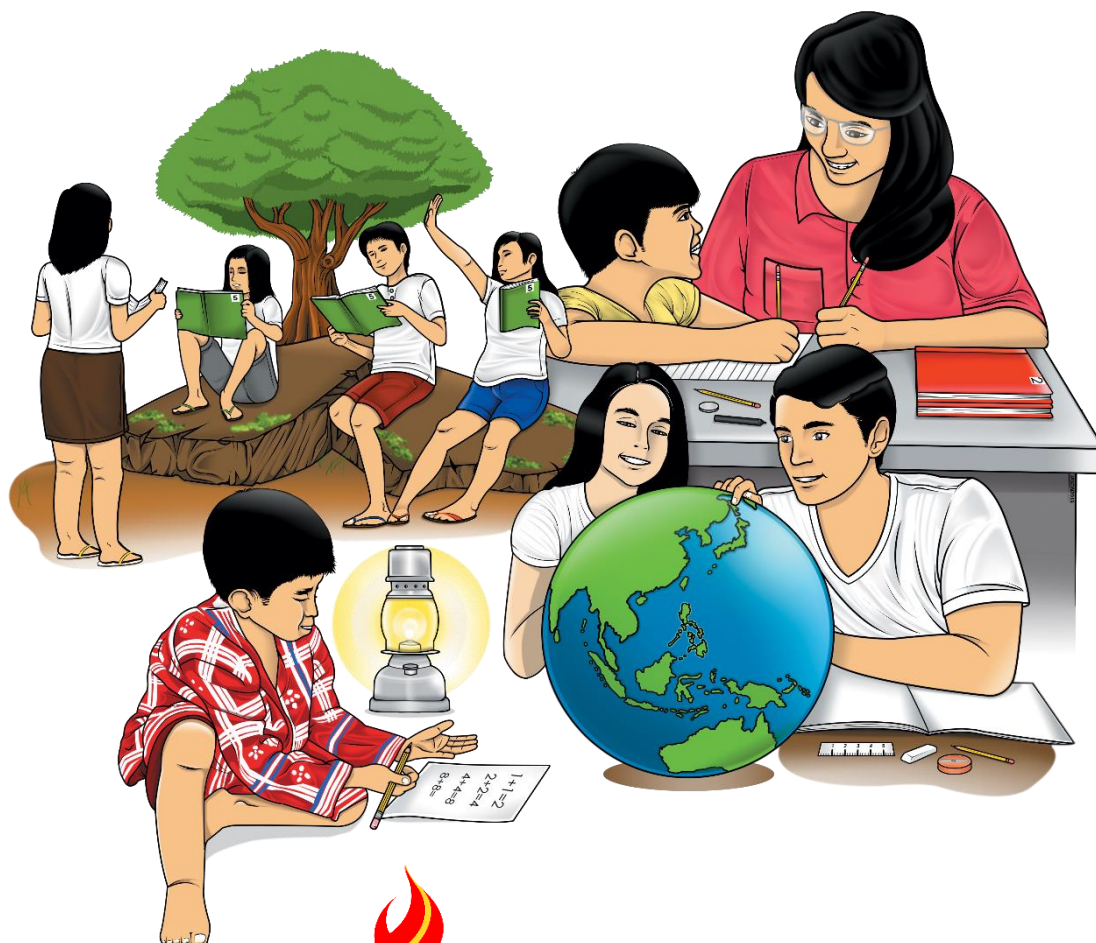


Health Optimizing Physical Education 2 Quarters 3 and 4 – Module 7: Sports Event for a Target Health Issue or Concern - Football



**Health Optimizing Physical Education 2 (H.O.P.E. 2)
Alternative Delivery Mode**

**Quarters 3&4 – Module 7: Sports Event for a Target Health Issue or Concern – Football
First Edition, 2021**

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Secretary: Leonor Magtolis Briones
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Development Team of the Module

Writers: Maria Rosario A. Botacion, Anna Leah P. Lagman

Editors: Aleli C. Nitoral, Roderick C. Tobias

Reviewers: Lorelyn P. Arellano, Raine P. Ramos, John Lester F. Guerrero,
Celeste A. Diaz, Pacita Q. Lungcay, Eliza V. Hibek, Pamela D. Morando,
Allan E. Medenilla

Illustrator: Rubylyn T. Gludo

Layout Artist: Anabelle V. Placido

Management Team: Francis Cesar B. Bringas
Job S. Zape Jr.,
Ramonito Elumbaring
Reicon C. Condes
Elaine T. Balaogan
Fe M. Ong-ongowan
Edna Faura-Agustin
Edgardo Militante
Mary Ann L. Tatlongmaria
Evelyn P. de Castro
Joel J. Valenzuela

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Department of Education – Region 4A CALABARZON

Office Address: Gate 2 Karangalan Village, Brgy. San Isidro, Cainta, Rizal
Telefax: 02-8682-5773/8684-4914/8647-7487
E-mail Address: lrm.d.calabarzon@deped.gov.ph

**Health Optimizing
Physical Education 2
Quarters 3 and 4 – Module 7:
Sports Event for a Target Health
Issue or Concern - Football**

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 master the participation in an organized event that addresses health/fitness issues and concerns. 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 is divided into three lessons, namely:

- Lesson 1 – Team Sport-Football
- Lesson 2 – Organizing a Football event

After going through this module, you are expected to:

1. Determine the nature and background of the game, Football;
2. Understand and perform the basic skills in football;
3. Organize a football game.



What I Know

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

1. The standard number of players allowed per team in a football game is _____.
A. 5 B. 7 C. 9 D. 11
2. A position in football game that protects the goalpost is _____.
A. defender B. forward C. goalkeeper D. midfielder
3. The maximum dimension of a football field is _____.
A. 100m x 90m B. 110m x 90m C. 120m x 90m D. 130m x 90m
4. The colour of the football field must be _____.
A. blue B. green C. red D. yellow
5. The most important basic skills in football is _____.
A. dribbling B. juggling C. passing D. shooting
6. It is a basic skill in football the ball shall move towards the opposing goalpost.
A. dribbling B. juggling C. passing D. shooting
7. The following are basic skills in football, EXCEPT one.
A. dribbling B. receiving C. shooting D. volleying
8. Equipment in football that is placed in the corner of the field.
A. ball B. flag post C. goalpost D. net
9. The main objective in playing football is to _____ the ball.
A. kick B. pass C. receive D. shoot
10. The following are parts of the body that is legal to use in football, EXCEPT one.
A. arm B. head C. foot D. leg
11. A type of tournament that gives players or teams more chances of playing.
A. Challenge B. Elimination C. Round-robin D. Spider web
12. Single elimination is when a player or team loses _____ times.
A. 1 B. 2 C. 3 D. 4
13. To become the champion in spider web tournament, player or team must reach the _____.
A. bottom B. center C. side D. top
14. It is a type of challenge tournament which is similar to ladder except it has players at the bottom.
A. Ladder B. pyramid C. round-robin D. spider web
15. The following are the good qualities of a good leader EXCEPT one.
A. integrity B. intellectual C. healthy D. joke

Lesson

1

Team Sports - Football

Sports is an activity that requires physical actions and skills where individuals or teams compete under a set of rules. Sports are classified as individual, dual or team sports and some of them can be played indoors, outdoors or both.

Some individual sports are athletics, arnis, chess or any events that involve one player. Dual sports need two players to compete and some of these are badminton, tennis, table tennis. Team sports include basketball, volleyball, baseball, football or any sports which are played in teams of two. It is important to learn the basic skills in order to execute the game properly.



Notes to the Teacher

You may ask your students to name different team sports that they are familiar with just to stimulate their interest and get hold of their attention.



What's In

Directions: Below is a survey form that will help you test your participation in sports events. Copy it in your worksheet and accomplish it by putting a check mark on the column that corresponds to your answer in each item. Below is a scale that helps you determine the meaning of your answers in the survey. This is NOT a TEST but answer it honestly.

Teacher Made Survey Form

Sports Events and Related Activities	YES	NO
1. I can name different sporting events around the community.		
2. I am a member of a sports team inside or outside school.		
3. I usually watch actual sports events in other places.		
4. I am fond of watching sports event in TV or Youtube.		
5. I recognize the different famous athletes.		
6. I always contribute in any sports event in our school.		
7. I am a proud athlete.		
8. I am active in different sports.		
9. I believe sports can help me to become physically fit.		
10. I love sports.		

Number of YES responses

1-3

4-6

7-10

Interpretation

Inactive in sports

Moderate active in sports

Very active in sports events

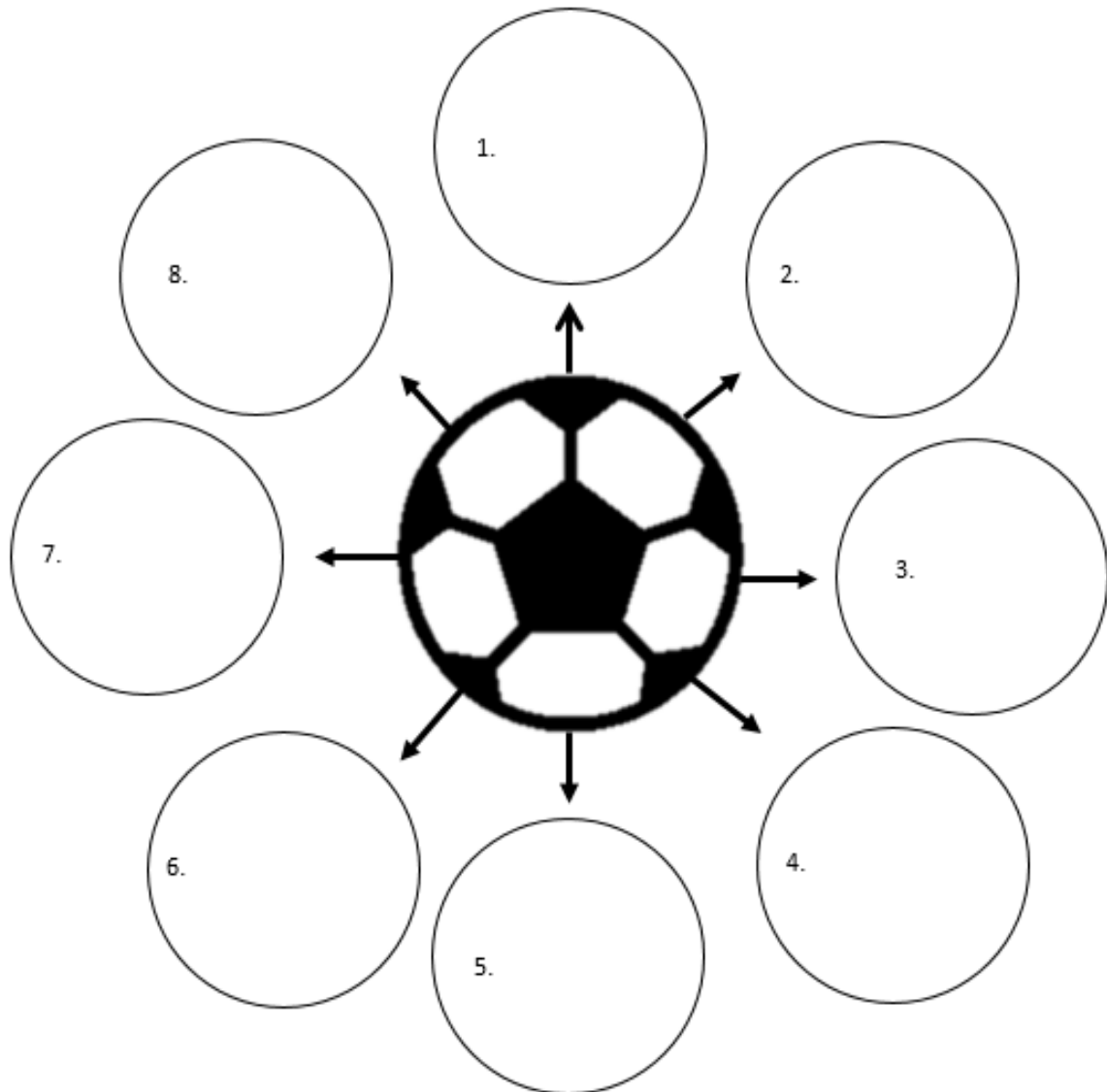
Based on your interpretation from your responses, what does this mean to you? Write your personal experiences during your participation in sports event inside and outside school activities in 3-5 sentences.



What's New

Directions: Copy the graphic organizer in your worksheet. Fill in the circles with any information that you know about football.

Football Graphic Organizer





What is It

Nature and Background of Football

Football is a team sports played with a spherical ball between two teams of 11 players. The game is played in a rectangular field called a pitch with a goal at each end. The objective of the game is to score by moving the ball beyond the goal into the opponent's goal. The team which scores most wins the game. The game of football requires various skills and techniques in order to execute the game properly.

In a regular game, players try to push the ball using the dribbling and passing to a teammate and kick the ball towards the opposing goal wherein a goalkeeper is waiting to protect his goal post. Then the opposing players will try to intercept as much as they could to prevent an attempt to make a shoot. The duration of a football game is 90 minutes long with two halves (45 minutes each half). Each team consist of 11 players on the field.

These are 10 outfielders and a goalkeeper. In addition, the general positions in football are forward, midfielder, defender and goalkeeper. Each position covers a specific field area. Forwards, midfielders and defenders are positions either at left, right or at the center of the field. Then, of course, the goalkeeper is assigned to protect their goal post.



History of Association of Football

Basically, soccer or football started during 2nd and 3rd centuries BC in China. Soccer was played first during Han dynasty where people dribbled the leathered ball into a small net. Romans and Greeks has also recorded facts that they play ball for fun. And even people from Kyoto in Japan enjoyed to kick around the ball.

While modern soccer started in England wherein there are facts that the first ball used was the head of some Danish brigand. During the game, punching, kicking, biting and even gouging were allowed to do. That's why, King Edward III banned the soccer game in 1365 because of too much violence. And in 1424, King James I of Scotland announced the "Na man play at the Fute-ball", means "No man shall play football".

Soccer became more popular in 1815 and made powerful impact in universities, colleges and schools. The popular English school and Eton College created a set of rules and regulations, known as the Cambridge Rules. The history of modern-day

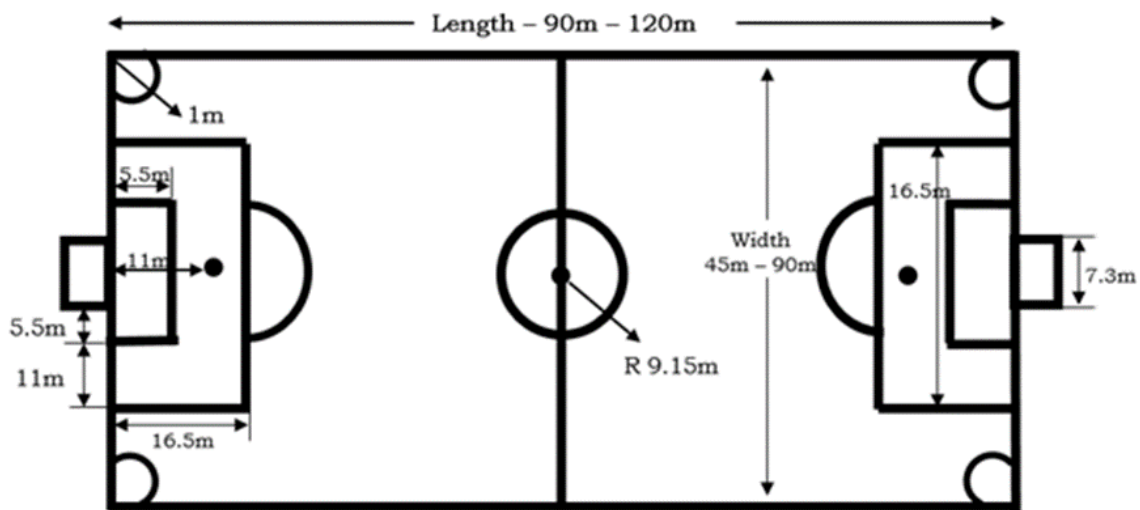
soccer came in October 1863. There are eleven representatives from London's club to set up the common and fundamental rules. The sport then finally established in 1869 that banned all forms of handling the ball. Even biting, tripping, shin kicking and other harmful actions were officially banned.

Today, countries like Germany, Australia, Italy, Brazil, Argentina, South America and many more found love in playing soccer. In 1904, FIFA was formed and by early 1930's various soccer leagues started – and credits to FIFA, the first World Cup were organized in Uruguay.

A. Facilities and Equipment in Football

1. Field/Pitch

- can be made of natural or artificial surface
- the color of artificial surface must be green
- must be rectangular and marks with lines
- the dimension is maximum of 120m length and 90m width



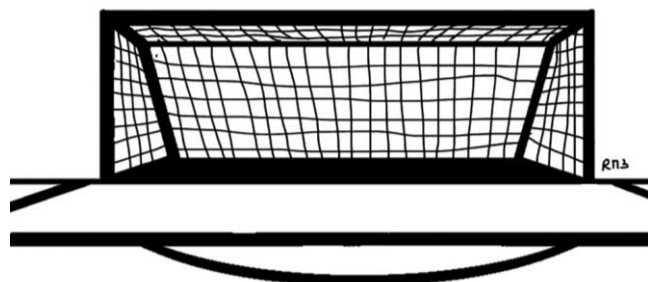
2. Ball

- spherical
- made of leather or other suitable material
- of a circumference of not more than 70cm (28 inches)
- not less than 68cm (27 inches)
- not more than 450 g (16 oz) and not less than 410 g (14 oz)



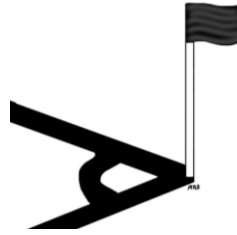
3. Goalpost and crossbar

- must be made of wood, metal or other approved material
- must be square, rectangular, round or elliptical in shape and
- must not be dangerous to players
- the distance between the post is 7.32 m (8 yds) and
- the distance from the lower edge of the crossbar to the ground is 2.44m (8 ft)



4. **Flag post**

- is not less than 1.5m (5 ft) high
- non-pointed top
- must be placed at each corner



B. Basic Skills in Football

1. **Dribbling** is maneuvering a ball by one player while moving in a given direction, avoiding the opposing players to be intercept. A good dribbling skills can create an opportunities to score. (<https://www.youtube.com/watch?v=OIm6xrR0QRg>)



2. **Passing** is a key part in football. The purpose of passing is to keep possession of the ball by maneuvering it on the ground between different players with the objective of advancing it up the field.



(<https://www.youtube.com/watch?v=xvaD2AamMpU>)

3. **Receiving** is the individual act of obtaining the ball from a pass or interception, getting it under control, and then setting it up in a proper position for performance of the next skill.



4. **Juggling** is the act of keeping up the ball in the air using everything on your body except for your hand or arms. (<https://www.youtube.com/watch?v=krSBbunxdUg>)



5. **Shooting** is easily the most common way for goals to be scored. It is done using the feet; head. Heading is the second most common way in which goals are scored. (<https://www.youtube.com/watch?v=tcoRi1OxFmo>)



Directions: Study the basic drills in football. Follow the mechanics carefully. Warm-up is a must.

A. Closed-space Dribbling Drill

1. Place three cones on the ground in a triangle, 2 feet apart.
2. Dribble between the cones using all surface of your feet.
3. Use quick touches to guide the ball around the cones in a controlled pattern.

B. Juggling Drill

1. Hold the ball with both hands and drop it to the ground.
2. Use your one foot to tap it up so that you can catch it with hand.
3. Start again and tap with your foot two times before catching it.
4. Continue to increase the number of times to tap it before catching it.
5. You can alternate feet during the practice session.

C. 3 Player Passing Drill

1. Position 3 players about 3 feet apart in line.
2. The player in the middle will take a pass from one player and pass it right back.
3. Repeat step 2 with the other player.
4. Continue for a few minutes and switch positions.

D. Wall Drill

1. Using a wall, kick the ball with one foot off the wall and receive with the other foot.
2. When receiving, practice stopping and deadening the ball.
3. Continue with about 10 repetitions and then switch your foot.

E. One-pass Shooting Drill

1. Place one player outside the penalty area and another to the side of the goal.
2. Player at the side of the goal passes to the other player.
3. This player receives the ball and taps it in front to take and then shoots.
4. Shooter should work on solid and accuracy.
5. Switch position and repeat the drill.

Lesson

2

Organizing a Football Event

Organization is the structural planning of roles to implement necessary functions. It comprises key persons involved during the planned event. One of these are the officiating officials who handle the games.

Management is a key factor to success in any physical and sports education programs. This includes collaboration and leadership while administering the event. Part of the plans are programs, safety, resources, promotion and legal.



- Good Leader
- Quality Officiating
- Well Planned
- Safety

Figure 1 Organized Football Event

Qualities of a Good Leader

1. Healthy and fit
2. Awareness of work
3. Integrity
4. Intellectual capacity
5. Good Human Relation
6. Administrative Mind
7. Ready to Take a Responsibility

Types of Tournaments

A. Elimination Tournaments is for short round of matches. This is suitable for time-constrained events.

- Single Elimination is when a player or team loses, they get eliminated and the winning (player or team) continues to play to the next round until there is only one player or team left.
- Double Elimination is similar to single elimination except that the players or team gets eliminated after losing twice.

B. Round - Robin tournament is the most commonly used type of tournament and one of the most competitive tournaments since players or teams play to get a chance to play more. This tournament is ideally used for a team competition playing not more than eight games.

- round robin is a format where each team plays a number of games (n-1) depending on how many teams are participating
- lombard round robin is a round robin type of tournament used for limited allotted period. If full games are not possible, mini games are played. All scores for or against points are recorded to determine the winning team with the best ratio.

C. Challenge Tournament has levels where winners go up and losers go down from their respective positions. Winning is important to climb to the top position. This tournament needs enough time to give chance to the teams and players bottom position to reach the top.

- Ladder tournament suits single player competitions like tennis or badminton games where players challenge each other on a one-on-one match
- Pyramid tournament is almost similar to the ladder tournament except that it has more players at the lower level when the tournament starts, then as the level of game progresses, the number of players decrease.
- Spider Web Tournament is a bracketing design taken from the shape of a spider's web. The top position is the center where players reach it through the lines drawn from the center. The players who gets the center wins the championship.

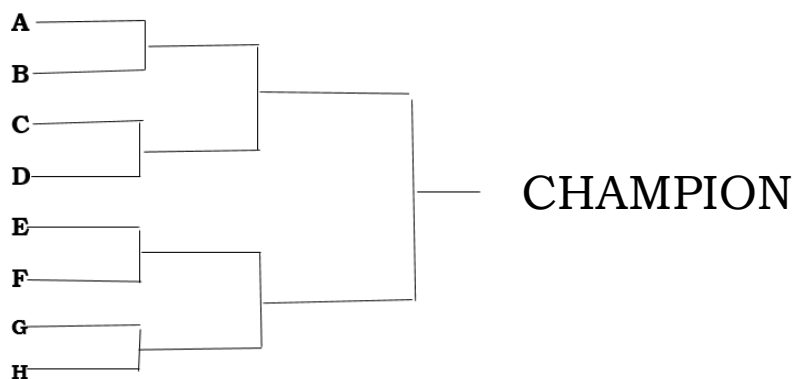


Figure 2 Single Elimination Diagram

Round Robin

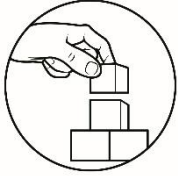
Schedule 1	Schedule 2	Schedule 3	Schedule 4	Schedule 5	Schedule 6	Schedule 7
1 vs 8	1 vs 7	1 vs 6	1 vs 5	1 vs 4	1 vs 3	1 vs 2
2 vs 7	8 vs 6	7 vs 5	6 vs 4	5 vs 3	4 vs 2	3 vs 8
3 vs 6	2 vs 5	8 vs 4	7 vs 3	6 vs 2	5 vs 8	4 vs 7
4 vs 5	3 vs 4	2 vs 3	8 vs 2	7 vs 8	6 vs 7	5 vs 6

Figure 3 Single Round Robin Diagram

Round Robin

Schedule 1	Schedule 2	Schedule 3	Schedule 4	Schedule 5	Schedule 6	Schedule 7	Schedule 8	Schedule 9
1 vs 8	9 vs 7	8 vs 6	7 vs 5	6 vs 4	5 vs 3	4 vs 2	3 vs 1	2 vs 9
2 vs 7	1 vs 6	9 vs 5	8 vs 4	7 vs 3	6 vs 2	5 vs 1	4 vs 9	3 vs 8
3 vs 6	2 vs 5	1 vs 4	9 vs 3	8 vs 2	7 vs 1	6 vs 9	5 vs 8	4 vs 7
4 vs 5	3 vs 4	2 vs 3	1 vs 2	9 vs 1	8 vs 9	7 vs 8	6 vs 7	5 vs 6
Schedule 10	Schedule 11	Schedule 12	Schedule 13	Schedule 14	Schedule 15	Schedule 16	Schedule 17	Schedule 18
1 vs 8	9 vs 7	8 vs 6	7 vs 5	6 vs 4	5 vs 3	4 vs 2	3 vs 1	2 vs 9
2 vs 7	1 vs 6	9 vs 5	8 vs 4	7 vs 3	6 vs 2	5 vs 1	4 vs 9	3 vs 8
3 vs 6	2 vs 5	1 vs 4	9 vs 3	8 vs 2	7 vs 1	6 vs 9	5 vs 8	4 vs 7
4 vs 5	3 vs 4	2 vs 3	1 vs 2	9 vs 1	8 vs 9	7 vs 8	6 vs 7	5 vs 6

Figure 4 Double Round Robin Diagram



What's More

A. Direction: Read the following basic skills in football carefully. Write TRUE if the statement is correct. Write FALSE if the statement is incorrect the change the underlined word or group of words to make the statement correct. Use your worksheet to write your answer.

_____ 1. Dribbling allows the player to keep the possession of the ball while moving to pass or make a shoot in the opponent's goal.

_____ 2. Dribbling can help a player with his ball control, coordinate while moving to make a pass or shoot.

_____ 3. Juggling is used to keep the possession of the ball in order to move towards the opponent's goal.

_____ 4. Passing is one of the most important skills in football to make a score.

_____ 5. Shooting is used to keep the ball in possession to move the ball and make a pass or score.

B. Directions: Create a diagram of single elimination with 5 teams. Use your worksheet to write your answer.

A large, empty rectangular box with a black border, intended for the student to draw a single elimination tournament diagram for 5 teams.



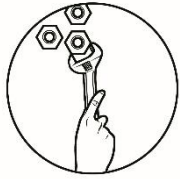
What I Have Learned

Directions: Read the following situations and rank it honestly regarding how much you agree, with “5” being the best answer that describes you, and “1” that does not describes you. Put a check a check mark on your level of agreement and write a remark about it. Use your worksheets to answer.

Teacher-Made Questionnaire

SITUATIONS	1	2	3	4	5	REMARKS
1. Team sports is fun and interesting.						
2. Playing football is challenging but enjoyable.						
3. I will now participate in any team sports especially in football .						
4. I considered now playing football is very beneficiary to my health.						
5. Football can helps me to focus.						
6. I am now a fan of football game.						
7. Rules and regulations are very important.						
8. To organize a game is hard but with fun.						
9. Following rules is a must in any game.						
10. Running a sport event is easy if its organized.						

Based on your answer, write 1-3 situations which made an impact to you as you study Module 7. Write your answer on your notebook.



What I Can Do

Directions: Organize a football event in your community. Fill up the table below and create modified rules and regulations according to its feasibility in your community. If possible make a portfolio of your football event (include some pictures during the event).



Figure 3 Organizing a Football Event

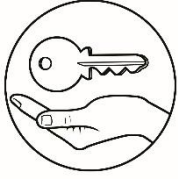
Aspect of the Game	Modified Rules and Regulations
Team Composition	
Type of tournament	
Time-outs	
Substitutions	
Regular fouls	
Regular Violations	
Duration of the game	
Tie break	
Officials of the game	



Assessment

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

1. What is the size of a football field?
A. 100m x 90m
B. 110m x 90m
C. 120m x 90m
D. 130m x 90m
2. What is the shade of a standard football field?
A. blue
B. green
C. red
D. yellow
3. What is number of players per team are allowed to play in a standard football game?
A. 5
B. 7
C. 9
D. 11
4. How do you call a player in football who protects the goalpost?
A. defender
B. forward
C. goalkeeper
D. midfielder
5. What is the most important basic skills in football?
A. dribbling
B. juggling
C. passing
D. shooting
6. What is the equipment that is placed at the corner of a football field?
A. ball
B. flag post
C. goalpost
D. net
7. What is the skill called when you move the ball towards the opposing teams?
A. dribbling
B. juggling
C. passing
D. shooting
8. From the following is **NOT** a basic skill in football?
A. dribbling
B. receiving
C. shooting
D. volleying
9. Which of the following is **NOT** one of the parts of the body that is legal to use in football?
A. arm
B. head
C. foot
D. leg
10. What is the main objective in playing football?
A. kick the ball
B. pass the ball
C. receive the ball
D. shoot the ball
11. What type of tournament gives teams or players more chances of playing?
A. challenge
B. elimination
C. round-robin
D. spider web



Answer Key

ASSESSMENT
1. C
2. B
3. D
4. C
5. D
6. B
7. A
8. D
9. A
10. D
11. C
12. B
13. A
14. D
15. B

What's More
A.
1. true
2. juggling
3. passing
4. shooting
5. receiving
B. Answers may vary

What I Know
1. D
2. C
3. C
4. B
5. D
6. A
7. D
8. B
9. D
10. A
11. C
12. A
13. B
14. B
15. D

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<https://www.youtube.com/watch?v=krSBbunxdUg> – Juggling Drill Video

For inquiries or feedback, please write or call:

Department of Education - Bureau of Learning Resources (DepEd-BLR)

Ground Floor, Bonifacio Bldg., DepEd Complex
Meralco Avenue, Pasig City, Philippines 1600

Telefax: (632) 8634-1072; 8634-1054; 8631-4985

Email Address: blr.lrqad@deped.gov.ph * blr.lrpd@deped.gov.ph