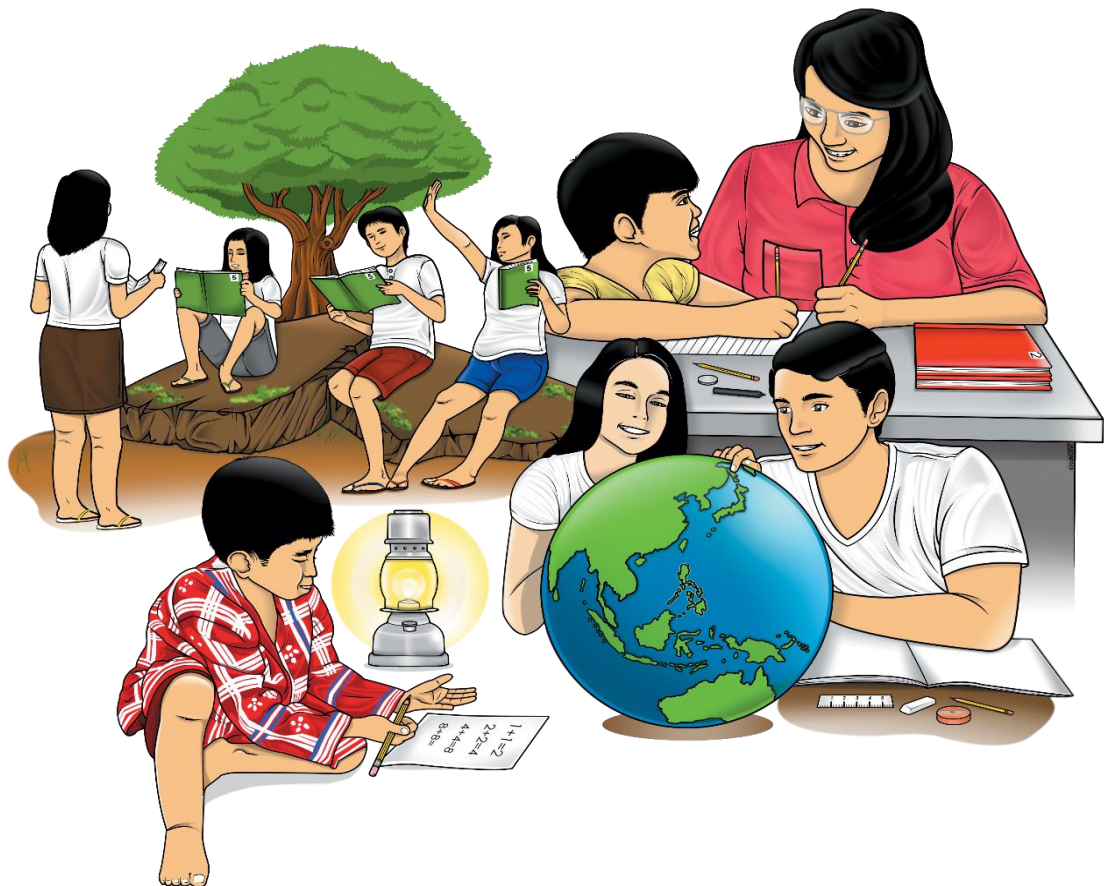


Physical Education

Quarter 4 – Module 1:

Philippines Physical Activity Pyramid/ Component of Physical Fitness



Physical Education – Grade 6

Alternative Delivery Mode

Quarter 4 – Module 1: Philippines Physical Activity Pyramid Component of Physical Fitness

First Edition, 2021

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Physical Education

Quarter 4 – Module 1:

Philippines Physical Activity

Pyramid / Component

of Physical Fitness

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

This module was designed and written with you in mind. It is here to help you master Physical Fitness and its components for Folk 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.

These modules are divided into four lessons, namely:

Module 1

- Lesson 1 –Philippines Physical Activity Pyramid
- Lesson 2 –Components of Physical Fitness

After going through this module, you are expected to:

1. Regularly assess participation in physical activities based on the Philippines physical activity pyramid **(PE6PF-IVb-h-18)**
2. identify the components of physical fitness.
3. determine the different physical activities under Health-related and Skill-related fitness.
4. display joy of effort, respect for others during participation in physical activities. **(PE6PF-VIb-h-20)**

Lesson**1****Philippines Physical Activity Pyramid**

Congratulations for successfully finishing previous Physical Activity Assessment. Now in the first part of this stage, you will assess yourself on how prepared you are, for the next moderately vigorous activity. Remember always that you must take these assessments carefully to prevent harm.

***What's In***

Directions: Answer the Physical Activity Assessment (PAA) form honestly.

PHYSICAL ACTIVITY ASSESSMENT

Put a check (/) if how often you do the following activities.

Activities	Minimal (A few times a month)	Often (2-3 times a Week at least 30-45 minutes or longer)	Regular (3-5 times a week at least 30- 45minutes or longer)	Habitual (Daily for at least 30-45 minutes or longer)	Never
Watching television					
Playing badminton, basketball, or softball					
Swimming					
Brisk walking					
Roller Skating					
Ballroom dancing					
Strolling					
Aerobic dancing					
Running errands					
Grocery Shopping					



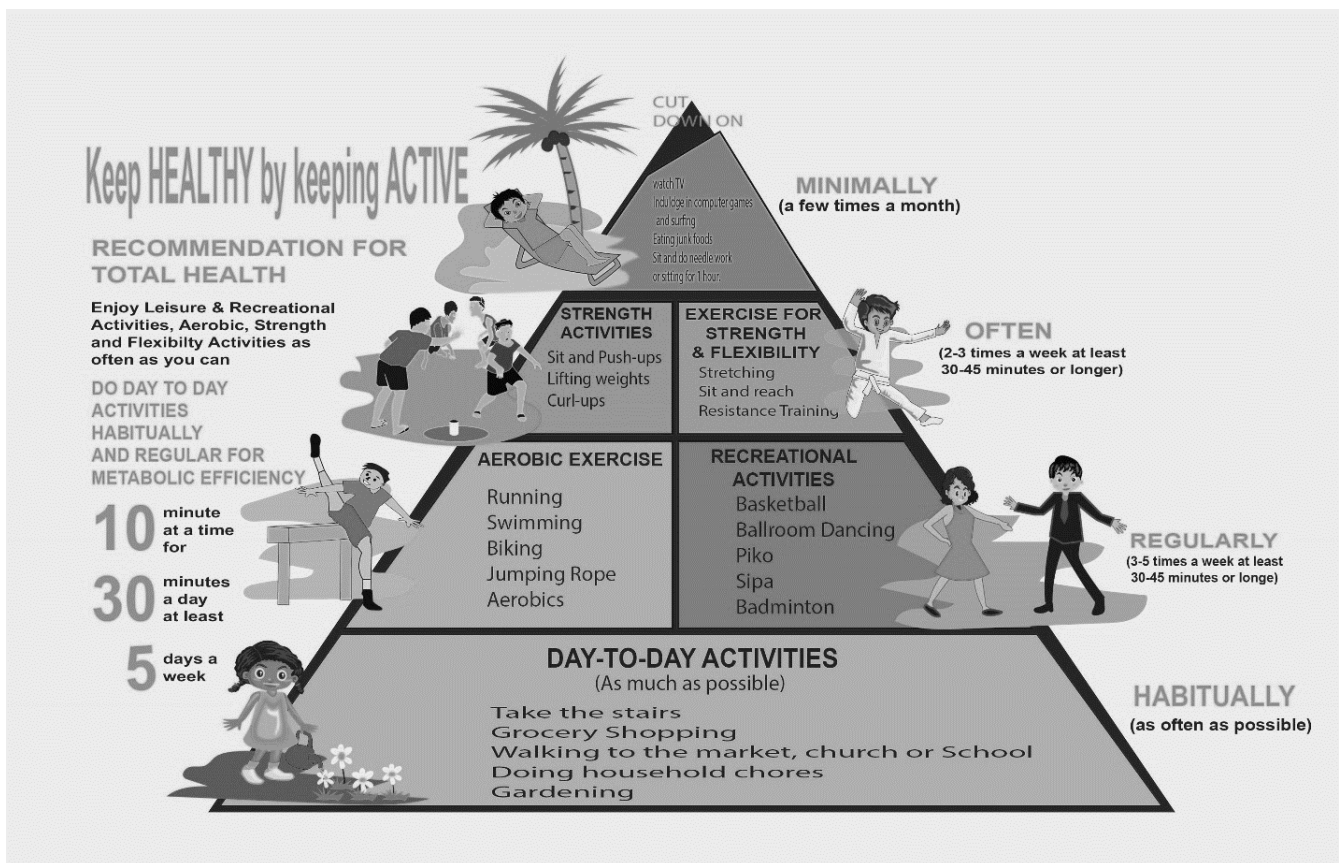
What's New

Physical Activity Pyramid

The Physical activity pyramid is an illustration of the different types of physical activities and its associated benefits to health fitness. It is composed of categorized physical activities. Moreover, it determines how frequent each activity should be performed.

This pyramid was designed to help people live an active lifestyle, reap the fitness and performance benefits of routine exercise, reduce the health risks associated with inactivity, and reduce the injury risks associated with too much activity (The Physical Activity Pyramid - Health Protection karelsavry.us).

Look at the drawing below. Study the activities in each step.





What is It

PHYSICAL ACTIVITY PYRAMID

Based on the picture presented there are 4 types of activity in Physical Activity Pyramid.

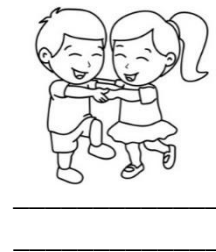
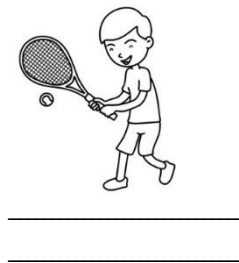
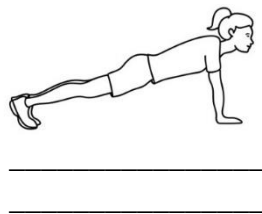
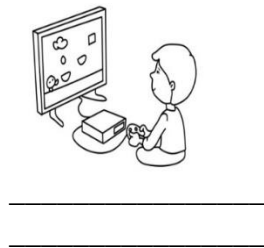
- A. Moderate activities are found in Level 1. It has activities like brisk walking. This is also including active play. They are at the base of the pyramid. They are the most done activities. They can be done more often. They are activities that increase the heart rate. Walking, jogging, or climbing for a short time are some examples that belong to this step.
- B. Level 2 - Jogging, biking, swimming, playing volleyball, basketball and other vigorous sports and recreation belong to this step.
- C. Level 3 is made up of exercises for muscles fitness. Climbing on a building, push-ups, curl-ups, and dancing belong to this step.
- D. Level 4 is the top of the pyramid. The minimal activity. It includes activities that you should do once in a while watching T.V., playing video games and working at the computer for a long period of time.



What's More

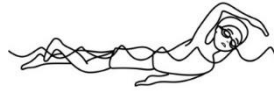
Activity 1

Directions: Describe the following activity from the pyramid. Determine the number of sessions that an individual will do per week.











Activity 2 Let's Do It

Directions: List down at least four physical activities that you do regularly, then identify the level of the activity based on the physical activity pyramid.

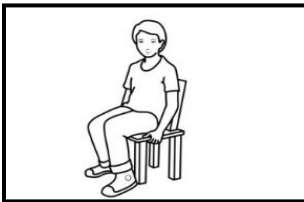
Physical Activity	Level of physical activity in the pyramid
1.	
2.	
3.	
4.	



Additional Activities

Directions: Look at the pictures. Based on the Physical Pyramid, describe the following activities.

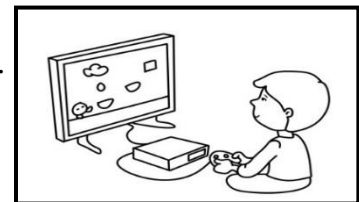
1.



2.



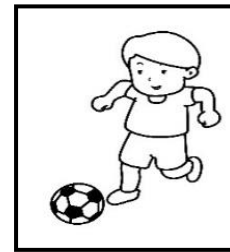
3.



4.



5.



Lesson**2****Components of Physical Fitness**

Physical fitness is the general well-being by which an individual can perform regular physical tasks efficiently. There are several components of physical fitness, grouped basically into two kinds: health-related and skilled- related components.

To put it simply, physical activity and exercise is important for everyone. Children, adolescents, and adults of all ages need regular physical activity. Physical activity promotes good health, and you should stay active throughout all stages of your life regardless of your body type or BMI.

***What's In***

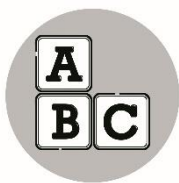
Directions: Unscramble the letters to form the components of physical fitness.

- | | | | |
|----------------|-------|------------|-------|
| 1. TIYAGIL | _____ | 4. NBACELA | _____ |
| 2. ILITYXELFIB | _____ | 5. ROWPE | _____ |
| 3. DESPE | _____ | | |

Read and understand the table about the health and skill-related fitness components.

HEALTH –RELATED FITNESS COMPONENTS		
Component	Definition	Example
Body Composition	Percentage of fat, bone, muscles, and other tissues that comprise the body. Some experts define it as body fat percentage.	-measuring height and weight
Cardiorespiratory Endurance	A Measurement of how well your heart, lungs, and muscles work together to keep your body active over an extended period.	-walking -running -jogging -aerobic exercise
Muscular Endurance	The ability of the muscles to repeatedly exert force against resistance for an extended period.	-lifting -carrying heavy load weights
Flexibility	The ability to bend or stretch.	-sit and reach -bending

SKILL-RELATED FITNESS COMPONENTS		
Agility	Ability to move quickly and change direction fast.	-forward running -run with high knees through the ladder
Balance	An even distribution of weight enabling someone or something to remain upright and steady.	-Standing on one leg at a time -Walking heel toe in a straight line
Coordination	The ability to use different parts of the body together smoothly and efficiently.	-jumping rope -Standing balance with ball tosses -marching
Power	The ability to exert a maximal force in a short time as possible.	-throwing -jumping -power lifting
Reaction Time	The ability to respond quickly. It is important in many sports and day to day activities.	-soccer -boxing -taekwondo -motor sports
Speed	The ability to move quickly across the ground. Speed requires good strength and power.	-single-leg hurdle jump -squat -power clean -sled push



What's More

Activity 1: Let's Do It

Directions: Ask a family member to help you execute the following activities. Put a check on the appropriate column to rate yourself.

ACTIVITIES	PERFORMANCE				
	O	VG	G	S	NI
A. Health-related Fitness					
1. Push- ups					
2. Body-bending					
3. Aerobics-bending					
B. Skill-related fitness					
1. Running					
2. Swimming					
3. Jumping rope					

O - Outstanding

VG - Very Good

G - Good

S - Satisfactory

NI - Needs Improvement

Activity 2: More Practice

Directions: Name a daily chore, sport, or activity that you engage in regularly in which each skill component is useful or important. Explain your answers.

Skill	Chore/Sport/Activity	Explanation
1.Power		
2.Agility		
3.Coordination		
4.Speed		
5.Reaction Time		
6.Balance		

Directions: Answer the following questions. Use a separate sheet of pad paper.

1. What are the components of fitness?

2. Explain the indicator for fitness?

2. Why are health-related and skill-related components important?



Additional Activities

Directions: Choose the letter of the best answer that corresponds to the given description. Write the chosen letter on a separate sheet of paper.

- _____ 1. The ability of the body to move quickly and properly in different directions.
A. agility B. speed C. coordination D. flexibility
- _____ 2. The ability to exert energy into force at a fast rate.
A. reaction time B. power C. agility D. speed
- _____ 3. The quick response of the body and the mind to a certain task.
A. power B. reaction time C. balance D. agility
- _____ 4. The ability to use the different senses with the different body parts to perform a task properly.
A. agility B. reaction time C. coordination D. speed
- _____ 5. The percentage of muscle, fat, bones, and other tissues that cover the body, some experts define it as body fat percentage.
A. balance B. coordination C. body composition D. agility



Answer Key

<p>Additional Activities</p> <p>1. Sitting</p> <p>2. Biking</p> <p>3. playing computer</p> <p>4. dancing</p> <p>5. Playing soccer</p>	<p>What's More</p> <p>1. Playing Computer (a few times a month) Allina Health's Patient Education Department, Prediabetes: Reducing Type 2 Diabetes Risk Through a Lifestyle of Good Nutrition and Activity, first edition, dia-h-94403</p> <p>2. Push up (2-3 times a week)</p> <p>3. Playing Badminton (2-5 times a week)</p> <p>4. Dancing (2-5 times a week)</p> <p>5. Jogging (2-3 times a week)</p> <p>6. Swimming (2-3 times a week)</p> <p>7. Biking (2-3 times a week)</p>	<p>LESSON 1 (What's In)</p> <p>-Answers may vary in Learner's performance in the given activity.</p>	<p>PRE-TEST (What I Know)</p> <p>1. a 6. b</p> <p>2. a 7. c</p> <p>3. c 8. c</p> <p>4. a 9. a</p> <p>5. b 10. d</p>
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