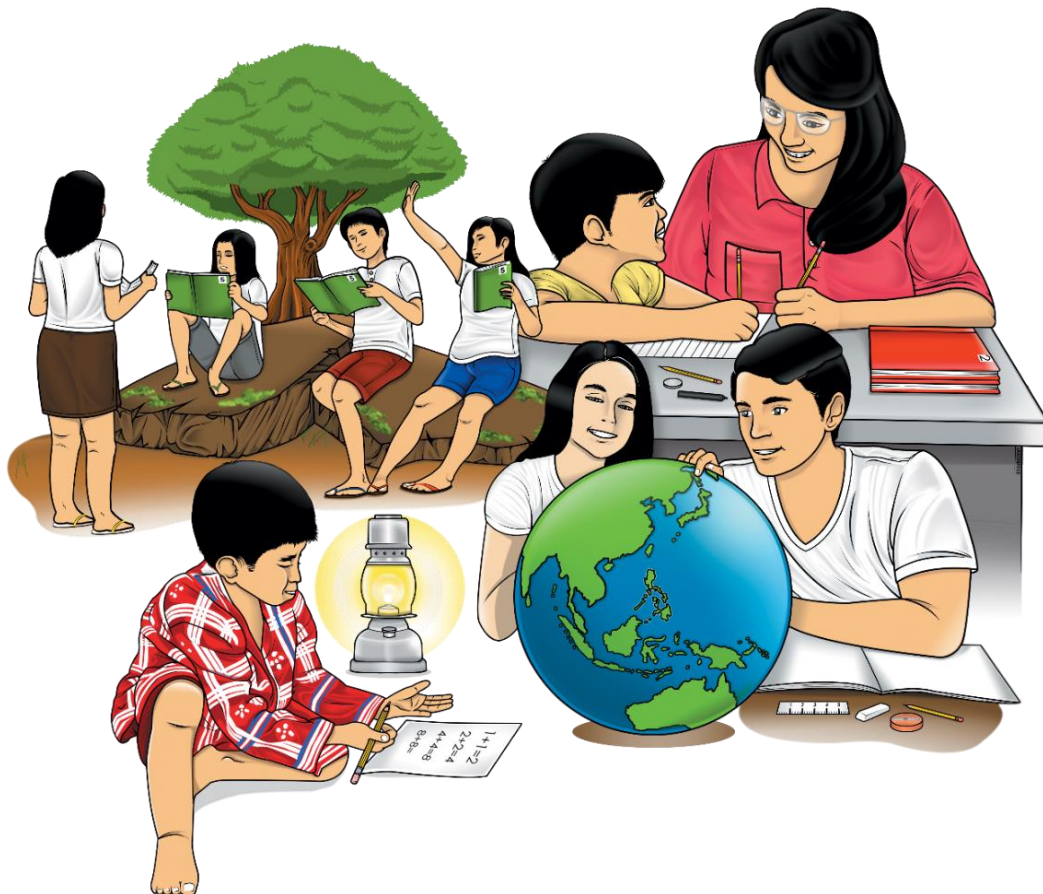


Physical Education

Quarter 4 – Module 2:

Physical Fitness for Folk Dance (Itik-Itik): An Enhanced Understanding



Physical Education – Grade 6

Alternative Delivery Mode

Quarter 4 – Module 2: Physical Fitness for Folk Dance (Itik-Itik): An Enhanced Understanding

First Edition, 2021

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Physical Education

Quarter 4 – Module 2:

Physical Fitness for Folk Dance

(Itik-Itik) :

An Enhanced Understanding

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 Physical Fitness 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.

This module is divided into two lessons, namely:

- Lesson 1 – Itik-itik Dance
- Lesson 2 – Fitness Enhancement Through Folk Dance

After going through this module, you are expected to:

1. define the nature of *Itik-Itik* dance
2. perform the dance steps of *Itik – Itik* dance
3. executes the different skills involved in the dance **(PE6RD-IVc-h-4)**
4. display joy of effort, respect for others during participation in physical activities. **(PE6PF-VIb-h-20)**

Lesson

1

Itik-itik Dance

Itik-itik is a mimetic folkdance in the Philippines. It originated in Cantilan, Surigao del Sur in Mindanao. In Itik-itik (from the Tagalog word for “Duck”), the dance steps imitate the movements of ducks among rice paddles and swamp lands, such as wading, flying, and short choppy steps. It is usually danced by women accompanied by a song.



What's In

Directions: Read and answer the following questions. Write your answers on the blank. Use a separate sheet of paper.

- _____ 1. A war dance between the Muslims and the Christians who battled over a coconut meat.
- _____ 2. What materials are being used as props?
- _____ 3. In which city did the Maglalatik dance originate?
- _____ 4. What skill-related components are being developed in Maglalatik dance?



What's New

Itik-itik is a folk dance popular among the people in Surigao del Sur. The dance steps are like the movement of a duck as it walks and as it splashes water to attract a mate. It is usually danced by women accompanied by a song.

Duck, duck, where are you from?
Duck, duck from Borongan.
Duck, duck, what is that with you?
That's nothing, just broken postcards.
Ducks and geese lay eggs by eight at a time.
Ducks and geese lay eggs eight at a time.



What is It

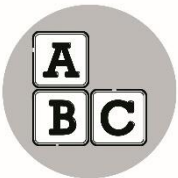
ITIK- ITIK

Itik-itik is a mimetic folk dance in the Philippines. It originated in the province of Surigao in Mindanao. In Itik-Itik (from the tagalog word for “duck”) the dance steps imitate the movements of ducks among rice paddles and swamplands. Such as wading, flying, and short choppy steps.



To learn this dance, you have to master and execute the following Dance Steps:

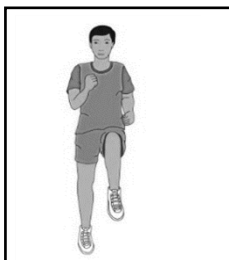
1. Step, ball – close, One foot leading forward.
2. Heel, close-ball, close. One foot leading forward.
3. Step, slide – close, slide – close. Alternative foot going to any directions.
4. Cross – step, slide – cross, slide – cross. Alternative foot going to any direction.
5. Cross – step, slide – close, cross – step, slide – close, cross – step



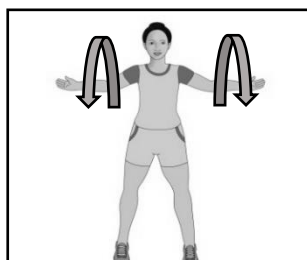
What's More

Before you do an activity, you need to perform warm -up exercises to prevent injury and muscle pain.

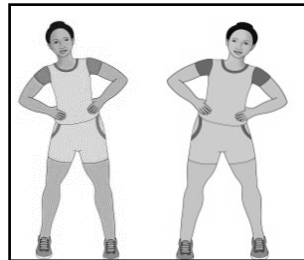
Let's Start!



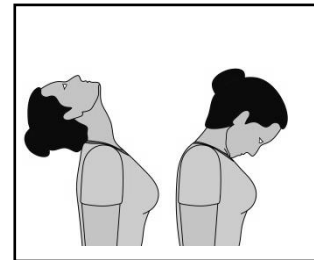
Jog in place



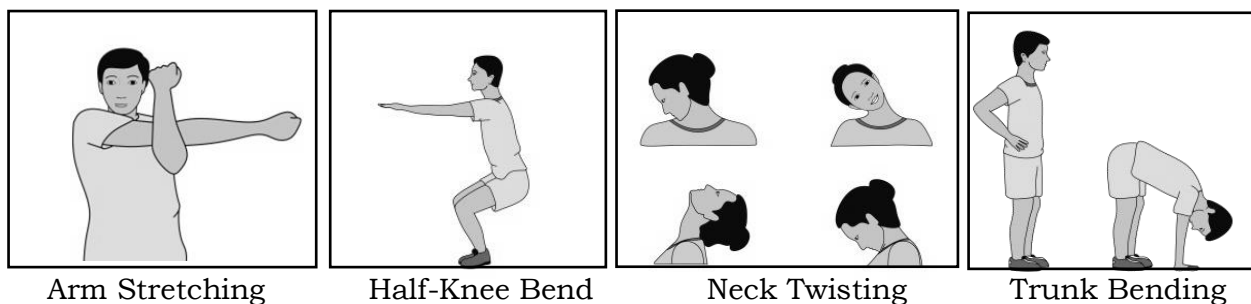
Arm circling



Hip Rotating



Head Bending



Dancing can be fun if done properly, However, you should always be guided by safety precautions even without the presence of your teacher. Before dancing, you must see to it that:

- * You are wearing the proper dance attire.
- * You are in a spacious area without barriers.
- * You are not carrying sharp objects that could hurt you.
- * You must do the warm -up before the session.

Now that you have warmed-up already, you may start performing the basics dance steps of Itik-itik below:

- 1.Step, ball – close, one foot leading forward.
- 2.Heel, close-ball, close. One foot leading forward.
- 3.Step, slide – close, slide – close. Alternative foot going to any directions.
- 4.Cross – step, slide – cross, slide – cross. Alternative foot going to any direction.
- 5.Cross – step, slide – close, cross – step, slide – close, cross – step.



What I Can Do

Direction: Answers the following questions. Use a separate sheet of paper.

1. Explain the nature of Itik Itik Dance?

2. Describe the dance, and write the skills involved.

<p>Itik-Itik Skills Developed</p>
--

3. Why is it important to observe the necessary precautions in dancing?

--

4. Will you recommend folk dancing as a form of exercise? Why?

--



Additional Activities

Directions: Rate your performance. Check the column of your answer.

Skills	Yes	No
1. Did I execute the indicated positions of arms and feet properly?		
2. Did I execute the indicated movements of arms and feet properly?		
3. Did I perform the dance with confidence and ease?		
4. Did I execute the steps in time with the rhythm?		
5. Did I execute the dance properly?		
Total		

Explain your answer briefly.

Lesson 2

Fitness Enhancement Through Folk Dance

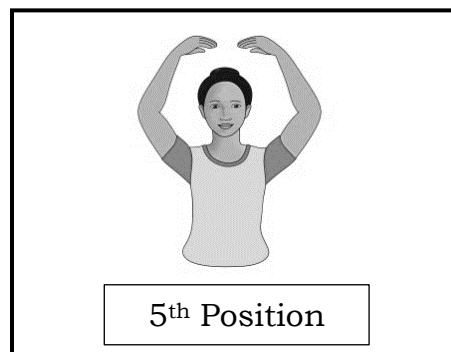
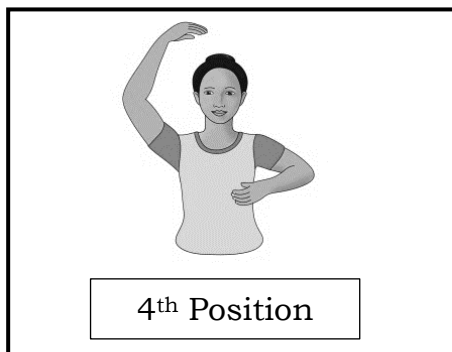
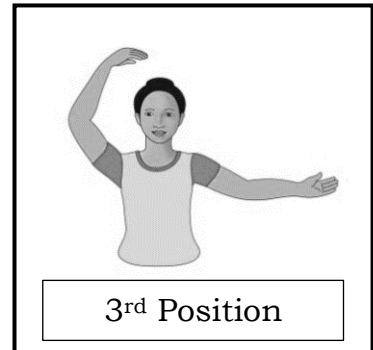
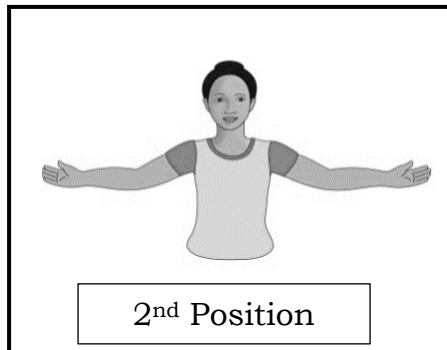
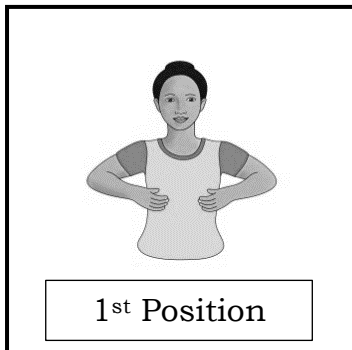
Dance has been done since ancient times. It is very popular today. Dancing can be done alone, with a partner, by a small group or by a large group. You as a young person, have all the qualities to be involved in dance. You should know what dancing can do to you. Dance as a physical activity, gives benefit to young people like you.



What's In

Direction: Below are the fundamental dance positions of the arms, followed by the other Positions of the Arms and Hands. Let's try to execute it one by one.

Fundamental Dance Positions of the Arms



Other Positions of the Arms and Hands

Amplified - your arms are more open in the 1st and 5th positions.

Lateral- your both arms are raised at one side parallel to each other.

Hayon-hayon - your one arm is bent in front at the waist level and the other is bent behind at waist level.

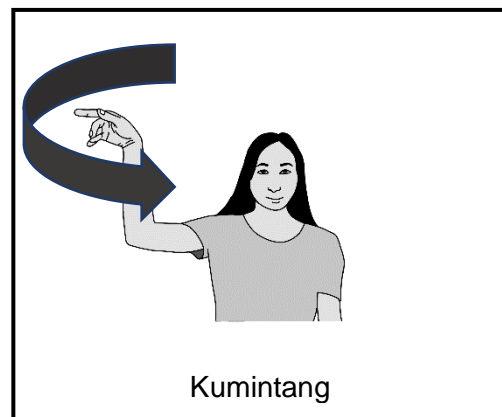
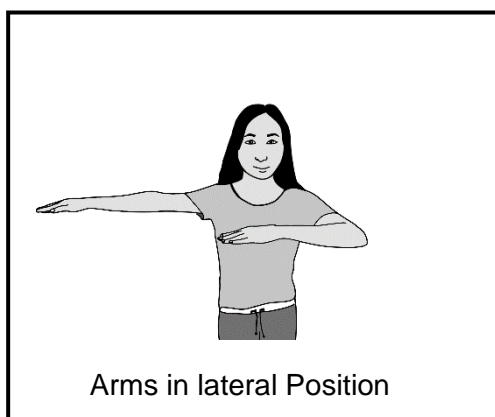
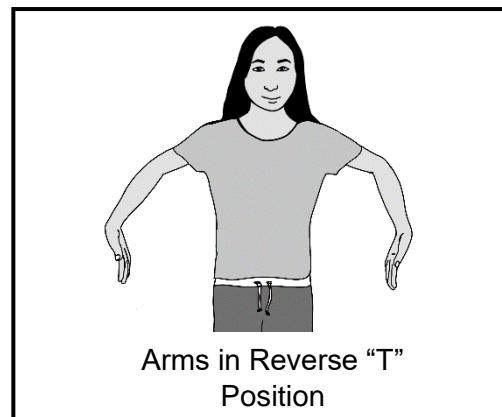
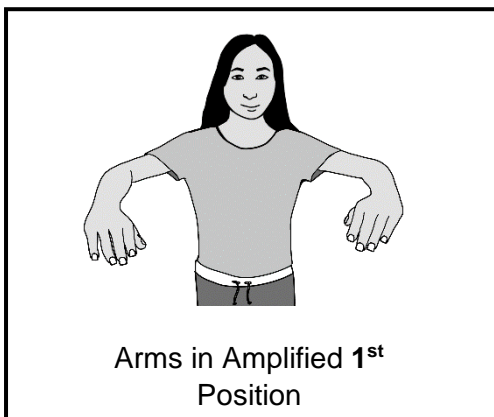
“T”- position - your both arms are raised at sides and bent at elbows so that the upper arms are at your shoulder level.

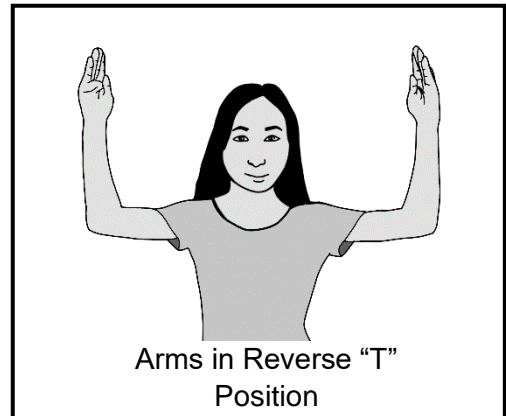
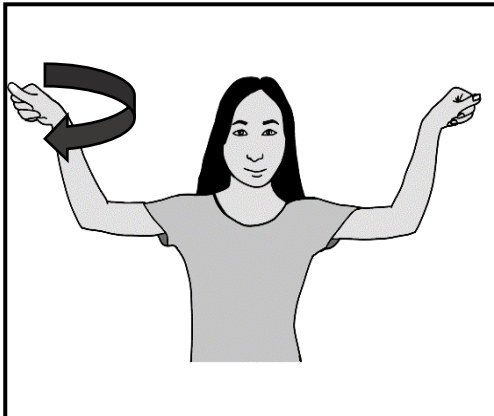
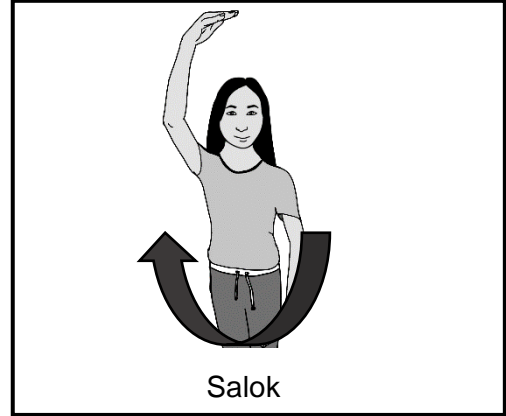
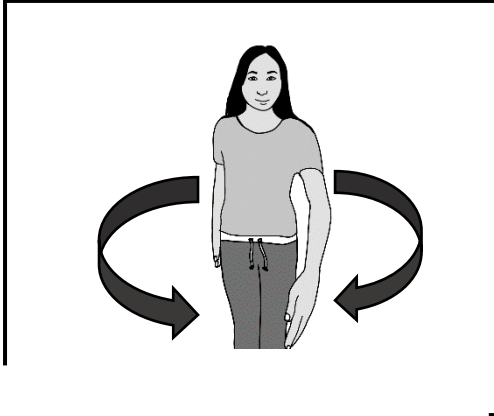
Kumintang - your arms are in “T” position with semi-opened palm and index finger pointing upward. Turn wrist in circular motion.

Sarok (Salok) - your right arm is making a big circular motion in front while the left arm is resting. Do it alternately.

Kewet (kalawit) - your arms are in “T” position with hands closed and thumbs “up” position. Turn wrist in circular motion.

Reverse “T”- your two arms are raised at sides and bent at elbows so that the forearms are parallel to the head, palms facing inward.







What is It

Itik- itik Dance

Before you do an activity, you need to perform warm -up exercises to prevent injury and muscle pain. You need to do the following for 16 counts each.

- * Head bending
- * Neck twisting
- * Arm stretching
- * Arm circling
- * Trunk bending
- * Hip rotating.
- * Half-knee bend
- * Jumping jack.
- * Jog in place
- * Inhaling-exhaling.

Dancing can be fun if done properly. However, you should always be guided by safety precautions even without the presence of your teacher. Before dancing, you must see to it that:

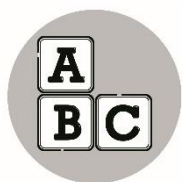
- You are wearing the proper dance attire.
- You are in a spacious area without barriers.
- You are not carrying sharp objects that could hurt you.
- You must warm-up before the session.
- You do not have medical problems.

Let's Do It

Here are the dance steps of the Itik-itik dance. Let's exe

1. Step, ball – close, one foot leading forward.
2. Heel, close-ball, close. One foot leading forward.
3. Step, slide – close, slide – close. Alternative foot going to any directions.
4. Cross – step, slide – cross, slide – cross. Alternative foot going to any direction.
5. Cross – step, slide – close, cross – step, slide – close, cross – step





What's More

Activity 1 Try This

Direction: Check (√) whether you displayed the following skills in performing the dance activities. Add the score of the equivalent descriptions. Refer to the score equivalents.

Skills	Always (4)	Often (3)	Sometimes (2)	Never (1)
Coordination				
Flexibility				
Balance				
Timing				
Focus				
Footwork				
Expression				
Gracefulness				

Rate your skills after performing the different dance steps by checking the description. Compute your scores and refer to the equivalents.

Score Equivalents:

- 3.51 - 4.0 = Outstanding
- 2.51 - 3.5 = Very good
- 1.51 - 2.5 = Good
- 1.0 - 1.5 = Needs Improvement



What I Can Do

Directions: Put a check on each box if you are able to display joy of effort when you perform the Philippine folk dance (Itik-itik). Use a separate sheet of paper.

Skills	Excellent (5pts)	Very Good (4pts)	Good (3pts)	Fair (2pts)	Needs Improvement (1pts)
Executing the fundamental positions of arms and feet.					
Executing the basic dance steps and movements in folk dance (Itik-itik)					



What I Have Learned

Activity 1 Try This

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

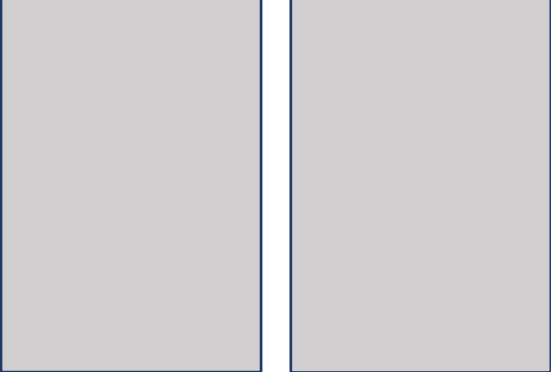
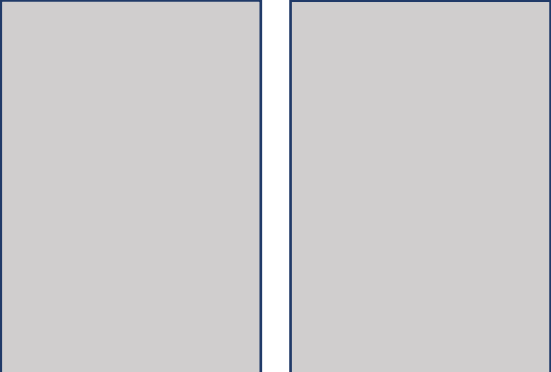
1. What did you feel while doing the activity?
_____.
2. Were you able to execute the different movements properly? If Yes, proceed to # 3. if No, give your reason.
_____.
3. If you will be asked to execute those movements for many repetitions, do you think you have the endurance to do it as many times as possible? If Yes proceed, If no, Why?
_____.
4. Do you find dancing an effective activity in enhancing your physical fitness? Why or why not?
_____.



What I Can Do

My Dance Journey

Directions: Recall all the dance activities that you got involved in. Browse your album to look for your picture while dancing. Make a scrapbook of it and describe the benefits you've got.

My Dance Album Journey	My Dance
	
	



Assessment

Directions: Read the sentences carefully. Match COLUMN A with COLUMN B. Write the letters only in a piece of paper.

COLUMN A

- _____ 1. The hand is with a semi opened palm and index finger pointing upward. Wrist is turned in circular motion.
- _____ 2. Your two arms are related at sides and bent at elbows so that the forearms are parallel to the head, palms facing inwards.
- _____ 3. Your right arm is making a big circular motion in front while the left arm is resting.
- _____ 4. Your one arm is bent in front at the waist level and the other is bent behind at waist level.
- _____ 5. Your both arms are raised at sides and bent at elbows so that the upper arms are at your shoulder level.
- _____ 6. Your arms are in T position with hands closed and thumbs “UP” position. Turn wrist in circular motion.
- _____ 7. A pair of dancers are hopping between bamboo poles stuck on the ground like a “tikling” in time with music.
- _____ 8. The dancers move like a duck wading and swimming.
- _____ 9. It is an activity where you move your body in time with the music.
- _____ 10. A dance performed by males using coconut shells.

COLUMN B

- A. Hayon – hayon
- B. Sarok (Salok)
- C. 1ST position
- D. Reverse “T”
- E.” T “position
- F. Kewet (kalawit)
- G. Kumintang
- H. Tinikling
- I. Itik-itik
- J. Dance
- K. Maglalatik



Answer Key

<p>ASSESSMENT</p> <p>1.F 2.D 3.B 4.A 5.E 6.G 7.H 8.I 9.J 10.K</p>	<p>What I Can Do</p> <p>-Answers may vary in learner's performance in the given activity</p>	<p>What's More</p> <p>-Answers may vary in learner's performance in the given activity</p>	<p>LESSON 4</p> <p>(What's In)</p> <p>-Answers may vary in learner's performance in the given activity</p>
<p>Additional Activities</p> <p>-Answers may vary in learner's performance in the given activity</p>	<p>What I Can Do</p> <p>Answers may vary. (Explanation)</p>	<p>What's In</p> <p>1. Maglalatik 2. Coconut shells 3. Binan in Laguna 4. coordination /Agility</p>	<p>LESSON 3</p> <p>(What I know)</p> <p>1. b 2. a 3. b 4. a 5. c 6. d 7. d 8. C 9. b 10. a</p>
	<p>What's More</p> <p>Do the Warmup Exercises</p>		

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