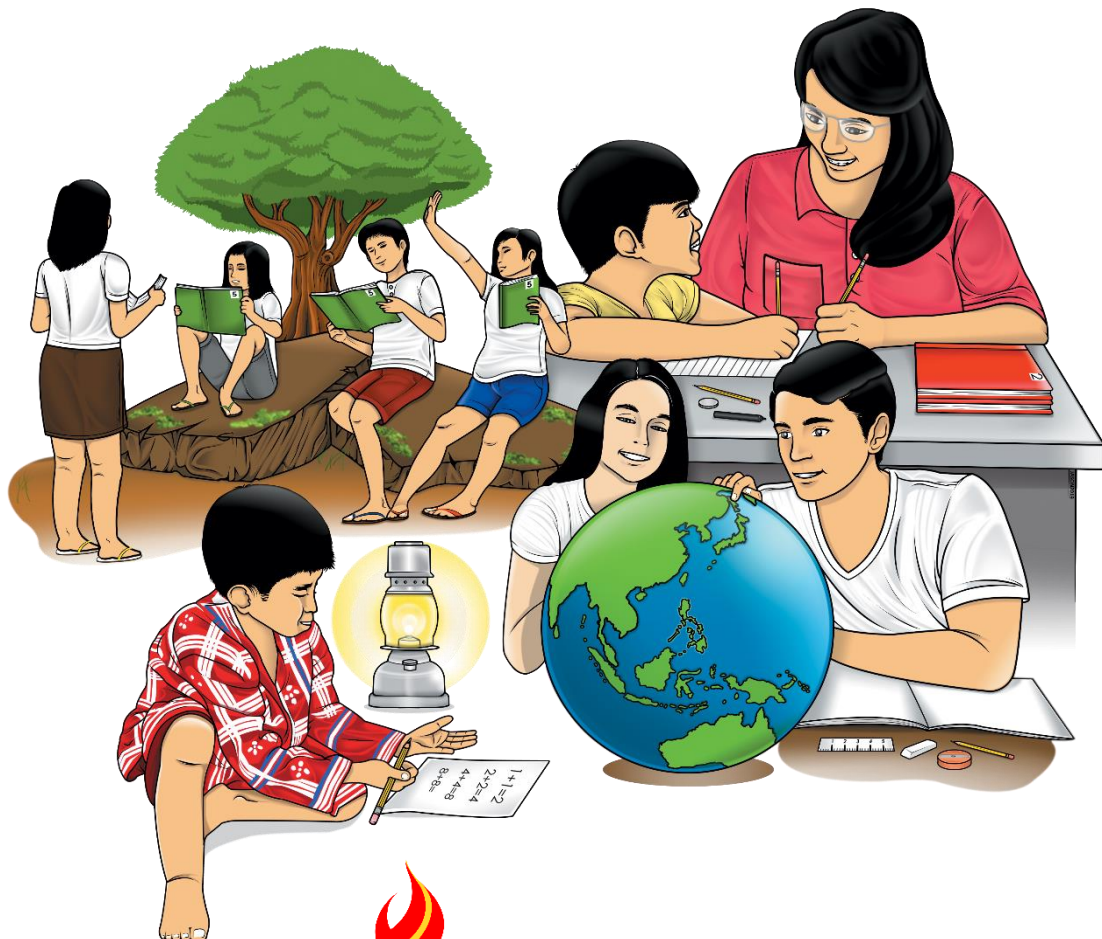


# Physical Education

## Quarter 4 – Module 3:

### Physical Fitness for Folk Dance (Tinikling):

#### An Enhanced Understanding



**Physical Education – Grade 6**

**Alternative Delivery Mode**

**Quarter 4 – Module 3: Physical Fitness for Folk Dance (Tinikling): An Enhanced Understanding**

**First Edition, 2020**

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# **Physical Education**

## **Quarter 4 – Module 1:**

### **Physical Fitness for Folk Dance**

#### **(Tinikling) :**

#### **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-test 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 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 test. 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:

### Module 3

- Lesson 5 – Tinikling: Historical Background, Costume, and Dance Props
- Lesson 6 – Tinikling Dance Steps

After going through this module, you are expected to:

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



## What I Know

To assess what you know about the Tinikling Dance in Philippine Folk Dance, answer the following.

**Directions:** Read the questions carefully. Choose the letter of the correct answer. Use separate sheet.

- \_\_\_\_\_ 1. Where did Tinikling Dance originated?  
A. Bulacan  
B. Pangasinan  
C. Leyte  
D. Region VI
- \_\_\_\_\_ 2. It is called the older version of Tinikling Dance.  
A. Sakuting  
B. Tinikling De Panay  
C. Tinikling Ha Bayo  
D. Tikling-Tikling
- \_\_\_\_\_ 3. The Tinikling Dance is usually performed by\_\_\_\_\_.  
A. Both man and woman  
B. Men only  
C. Women only  
D. None of the above
- \_\_\_\_\_ 4. The Tinikling Dance is an imitative dance; it imitates the movements of\_\_\_\_\_.  
A. Bird  
B. Duck  
C. Fish  
D. Frog
- \_\_\_\_\_ 5. In the Tinikling Dance, which of the following options prescribed the correct costume for the GIRLS?  
A. Balintawak consisted of a skirt, butterfly sleeves, and low-cut bodice.  
B. Camisa De Chino  
C. Long skirt for the girls, frequently woven with metallic threads.  
D. Patadyong, Kimona and Panuelo over one shoulder.
- \_\_\_\_\_ 6. A spring from one foot landing on the other foot in any direction (forward, sideward, backward, or oblique).  
A. Hop  
B. Jump  
C. Leap  
D. Panadyak
- \_\_\_\_\_ 7. To displace quickly one foot with the other, thus, completely taking off the weight of the body from the displaced foot.  
A. Brush  
B. Clockwise  
C. Cross Over  
D. Cut
- \_\_\_\_\_ 8. To rap slightly with the ball or toe of the free foot, flexing the ankle joint keeping weight of the body on the other foot. There's a no change or transfer of weight.  
A. Set  
B. Slide  
C. Stamp  
D. Tap

\_\_\_\_\_ 9. Step, close, step.

- A. Hop
- B. Jump

- C. Leap
- D. Waltz

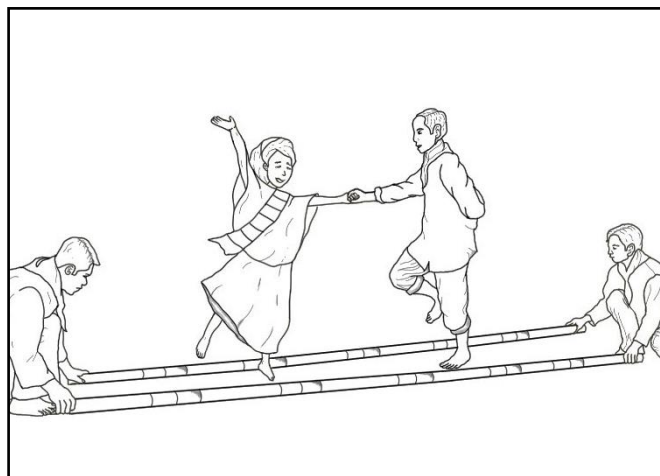
\_\_\_\_\_ 10. A spring from one foot landing from the same foot in place or in any direction. The other foot may be raised in any direction (in front, in rear, sideward, or across).

- A. Cut
- B. Hapay

- C. Hop
- D. Kuradang

**Lesson****5****Tinikling: Historical Background, Costume, and Dance Props**

Congratulations for successfully completing Module 1! Now that you have an idea about Itik-itik dance, Module 2 will bring you to another classification of Folk Dance which will also strengthen and enhance your physical health. Today, you are going to explore and learn the Tinikling Dance, its history, costumes, and equipment or dance props.

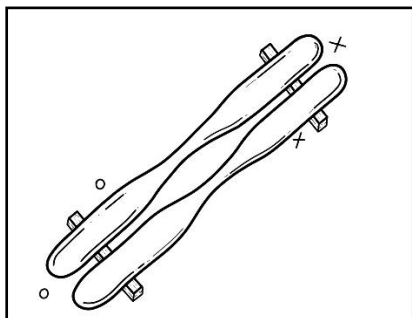
***What's New***

In Leyte, where this dance originated, the Tinikling used to be performed between two long pestles. It is a dance imitating the movements of Tikling birds as they play and chase each other. Hence, it is named after the bird, Tikling.





## What is It



During the harvest season, especially at the time of pounding, this dance is usually performed by a man and woman while the pounders are resting. They dance to the music of singers and a guitar. The dancers show their skill, endurance, sprightliness, and grace by nimbly hopping and leaping between the pestles that are clapped in time to the music. There is much fun and teasing if the dancers' feet are caught by the pestles.

Tinkling Ha Bayo is an older version of Tinikling dance. The old people claim this version is more difficult to perform than the Tinikling dance between two bamboo poles.

To witness how Tinikling is being performed, here's a video you need to watch.

✓ <https://www.youtube.com/watch?v=wicOLDDggn0>

### Tinikling Costume

Girl wears Patadyong, Kimona, and Pañuelo over one shoulder. Boy wears barong tagalog, red trousers with one leg rolled up.

### Equipment

Two wooden pestles about six feet long and two pieces of board, two feet long, two inches wide, and three inches thick. Two pieces of bamboo about two feet long split into halves may be used instead of boards.

#### DID YOU KNOW?

In the Philippines, there are different versions of the same folk dance and that the variations enrich folk dancing traditions. Folk dances represent some cultural aspects of place where they came from. It conveys the unique culture of the community, province, or locality.



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

### **ACTIVITY 1**

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

1. What's the difference between Tinikling and Tinikling Ha Bayo?

---

---

2. Describe the Tinikling Dance and enumerate the skills involved.

---

---

3. Is it important to learn the nature of Philippine Folk Dance? Why?

---

---

### **ACTIVITY 2**

**Directions:** Share your thoughts by answering the questions below. Use a separate sheet of paper.

1. What are the popular folk dances in your community?

---

---

2. What folk dance have you danced in school.

---

---

3. If you were to choose a dance that could represent your community what would it be? Why?

---

---

## Lesson

# 6

## Tinikling Dance Steps



### *What I Know*

#### Matching Type

**Directions:** Identify the dance steps being described. Match column A with B. Write your answer in a separate sheet of paper.

A	B
_____ 1. Step, close, step.	a. hop
_____ 2. A spring from one foot landing from the same foot in place or in any direction.	b. leap
_____ 3. To rap slightly with the ball or toe of the free foot, flexing the ankle joint keeping weight of the body on the other foot.	c. place
_____ 4. To put foot in a certain or desired position without putting weight on it. The sole of the foot rests on the floor.	d. tap
_____ 5. A spring from one foot landing on the other foot in any direction	e. waltz



### *What's In*

The Tinikling is the national dance of the Philippines and is a traditional folk dance which originates from the Spanish colonial era. It is one of the oldest dances from the Philippines, and originated in the islands of Leyte in the Visayas. However, its appeal has spread worldwide, and it is generally included in the folk dance curricula in the schools of many countries.

Now that you already know the nature of Tinikling, it's time to learn the basic dance steps included in the dance.

✚ **Hop**

A spring from one foot landing from the same foot in place or in any direction. The other foot may be raised in any direction (in front, in rear, sideward, or across).

✚ **Leap**

A spring from one foot landing on the other foot in any direction (forward, sideward, backward, or oblique).

✚ **Place**

To put foot in a certain or desired position without putting weight on it. The sole of the foot rests on the floor.

✚ **Waltz**

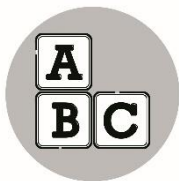
Step R (L) foot, close L (R) foot to right, step R (L) in place.

✚ **Tap**

To rap slightly with the ball or toe of the free foot, flexing the ankle joint keeping weight of the body on the other foot. There's a no change or transfer of weight.

✚ **Kuradang**

Step R (L) foot sideward right (ct.1), close L (R) foot to right foot (ct. 2), step R (L) foot close left foot (ct.3).



## What's More

### Surf and Learn

**Directions:** Watch the video and learn the different dance terms being performed, you may also follow and execute the dance steps presented in the videos. After watching, answer the guide questions below. Write your answers in a separate sheet of paper.

LINK: <https://www.youtube.com/watch?v=T-6bxOS9mFs>

### Guide Questions:

- What is the video all about?
- What are the dance steps being performed?
- What dance step did you like the most? Why?

## Physical Activity Readiness Questionnaire

Before you proceed in performing physical activities, answer the physical activity readiness questionnaire (PAR-Q) first to determine if you are fit to perform moderate exercises and activities.

<b>PAR-Q Form</b>	
Name: _____	Date: _____
DOB: _____	Height: _____
Health Care Provider: _____	Weight: _____
	Phone: _____
<b>Questions</b>	
Has your health care provider ever said that you have a heart condition and that you should only perform physical activity recommended by a doctor?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you feel pain in your chest when performing physical activity?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Have you experienced chest pain when NOT performing physical activity in the last month?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you lose your balance because of dizziness or have you lost consciousness recently?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you have any bone or joint problems (back, knee, hip, etc.) such as arthritis, which could be aggravated through physical activity?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Is your doctor currently prescribing you medications for high blood pressure or a heart condition?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Is there any reason why you should not participate in physical activity? Reason: _____	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you currently exercise on a regular basis (3+ times per week)?	<input type="checkbox"/> Yes <input type="checkbox"/> No
If Yes to Any Questions: _____	
If No to All Questions: _____	
Name	Guardian Name

After answering the PAR-Q Form, read the safety precautions on the next page in dancing and do the suggested warm – up exercises for you to prevent injury and muscle pain.

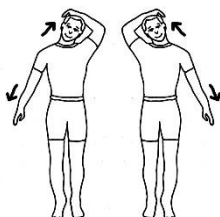
## **Safety Precautions in Dancing:**

- ✓ Wear proper dance attire.
- ✓ Make sure you are in a spacious area without barriers.
- ✓ Warm up thoroughly before you start dancing and include stretches. This is important in preparing the body for dancing.
- ✓ If you have a pre-existing problem or injury especially to the foot, ankle or lower back, consult your teacher or doctor, if you have, before starting.
- ✓ Drink enough amount of water before, during and after dancing.
- ✓ Don't push yourself too far or too fast, especially if you are a beginner.
- ✓ Concentrate on correct posture and your dance technique. The way a dancer connects one movement to another must be technically correct so as not to twist the body incorrectly, or strain a muscle.
- ✓ Make sure you take sufficient rest between dance sessions, especially if you are new to dancing or are not very fit. This will help minimize muscle soreness or stiffness.
- ✓ Cool down after a dance session and stretch again.

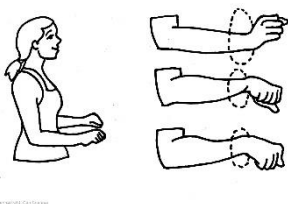
## **Stretching Before Dancing**

Dancing can be fun if done properly. Before you proceed, execute the following warm-up exercises for 8 counts each.

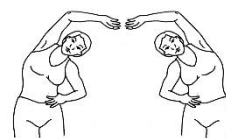
### **1. Neck Bending**



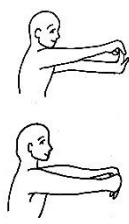
### **4. Wrist Circling**



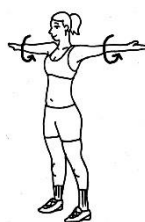
### **7. Side Bending**



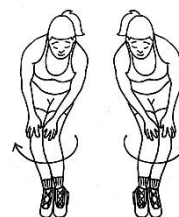
### **2. Forearm Stretch Circling**



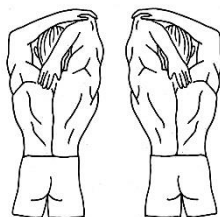
### **5. Extended Arm Circling**



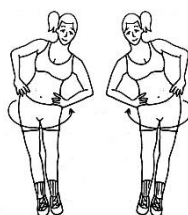
### **8. Knee**



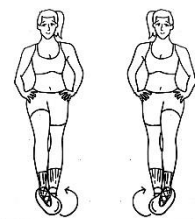
### **3. Triceps Stretch**



### **6. Hip Circling**



### **9. Foot Rotation**



## Do It Yourself

Perform the basic dance steps of Tinikling. You may ask assistance from your parents, older siblings, or friends who have knowledge about folk dancing.

- **Hop** - spring from one foot landing from the same foot in place or in any direction. The other foot may be raised in any direction (in front, in rear, sideward, or across).
- **Leap** - spring from one foot landing on the other foot in any direction (forward, sideward, backward, or oblique).
- **Place** - put foot in a certain or desired position without putting weight on it. The sole of the foot rests on the floor.
- **Waltz** - step R (L) foot, close L (R) foot right, step R (L) in place.
- **Tap** - rap slightly with the ball or toe of the free foot, flexing the ankle joint keeping weight of the body on the other foot. There's a no change or transfer of weight.
- **Kuradang** - step R (L) foot sideward right (ct.1), close L (R) foot to right foot (ct. 2), step R (L) foot close left foot (ct.3).



## What I Can Do

**Directions:** Perform the Tinikling dance steps and assess your performance by answering the Dance Self-Assessment and Create a dance performance.

### Hop

- Spring (L) foot and land on the same foot in front.
- Spring (R) foot and land on the same foot sideward right.

### Leap

- Spring (L) foot and land on your (R) foot forward.
- Spring (R) foot and land on your (L) foot obliquely.

### Place

- Put (L) foot in front without putting weight on it. The sole of the foot rests on the floor.
- Put (R) foot in front without putting weight on it. The sole of the foot rests on the floor.

### Waltz

- Step R (L) foot, close L (R) foot to right, step R (L) in place.

### Tap

- Rap slightly with the ball or toe of the free foot, flexing the ankle joint keeping weight of the body on the other foot. There's a no change or transfer of weight.

**Kuradang**

- Step R (L) foot sideward right (ct.1), close L (R) foot to right foot (ct. 2), step R (L) foot close left foot (ct.3).

**ACTIVITY 1****Dance Self-Assessment**

**Directions:** Evaluate your dance performance by putting a check (√) on the statement below applicable to you dance execution and experience.

	<b>Satisfied</b>	<b>Neutral</b>	<b>Unsatisfied</b>
	<b>5 points</b>	<b>3 points</b>	<b>1 point</b>
I can perform most basic actions with control and fluency.			
I can demonstrate basic actions using some dynamic qualities.			
I can make simple suggestions on how to improve my performance.			
I understand rhythm and can move in time to the music.			
I can demonstrate a wide range of actions, with confidence, control and fluency.			
I can use different dynamics to help develop my routine.			
I can develop or adapt my routine to make it better and choreograph small sections of the routine.			
I understand several key terms in dance and can describe what they mean.			
I used dynamics and levels to enhance my performance.			
I perform with confidence, fluency, and control and energy.			
<b>TOTAL</b>			

Rate your dance skill after answering the assessment. Compute your scores and refer to the equivalents below.

50 points – 40 points = Outstanding

24 points – 10 points = Good

39 points – 25 points = Very good

9 points to 1 point = Needs more practice



**ACTIVITY 2**  
**Dance Video Performance**

**Directions:**

- Perform the Tinikling dance steps and record your dance performance through video.
- You may edit your performance using any video editor.
- Use the suggested Tinikling music as your dance accompaniment in performing.  
<https://www.youtube.com/watch?v=X4xXwJgiqNM>
- You are encouraged to wear the prescribed costume for girls and boys when dancing.
- Submit your output to your teacher's preferred or assigned online platform.

**Dance Video Performance Criteria:**

Mastery and Execution	10
Visual Appeal/Impact	10
Creativity	5
Costume and Props	5
<b>TOTAL</b>	<b>30</b>



## Assessment

To assess your knowledge about Tinikling Dance in Philippine Folk Dance, answer the following.

**Directions:** Read the questions carefully. Choose the letter of the correct answer. Use separate sheet.

- \_\_\_\_\_ 1. Where did Tinikling Dance originated?  
C. Bulacan  
D. Pangasinan  
C. Leyte  
D. Region VI
- \_\_\_\_\_ 2. It is called the older version of Tinikling Dance.  
B. Sakuting  
B. Tinikling De Panay  
C. Tinikling Ha Bayo  
D. Tikling-Tikling
- \_\_\_\_\_ 3. The Tinikling Dance is usually performed by\_\_\_\_\_.  
C. Both man and woman  
D. Men only  
C. Women only  
D. None of the above
- \_\_\_\_\_ 4. The Tinikling Dance is an imitative dance; it imitates the movements of\_\_\_\_\_.  
C. Bird  
D. Duck  
C. Fish  
D. Frog
- \_\_\_\_\_ 5. In the Tinikling Dance, which of the following options prescribed the correct costume for the GIRLS?  
A. Balintawak consisted of a skirt, butterfly sleeves, and low-cut bodice.  
B. Camisa De Chino  
C. Long skirt for the girls, frequently woven with metallic threads.  
D. Patadyong, Kimona and Panuelo over one shoulder.
- \_\_\_\_\_ 6. A spring from one foot landing on the other foot in any direction (forward, sideward, backward, or oblique).  
C. Hop  
D. Jump  
C. Leap  
D. Panadyak
- \_\_\_\_\_ 7. To displace quickly one foot with the other, thus, completely taking off the weight of the body from the displaced foot.  
C. Brush  
D. Clockwise  
C. Cross Over  
D. Cut
- \_\_\_\_\_ 8. To rap slightly with the ball or toe of the free foot, flexing the ankle joint keeping weight of the body on the other foot. There's a no change or transfer of weight.  
C. Set  
D. Slide  
C. Stamp  
D. Tap

\_\_\_\_\_ 9. Step, close, step.

C. Hop

D. Jump

C. Leap

D. Waltz

\_\_\_\_\_ 10. A spring from one foot landing from the same foot in place or in any direction. The other foot may be raised in any direction (in front, in rear, sideward, or across).

C. Cut

D. Hapay

C. Hop

D. Kuradang



# Key Answers

- 1. C
- 2. C
- 3. A
- 4. A
- 5. D
- 6. C
- 7. D
- 8. D
- 9. D
- 10. C

Assessment

- 1. E
- 2. A
- 3. D
- 4. C
- 5. B

Matching Type

Lesson 2  
What I Know

Activity 1 and 2  
Answers may vary  
in student's  
performance in the  
given activity.

What I Have Learned

- 1. C
- 2. C
- 3. A
- 4. A
- 5. D
- 6. C
- 7. D
- 8. D
- 9. D
- 10. C

Lesson 1  
What I Know

## ***References***

1. Freeprintablemedicalforms.com
2. SAYAW Filipino Dances (2003)
3. <https://www.youtube.com/watch?v=X4xXwJgiqNM>
4. <https://www.youtube.com/watch?v=T-6bxOS9mFs>
5. <https://www.youtube.com/watch?v=wicOLDDggn0>

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