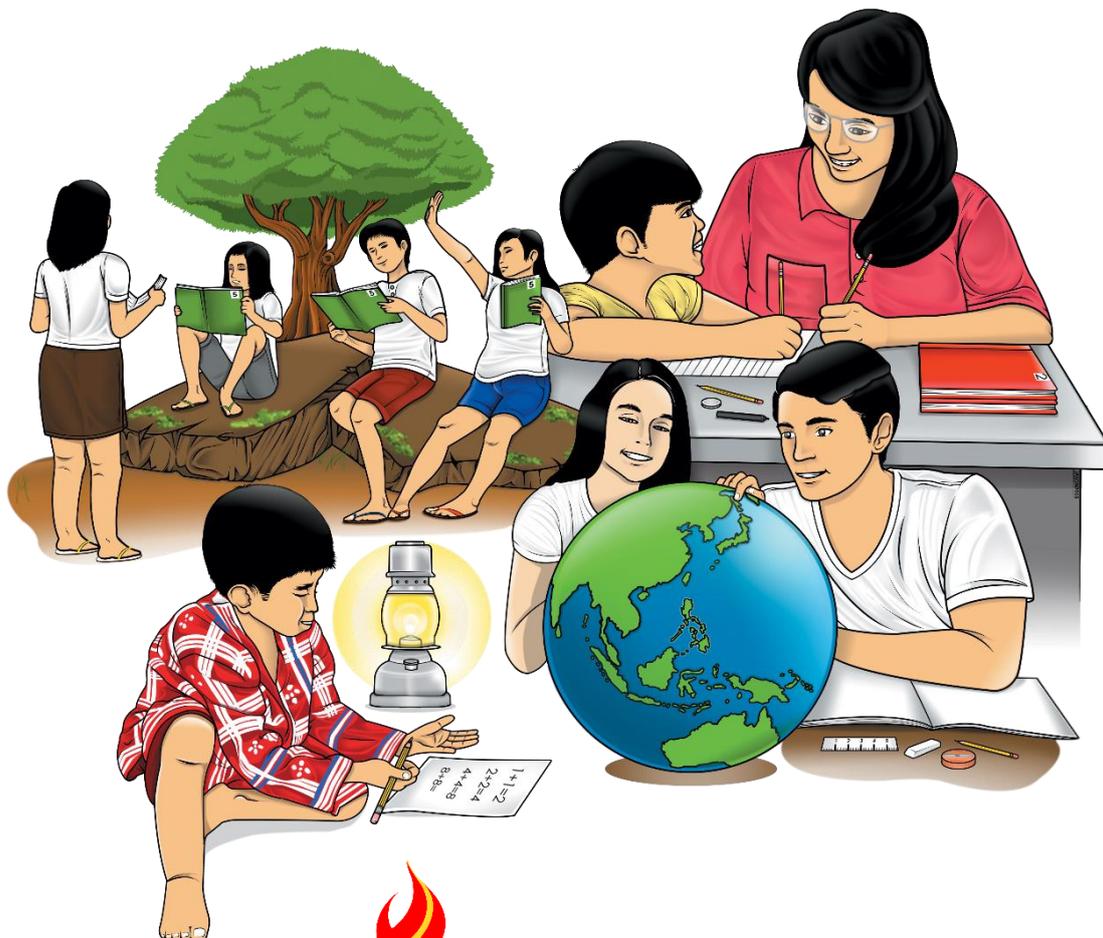


# Physical Education

## Quarter 4 – Module 1: Physical Fitness Assessment Through Festival Dance



**Physical Education – Grade 7**  
**Alternative Delivery Mode**  
**Quarter 4 – Module 1: Physical Fitness Assessment Through Festival Dance**  
**First Edition, 2020**

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# **Physical Education**

**Quarter 4 – Module 1:  
Physical Fitness Assessment  
Through Festival Dance**

## **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***

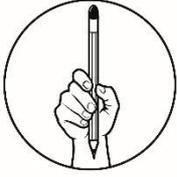
This module was designed and written with you in mind. It is intended to help you learn some of the basic steps in festivals in assessing your own physical fitness. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you use them can be changed to correspond with the textbook you are now using.

The module is all about:

- Exercise Programs (Festival Dance)

After going through this module, you are expected to learn the following competencies:

1. Undertake physical activity and physical fitness assessments. (PE7PF-4a-h-23)
2. Review goals on assessments results. (PE7PF-4a-34)



## ***What I Know***

### **Activity 1. TRUE or FALSE**

**Direction:** Write **TRUE** if the statement is correct and **FALSE** if it is wrong and underline the word/words that made it wrong.

1. Festivals dances help improve physical wellness.
2. The meaning of M to SMART guide goal setting is momentum.
3. Intensity is the duration of the length of the activity, such as 40 minutes of exercise must be performed to be effective.
4. This refers to the number of exercises per week; for example, three to five times per week.
5. A long-term goal does not require time and planning.
6. Exercise is a type of physical activity that requires planned, structure, and repetitive bodily movement to improve or maintain one or more components of physical fitness.
7. Physical activity does not require energy expenditures and produce progressive health benefits
8. Festival dances draw the people's culture by portraying the people's way of life through movements.
9. Exercise program is a planned activity detailing a range of written Exercises
10. Ati-atihan festival dance characterized by movements showing reverence to a religious icon believed to have interceded in their personal life.

**Lesson****1****Physical Fitness  
Assessment through  
Festival Dance**

Technology nowadays is an important aspect of our daily lives. Life has become more convenient and enjoyable. Reducing our hardship in doing our work increases the output of our job. However, this has had grave effects on the physical body, with the lack of physical activities, our body cannot function at its best. Eventually, it may lead towards varied health problems. But do you know that simple physical activities like jogging, walking, swimming, biking, dancing, etc. can help you maintain your physical fitness?

In addition, in a study conducted at the University of British Columbia, researchers found that regular aerobic exercise, (the kind that gets your heart and your sweat glands pumping), appears to boost the size of the hippocampus, the brain area involved in verbal memory and learning (Godman, 2013). Hence, regular exercise will help boost and develop sound mind and body.

We Filipinos love to celebrate fiestas and festivals, where different physical activities are performed such as street dancing, parade, playing a variety of instruments and etc. while wearing colorful costumes which highlight a year-round celebration all over the country. Festival Dances are performed throughout our country giving premium benefits, not only for entertainment but also to our personal fitness.

This module will help you to discover the nature and background of different festival dances in the Philippines, proper execution of fundamental skills, how to perform appropriate first aid in dancing, analyze the effect of exercise and physical activity on fitness, assumes responsibility for achieving personal fitness, keeps the importance of winning and losing in perspective, and to familiarize yourself on how festival dances play an essential role in developing one's personal fitness as we continue to nurture and promote our own culture.



## ***What's In***

In our previous lesson we learned about the different folk dances in the Philippines and how they help to improve our physical fitness.

**Directions:** In this activity, you will be assessed if you still remember the different folk dances in the Philippines. Fill out the table with the needed information. Choose your answer from the box.

Batangas    Mindoro    Mindanao  
Leyte        Laguna        Surigao

<b>Folk Dance</b>	<b>Origin</b>
Itik Itik	
Tinikling	
Sublian	
Maglalatik	
Pandanggo sa Ilaw	
Singkil	



## ***What's New***

In this activity you will be introduced to another enjoyable lesson that will tour you around the Philippines. Let us hop from one island to another and think of the beautiful festival dances performed by skilled and graceful dancers accompanied by the rhythmical beat of percussion instruments.

This activity will introduce you to our new topic and you will be performing simple steps in festival dances that will help to improve your muscle strength and endurance.

### **Activity 1: Mirror Me!**

#### **You will need:**

- Mirror
- Speaker (Optional)
- Stopwatch
- Pen/Paper
- Stick or rolled paper or any available materials that will use as spear

#### **Here's how**

A. Get your normal heart rate

Normal Heart Rate: \_\_\_\_\_

B. Record your target heart rate

Target Heart Rate: \_\_\_\_\_

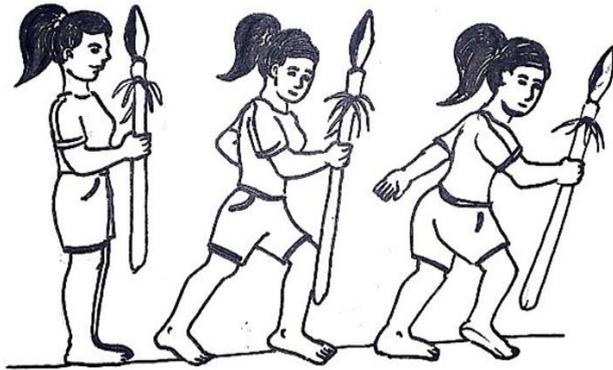
Target Heart Rate Calculation:

1.  $220 - \text{Your Age} = \underline{\hspace{2cm}}$
2.  $\underline{\hspace{2cm}} * 70 = \text{Target heart rate}$

C. Perform warm up exercise

1. 10-minute slow jogging
2. Stretching: (16 counts)
  - a. Lunge
  - b. High Knees
  - c. Jumping Jack
3. Execute the following steps in front of the mirror

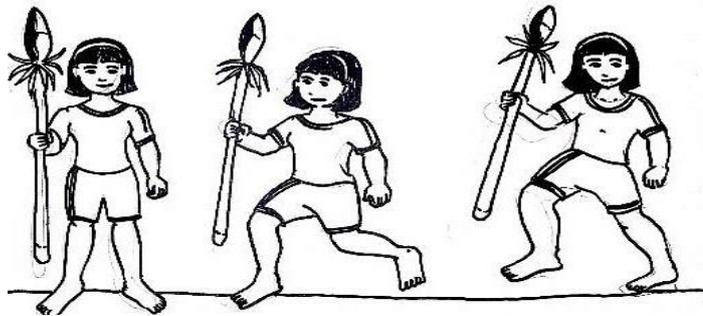
## Single Foot Stepping



- Step your right foot forward (count 1) then immediately close it to your left foot (count 2). Hold your spear
- Step your left foot backward (count 1) then immediately close it to your right (count 2).
- Do this alternately in 8 counts.

## Hop Step

- Stepping** right foot sideward (count 1). Then **hop** your right foot in place. (count 2).
  - Stepping** left foot sideward (count 1).
  - Then **hop** your left foot in place. (count 2).
- Do this in alternately in 8 counts



For clarification . . .

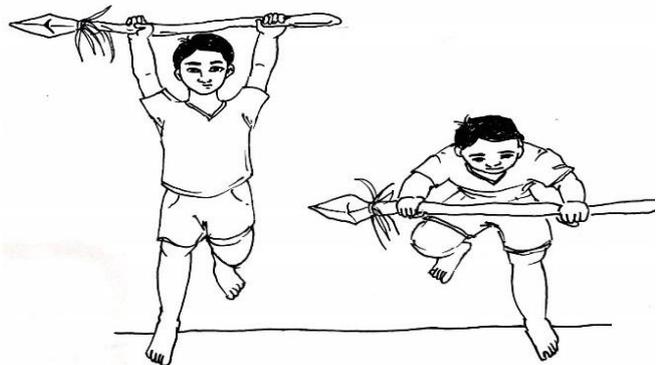
Change Step - step close step  
1 and 2

Hop Step - step hop  
1 2

## Leaning

*Left:*

- Stepping your left foot forward while raising your both hands—(count 1). Then raise your right foot in rear while the body is slightly—forward— (count 2).



*Right:*

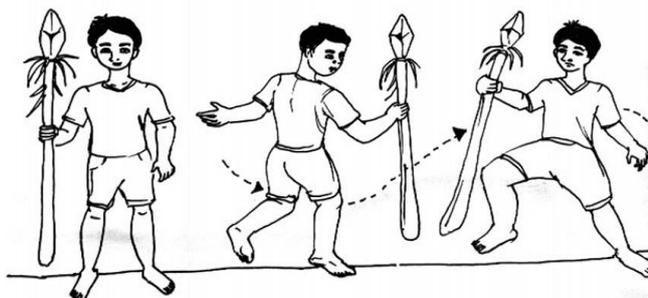
- b. Stepping your right foot forward while raising your both hands--(count 1). Then raise your left foot in rear while the body is slightly forward (count 2)
- c. Do this alternately left and right in 8 counts.

**Leaning**

- a. Step on right foot forward while raising your both hands (count 1). Then hop (right foot) raise your left foot in rear while the body is slightly forward. (count 2)
- b. Repeat (a) with the opposite foot (cts. 1 2).
- c. Repeat (a) and (b) alternately in 8 counts.

**Cross Turn**

- a. Step your right foot cross over left foot (count 1), then make a full turn to the left and finish facing the audience/front (count 2)
- b. Step your left foot cross over the right foot. (count 1) then make a full turn to the right. (count 2) and finish facing audience/front.
- c. Repeat (a) twice moving sideward left (4 counts).
- d. Repeat (b) moving sideward right (4 counts)



4. After performing all the steps, record your Training heart rate then rest for 5 minutes before recording your resting heart rate.

Day	Training Heart Rate	Resting Heart Rate
1		
2		
3		
4		
5		

**Activity 2:**

Based on your records, briefly answer the following questions. Write your answer on the separate paper.

1. What are the changes in your training heart rate and resting heart from day 1 to day 5?
2. Did your heart rate improve from this activity? How?



## ***What is It***

### **Time to Read**

#### **Physical Activity...**

- It is a bodily movement produced by skeletal muscles.
- It requires energy expenditures and produce progressive health benefits
- It requires only a low to moderate intensity of effort.

#### **Exercise...**

- It is a type of physical activity that requires planned, structured, and repetitive bodily movement to improve or maintain one or more components of physical fitness.

#### **Exercise Program...**

- It is a planned activity detailing a range of physical exercise and the amount of time each exercise should be performed where it is typically tailored to individuals' needs.

Regular physical activity improves health in the following ways:

- Reduce the risks of any illness like heart disease, stroke, type 2 diabetes, colon and breast cancer, high blood pressures etc.
- Helps the prevention of weight gain
- Helps with weight loss when combined with diet
- Increase cardio-respiratory and muscular fitness.
- Reduces depression
- Helps reduce abdominal obesity

## **HEALTHY LIFESTYLE HABITS**

- Participate in a lifetime physical activity program
- Eat right
- Maintain recommended body weight through adequate nutrition and exercise
- Sleep 6 to 8 hours every night
- Take personal safety measure
- Create your own exercise program:

Before starting an exercise program, set short-term and long-term goals these goals should be: **S-M-A-R-T** and follow the principle of training (FITT Principles)

**S** (Specific) **M** (Measurable) **A** (Achievable) **R** (Relevant) **T** (Trackable)  
**F** (frequency) **I** (intensity) **T** (time) **T** (type) **Principles**

A person who wants to live a healthy and satisfying life should engage in activities like participating in Festival dance that lead to his personal fitness goals, which eventually contribute to a meaningful life.



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

You are almost done. This time let's find out how much you have learned in this module. This activity will help you record your most unforgettable learnings from this module.

### **Activity#3: Let's wrap it up!**

**Direction:** Write down

- 3 ideas or learnings from what was presented
- 2 interesting facts you have read
- 1 question in your mind about the lesson

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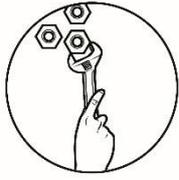
3 things I have learned

--	--

2 interesting facts that I have learned

--

1 question in my mind about the lesson



## ***What I Can Do***

**Directions:** Create your own daily exercise calendar using festival dance steps that will improve your endurance and muscle, and bone strength. Consider the information provided in the table. Then, answer the question below. Do this activity on separate paper.

### **MY EXERCISE CALENDAR**

NAME: \_\_\_\_\_

GRADE & SECTION: \_\_\_\_\_

<b>Festival dance steps</b>	<b>Set/repetition</b>	<b>Day</b>	<b>Time of day</b>	<b>Facility/Location</b>
twist				
Gallop				
Change Step				
Hop step				
Close Step				

1. Aside from participating in festival dancing, Can your household chores help you in improving your physical fitness? Why?

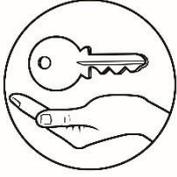


## **Assessment**

### **Activity 1. TRUE or FALSE**

**Directions:** Write **TRUE** if the statement is correct and **FALSE** if it is wrong and underline the word/words that made it wrong.

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2. The meaning of M to SMART guide goal setting is momentum
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## ***Answer Key***

<b>What I Know / Assessment</b>
1. True
2. False
3. True
4. True
5. False
6. True
7. False
8. True
9. False
10. True

## ***References***

### **Books**

Department of Education, *Physical Education and Health 7 Learner's Material*: Pasig City: Department of Education, 2017.

<https://www.health.harvard.edu/blog/regular-exercise-changes-brain-improve-memory-thinking-skills-201404097110>

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