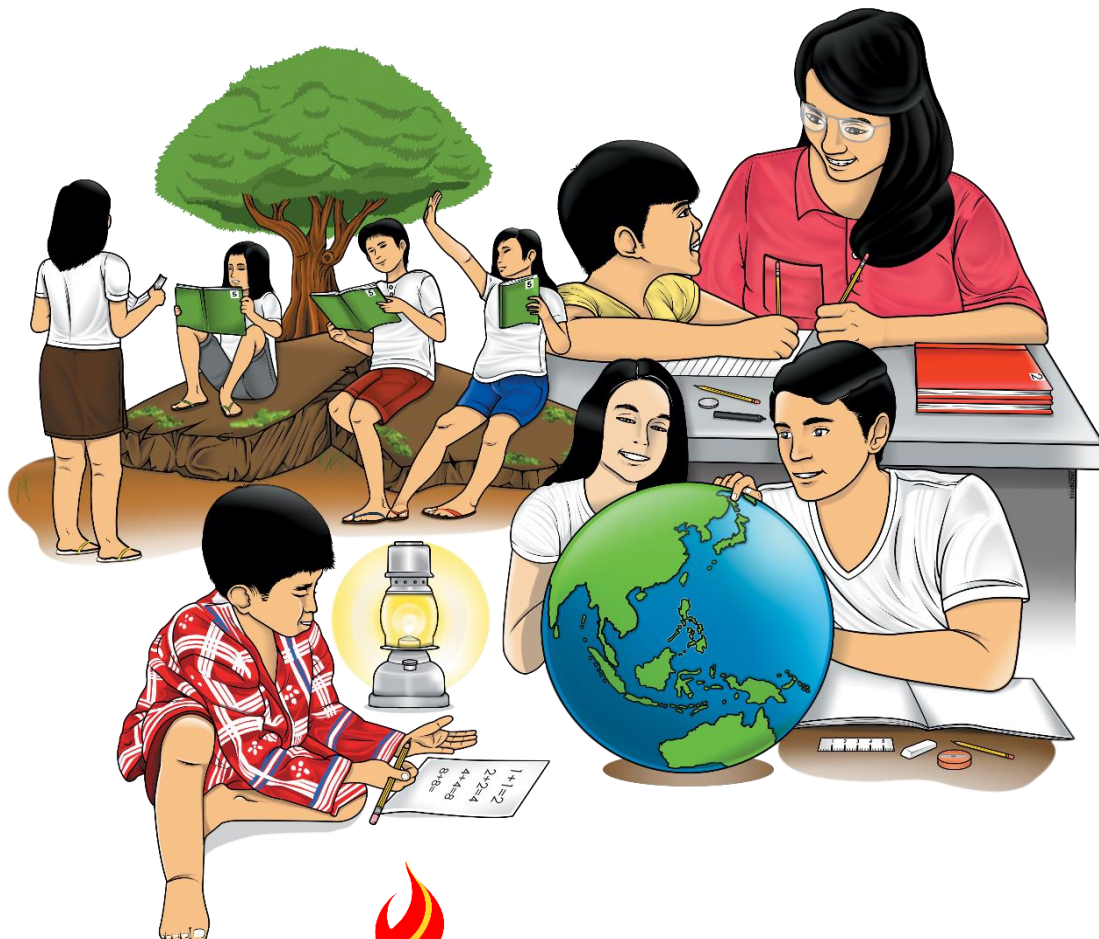


Physical Education

Quarter 4 – Module 3: Fundamental Skills in Festival Dance



Physical Education – Grade 7
Alternative Delivery Mode
Quarter 4 – Module 3: Fundamental Skills in Festival Dance
First Edition, 2020

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Physical Education

Quarter 4 – Module 3: Fundamental Skills in 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

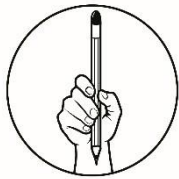
You have learned from the previous module the different festival dances in the Philippines. Now, we are going to study what are the fundamental skills used in a festival dance and the proper execution in performing it. This module provides a variety of activities that suit your interest.

The module is about:

- Lesson 3 – Fundamental Skills in Festival Dance

After going through this module, you are expected to:

1. execute the skills involved in the dance (PE7RD-IVdh-4)



What I Know

This activity will help you assess your prior knowledge about skills involved in festival dance.

Multiple choice. Choose the letter of the correct answer. Write your answer on a separate sheet of paper.

1. Which of the following movement skills make an individual remain in one place while moving?
 - A. Locomotor
 - B. Non-locomotor
 - C. Manipulative
 - D. Fundamental
2. What movement skill is involved in the handling of the props and different products in a dance?
 - A. Fundamental
 - B. Locomotor
 - C. Manipulative
 - D. Non-locomotor
3. How can stretching be done?
 - A. By straightening or extending any part of the body.
 - B. Through elevating any part of the body.
 - C. By moving the muscles around a joint where two body parts meet.
 - D. By moving a part of the body around an axis.
4. What skill refers to stepping on one foot and cutting the other, either sideward or forward?
 - A. Sliding
 - B. Galloping
 - C. Walking
 - D. Skipping
5. Which of the following movement skills refers to shifting of one's weight from one foot to another?
 - A. Walking
 - B. Stepping
 - C. Jumping
 - D. Lifting

6. What movement skill is moving a part of the body in a long axis?
 - A. Bending
 - B. Twisting
 - C. Flexing
 - D. Rotating
7. What movement skill refers to a pendular movement below an axis?
 - A. Swaying
 - B. Swinging
 - C. Rolling
 - D. Tumbling
8. All of the following are included in manipulative movement skills, EXCEPT:
 - A. Catching
 - B. Encircling
 - C. Kicking
 - D. Throwing
9. Which of the following movement skills is done by gliding on the floor, sideward or forward by using the right and left foot alternately?
 - A. Galloping
 - B. Sliding
 - C. Jumping
 - D. Running
10. All of the following are non-locomotor movement skills, EXCEPT:
 - A. Lifting
 - B. Swaying
 - C. Swinging
 - D. Sliding
11. All of the following are the fundamental movement skills involved in festival dance, EXCEPT:
 - A. Non-locomotor
 - B. Locomotor
 - C. Manipulative
 - D. None of the above
12. Which of the following movement skills is done by moving a part of the body in a circle around an axis or center?
 - A. Encircling
 - B. Twisting
 - C. Leaping
 - D. Turning

13. What movement skill refers to where both feet lose contact with the ground?
- A. Walking
 - B. Jumping
 - C. Raising
 - D. Hopping
14. What movement skill is done by elevating a part of the body, usually the arms and legs?
- A. Swaying
 - B. Swinging
 - C. Twisting
 - D. Raising
15. How can skipping be done?
- A. Having both feet lose contact with the ground.
 - B. Stepping and hopping using the same foot.
 - C. Springing on one foot and landing on the other foot with a wider step.
 - D. Moving with longer strides and at a faster speed than walking.

Lesson**3****Fundamental Skills
in Festival Dance**

You have learned from the previous module the different festival dances found in the Philippines. Now, this module will help you deepen your knowledge about the skills involved in festival dances. This will also teach you how to execute the proper way to perform the fundamental skills in festival dances.

***What's In*****Activity: Check My Skills**

This activity will help you analyze and understand what are the basic skills involved in a festival dance.

Directions: Identify the following movements involved in a festival dance. Put a check (✓) on the column provided for which the movements belong, locomotor, non-locomotor, or manipulative skills. Write your answer on a separate sheet of paper.

Skills	Locomotor (moving from one place to another)	Non-locomotor (moving in stationary place)	Manipulative (handling skills)
1. Catching			
2. Stepping			
3. Hopping			
4. Swaying			
5. Throwing			
6. Twisting			
7. Sliding			
8. Skipping			
9. Rotating			
10. Leaping			

The movements above are the basic skills that need proper execution in order to be part of a festival dance. Aside from knowing the nature and background of a dance you should also know the different skills on how to execute it properly.



What's New

Activity: Guess the Pic!

Study the pictures below and identify what are the skills involved in each dance being executed. Then, write on your answer sheet whether it is a locomotor, non-locomotor, or manipulative skill. Also, you have to indicate what specific movement is shown in the picture.

Example:



Manipulative Skill
Handling

1.



2.



3.

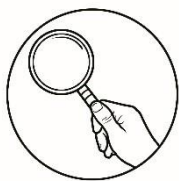


4.



5.





What is It

Now let's learn the different skills involved in a dance particularly in a festival dance.

Festival dance is a dance that requires proper execution of the basic skills. Knowing all the basic skills involved in a dance is really necessary, it trains you to become aware of the different gestures of every dancer or participant in a particular dance.

Fundamental Skills- these are movements which are fairly simple and serve as the foundation for more complex physical activities. These include three categories, the locomotor, non-locomotor, and manipulative skills.

A. Locomotor Skills- physical actions that allow an individual to move from one place to another. Locomotor comes from the Latin words “*locos*” which means place and “*motor*” which means movement.

Skills	How it is done
Walking	Shifting of one's weight from one foot to the other.
Running	Moving with longer strides and at a faster speed than walking.
Hopping	Springing of one foot and landing on the same foot.
Jumping	Having both feet lose contact with the ground.
Skiping	Stepping and hopping using the same foot.
Leaping	Springing on one foot and landing on the other foot with a wider step.
Sliding	Gliding on the floor, sideward or forward by using the right and left foot alternately.
Galloping	Stepping on one foot and cutting the other, either sideward or forward.

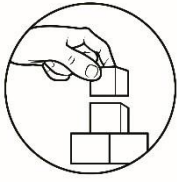
B. Non-Locomotor Skills- this is the opposite of locomotor skills in which an individual remains in one place while moving.

Skills	How it is done
Bending/ Flexing	Moving the muscles around a joint where two body parts meet.
Stretching/ Extending	Straightening or extending any part of the body from the joints.
Lifting/Raising	Elevating a part of the body usually the arms and legs.
Twisting	Moving a part of the body around a long axis (usually done for the head and body).
Rotating/ Encircling	Moving a part of the body in a circle around an axis or center.
Swinging	Moving perpendicularly below an axis.
Swaying	Moving perpendicularly above an axis.

Manipulative Skills- These skills mainly involve activities with the use of hand and body coordination to execute a task. It can be done through handling, catching, kicking, or throwing of different props included in a certain festival dance.

Source:

Department of Education. Physical Education and Health Teacher's Guide. Pasig City, Philippines, 2017
<https://www.slideshare.net/mobile/jenildonatourianzamoises/locomotor-and-nonlocomotor-movements>







What's More

Activity 1: Matchy-matchy!

The following are the illustrations of different movements that can be found in a festival dance.

Directions: Match the illustrations on column **A** with the correct skills on column **B**. Write your answer on a separate sheet of paper.

Column A

1. 
2. 
3. 
4. 

Column B

- a. Walking
- b. Running
- c. Hopping
- d. Bending

5.



e. Leaping

6.



f. Swaying

7.



g. Swinging

8.



h. Twisting

9.



i. Lifting

10.



j. Sliding

Activity 2: Table 3.0

Directions: In the separate sheet of paper, draw a table like the one shown below and enumerate the corresponding movements that you have learned about the given fundamental skills.

Locomotor Skills	Non-locomotor Skills	Manipulative Skills

Process Questions:

1. Based on your answers, what is the difference between the two movements?

Locomotor movements-

Non-locomotor movements-

2. How important are the manipulative skills on both locomotor and non-locomotor movements while dancing a festival dance?

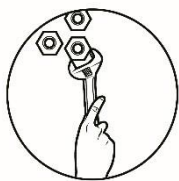


What I Have Learned

Activity: Fill it

Directions: Supply the missing words to complete each sentences—or paragraphs. Write your answer on a separate sheet of paper.

1. _____ involved fundamental basic skills which an individual needs to execute properly.
2. Fundamental Skills are categorized as _____, _____, and _____.
3. _____ is an action that allows an individual to move from one place to another such as walking, running, hopping, jumping, skipping, leaping, sliding, and galloping.
4. _____ is the opposite of a locomotor, the former having an individual remains in one place while moving such as stretching, bending, lifting, twisting, swinging, swaying, and rotating.
5. _____ is done through handling, throwing, or kicking different objects like props while performing a certain festival dance.



What I Can Do

Activity: Merge It Up!

Let us now see if the skills you learned can be combined to create dance steps.

Directions: Execute the given combined movements while counting 1-8. Record and video yourself while performing this activity if camera or cellphone isn't available you can perform it in front of your teacher during assessment day. (Please refer to page 7-8)
Kindly refer to the given rubrics below.

Combined Skills		Counts	Score (4,3,2,1)
1. Execute-slide-steps	with lifting movement of the body or any body parts	8	
2. Execute gallop steps	with swinging movement of the body or any body parts	8	
3. Execute walking steps	with rotating movement of the body or any body parts	8	
4. Execute Hop steps	with bending movement of the body or any body parts	8	
5. Execute running steps	with stretching movement of the body or any body parts	8	
Total:			
<i>Note: 20 points (highest score)</i>			

RUBRICS:

POINT SCALE	PERFORMANCE
(4) Outstanding	Demonstrate skills without assistance from the teacher.
(3) Very Satisfactory	Demonstrate skills with little assistance from the teacher.
(2) Satisfactory	Demonstrate skills with some assistance from the teacher.
(1) Needs improvement	Demonstrate skills with full assistance from the teacher.



Assessment

Multiple choice. Answer the following questions based on the lesson discussed. Choose the letter of the correct answer. Write your answer on your answer sheet.

1. Which of the following skills makes an individual remain in one place while moving?
 - A. Locomotor
 - B. Non-locomotor
 - C. Manipulative
 - D. Fundamental
2. What skill is involved in the handling of the props and different products in a dance?
 - A. Fundamental
 - B. Locomotor
 - C. Manipulative
 - D. Non-locomotor
3. How can stretching be done?
 - A. By straightening or extending any part of the body.
 - B. Through elevating any part of the body.
 - C. By moving the muscles around a joint where two body parts meet.
 - D. By moving a part of the body around an axis.
4. What skill refers to stepping on one foot and cutting the other, either sideward or forward?
 - A. Sliding
 - B. Galloping
 - C. Walking
 - D. Skipping
5. Which of the following skills refers to a shifting of one's weight from one foot to another?
 - A. Walking
 - B. Stepping
 - C. Jumping
 - D. Lifting
6. What skill is moving a part of the body in a long axis?
 - A. Bending
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 - D. Rotating

7. What skill refers to a pendular movement below an axis?
 - A. Swaying
 - B. Swinging
 - C. Rolling
 - D. Tumbling
8. All of the following are included in manipulative skills EXCEPT:
 - A. Catching
 - B. Encircling
 - C. Kicking
 - D. Throwing
9. Which of the following skills is done by gliding on the floor, sideward or forward by using the right and left foot alternately?
 - A. Galloping
 - B. Sliding
 - C. Jumping
 - D. Running
10. All of the following are non-locomotor movement EXCEPT:
 - A. Lifting
 - B. Swaying
 - C. Swinging
 - D. Sliding
11. All of the following are the fundamental skills involved in festival dance EXCEPT:
 - A. Non-locomotor
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 - D. None of the above
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 - A. Encircling
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 - C. Leaping
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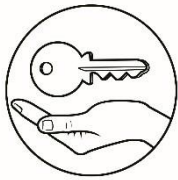


Additional Activities

Activity: Be Creative, Be Resourceful!

- Combine all the locomotor, non-locomotor and manipulative movements you learned. Make your own dance steps and execute them properly.
- Choose any object or light apparatus to be manipulated.
- Look for any music or any available instruments to accompany your steps or routine.
- Perform your dance routine in 2-3 minutes during assessment day with your teacher as the rater.

RUBRICS	
Mastery ✓ Routine memorized	4
Proper Execution ✓ Skills executed correctly with facility and ease	3
Choreography ✓ Smooth movement transition from figure to figure ✓ Timing	3
Total	10 (highest score)



Answer Key

<div>What's New</div> <div>Activity: Guess the Pic</div> <div>1. Manipulative Skill</div> <div>2. Locomotor Skill</div> <div>Leaping</div> <div>3. Locomotor Skill</div> <div>Walking</div> <div>4. Non-locomotor Skill</div> <div>Bending</div> <div>5. Non-locomotor Skill</div> <div>Swinging</div>																																															
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References

Book

Department of Education. Physical Education and Health Teacher's Guide. Pasig City, Philippines, 2017

Online sources

Moises, Jenil. "Locomotor and Non-locomotor Movements". Slideshare, 2019.
<https://www.slideshare.net/mobile/jenildonatourianzamoises/locomotor-and-nonlocomotor-movements>

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