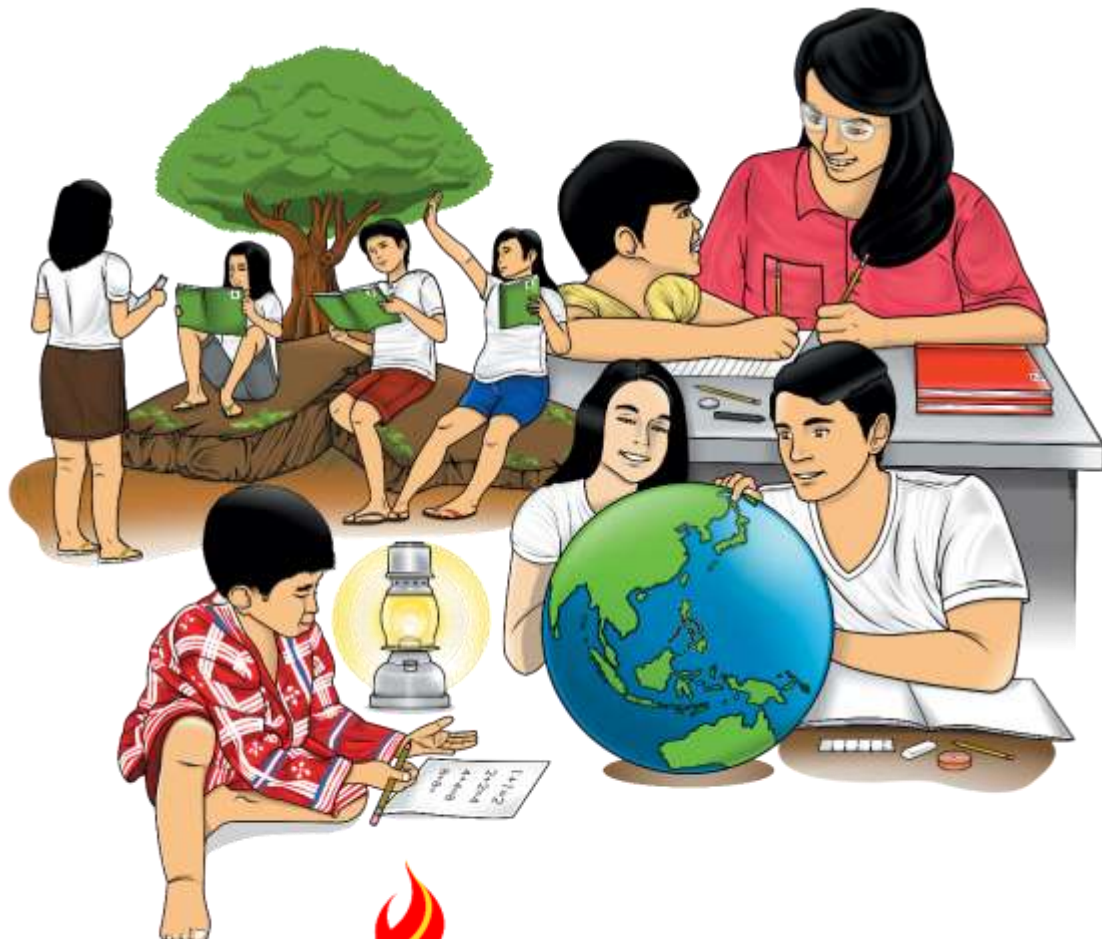


Physical Education

Quarter 4 - Module 1: Fitness on the Move



Physical Education – Grade 8
Alternative Delivery Mode
Quarter 4 – Module 1: Fitness on the Move
First Edition, 2020

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Published by the Department of Education
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Undersecretary: Diosdado M. San Antonio

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Printed in the Philippines by _____

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Physical Education

Quarter 4- Module 1:

Fitness on the Move

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 Activities based on Assessment Results**. 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.

The module contains:

- Lesson 1 – Physical Activities based on Assessment Results

After going through this module, you are expected to:

1. Review goals based on assessment results (PE8PF-Iva-34)
 - a. identify health – related fitness components of physical activities;
 - b. discuss health – related fitness component in physical activities; and
 - c. compose a poem about the different health-related components related to your daily activity routine.



What I Know

Find out how well you know and understand the physical fitness activities.

Activity 1: Multiple Choice

Directions: Choose the correct answer and write your answers in your activity notebook.

1. This is the proportion rate of body fat to lean body mass. What health-related fitness component is this?
 - A. Body Composition
 - B. Cardiovascular Endurance
 - C. Muscular Endurance
 - D. Muscular Strength
2. After conducting your physical fitness test, your BMI result is 23.8. What is your classification?
 - A. normal
 - B. obese
 - C. overweight
 - D. underweight
3. What is the correct formula in computing your body mass index (BMI)?
 - A. $\frac{\text{WEIGHT (in kilograms)}}{\text{HEIGHT (in meters)}^2}$
 - B. $\frac{\text{WEIGHT (in grams)}}{\text{HEIGHT (in inches)}^2}$
 - C. $\frac{\text{WEIGHT (in kilograms)}}{\text{HEIGHT (in meters)}}$
 - D. $\frac{\text{WEIGHT (in kilograms)}}{\text{HEIGHT (in centimetre)}}$
4. If your BMI is classified as underweight, what is the BEST way to get normal?
 - A. Eat green leafy vegetables
 - B. Get enough sleep
 - C. Avoid drinking alcoholic beverage
 - D. All of the above

5. What health-related fitness component is assessed in Curl – ups?
 - A. Body Composition
 - B. Cardiovascular Endurance
 - C. Muscular Endurance
 - D. Muscular Strength

6. This is the ability of the heart and circulatory system to supply enough oxygen to muscles to a longer period of time. What health-related fitness component is this?
 - A. Body Composition
 - B. Cardiovascular Endurance
 - C. Muscular Endurance
 - D. Muscular Strength

7. In doing zipper tests, what health-related fitness component is assessed?
 - A. Body Composition
 - B. Cardiovascular Endurance
 - C. Flexibility
 - D. Muscular Strength

8. Which physical fitness test does **not** belong to assess muscular strength?
 - A. Curl-ups
 - B. 90 Degree push-ups
 - C. Planking
 - D. Zipper test

9. What component of health-related fitness is assessed in planking?
 - A. Body Composition
 - B. Cardiovascular Endurance
 - C. Muscular Endurance
 - D. Muscular Strength

10. What health-related fitness components refers to the ability of the muscles to produce effort or perform work in a short period of time?
 - A. Body Composition
 - B. Cardiovascular Endurance
 - C. Flexibility
 - D. Muscular Strength

11. In doing a zipper test, what is your classification result based on the table below?

Zipper Test		
Overlap (in cm) right	2.6 cm.	3.0 cm.
Overlap (in cm) left	3.5 cm.	4.2 cm.

- A. Excellent
 - B. Fair
 - C. Good
 - D. Very Good
12. Place your hands slightly wider than your shoulders and straighten your arms and legs. What physical fitness test is it referring to?
- A. Curl-ups
 - B. Sit and Reach
 - C. Push-ups
 - D. Zipper test
13. What health-related fitness components refers to the ability of the body part to move on it's a full range of motion at a joint?
- A. Body Composition
 - B. Cardiovascular Endurance
 - C. Flexibility
 - D. Muscular Strength
14. What health-related fitness component is assessed in doing a 3-minute step test?
- A. Body Composition
 - B. Cardiovascular Endurance
 - C. Muscular Endurance
 - D. Muscular Strength

15. Given the table below, what is the classification of the BMI result?

Body Mass Index (BMI)	
Height (meters)	1.37
Weight (kilograms)	40
BMI	21.28

- A. normal
- B. obese
- C. overweight
- D. underweight

Lesson 1

Physical Activities Based on Assessment Results

Just like any other sports or games, dancing is also a physical activity that can promote lifelong fitness and wellness. It is a good source of exercise that could help develop grace and poise. It can even help in maintaining good health as it highlights health-related fitness components such as cardio-vascular endurance, flexibility, and strength.



What's In

Based on your prior knowledge, you have undertaken common physical fitness activities. Let us check how you understood your lessons in the previous modules!

Directions: Given the table below, identify the health-related fitness component/s associated with each physical fitness activity. Choose your answer from the box. Write your answer in your activity notebook. Be guided by the example/clues provided.

CARDIOVASCULAR ENDURANCE	MUSCULAR ENDURANCE
MUSCULAR STRENGTH	FLEXIBILITY
BODY COMPOSITION	

Physical fitness Activities	Health-related Fitness Components
1. Push – ups	Muscular Strength
2. Sit & Reach	
3. 3 Minutes Step Test	
4. Planking	
5. Zipper Test	
6. Sitting Height	
7. Weighing	
8. Curl – ups	



What's New

Activity 1: Inspiration

Directions: Read and paragraph inside the box and answer the questions below. Write your answer in your activity notebook.

Body Goal

Joerdan is a bullied teenager because of his obesity. One day when he woke up, he realized he had to go exercise to lessen his excessive body fats. He tied his shoes, suited his fitness garments and began his routine. Every time he does his workout he starts with a warm up exercise to release the body heat and avoid muscle pain and cramps. After a month of intensive training and exercising he loses 80 pounds of the body fats and gains 22 pounds of muscle. Now, Joerdan is walking with a head held up high with a body fit his age, no more bullies and more on likes.

1. As a student, do you find Joerdan as an inspiration for fitness? Explain.
2. Put yourself in Joerdan's shoes, what will be your ways to lessen your obesity?
3. Will you recommend Joerdan's way of exercising to someone you know? Explain.



What is It

Physical activities play a vital role in the total development of a person. The sustainability of performing different physical activities depends on the interest and ability of every individual. Each physical activity can be classified into different health-related components.

What is a health-related fitness component?

Health-related fitness Components. These are components that promote health and prevent the diseases and problems associated with physical activities. The four components are described as follows:

1. **Cardiovascular Endurance.** This is the ability of the heart and circulatory system to supply enough oxygen to muscles for a longer period of time.
2. **Muscular Strength.** This is the ability of the muscles to produce effort or perform work in a short period of time.
3. **Flexibility.** This is the ability of the body part to move on it's a full range of motion at a joint.
4. **Body Composition.** This is the proportion rate of body fat to lean body mass.

Health-related Fitness Tests

A. Body Mass Index (BMI) Formula:

$$\frac{\text{WEIGHT (in kilograms)}}{\text{HEIGHT (in meters)}^2}$$

CLASSIFICATION	
Below 18.5	Underweight
18.5 - 24.9	Normal
25 – 29.9	Overweight
30 above	Obese

Example: $\frac{40}{(1.37)^2} = \frac{40}{1.88} = 21.28$ (normal)

A.1. Weight

Scoring for weight. Record body mass to the nearest 0.5 kilograms (kg.)

A.2. Height

Scoring for height. Record standing height

- 1 meter = 100 centimeters

B. Waist Circumference

Standard

Risk	MEN		WOMEN	
	Centimeter	Inches	Centimeter	Inches
Very High	>120	>47	>110	>43.5
High	100 - 120	39.5 – 47	90 - 109	35.5 – 43
Normal	102	40	88	34.6
Low	80 - 99	31.5 - 39	70 - 89	28.3 – 35
Very Low	<80	<31.5	<70	<28.5

C. Ninety-Degree (90°) Push-up

Scoring for Ninety-Degree Push-up.

Score	Standard	Interpretation
5	33 and above	Excellent
4	25 – 32	Very Good
3	17 – 24	Good
2	9 – 6	Fair
1	1 – 8	Needs Improvement
0	Cannot execute	Poor

D. Planking

Scoring for Planking.

Score	Standard	Interpretation
5	51 seconds and above	Excellent
4	46 – 50 seconds	Very Good
3	31 – 45 seconds	Good
2	16 – 30 seconds	Fair
1	1 – 15 seconds	Needs Improvement

E. 3 Minutes Step Test

Scoring for 3 Minutes Step Test – Record the 60 second heart rate after the activity.

F. Sit and Reach

Scoring for Sit and Reach

Score	Standard	Interpretation
5	61 cm. and above	Excellent
4	46 – 60.9 cm.	Very Good
3	31 – 45.9 cm.	Good
2	16 – 30.9 cm.	Fair
1	0 - 15.9 cm	Needs Improvement

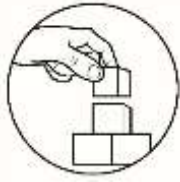
G. Zipper Test

Scoring for Zipper test.

Score	Standard	Interpretation
5	Finger overlapped by 6 cm. and above	Excellent
4	Finger overlapped by 4 – 5.9 cm.	Very Good
3	Finger overlapped by 2 – 3.9 cm.	Good
2	Finger overlapped by 0.1 – 1.9 cm.	Fair
1	Just touched the fingers	Needs Improvement
0	Gap of 0.1 or wider	Poor

PHYSICAL FITNESS FORM

Name: Juanito M. Malakas		Birthdate: 07/22/2006
School: San Pedro National High School		Sex: Male
Grade: 8		Age: 14
Division: Agusan del Sur		
Region: Caraga		
S.Y. 2020-2021		
	Pre	Post
A. Body Composition		
Body Mass Index (BMI)		
Height (meters)	1.37	1.39
Weight (kilograms)	40	45
BMI	21.28	23.32
Classification	Normal	Normal
Waist Circumference		
Measurement (cm)	71.12	73.66
Measurement (inches)	28	29
Risk	Very Low	Very Low
B. Cardiovascular Endurance		
3 Minutes Step Test		
Resting Rate	93 bpm	100 bpm
Training Rate	100 bpm	110 bpm
C. Muscular Strength		
90-degree push-up		
Number of push-up	7	11
Classification	Needs Improvement	Good
Planking		
Number of seconds	55 seconds	60 seconds
Classification	Excellent	Excellent
D. Flexibility		
Zipper Test		
Overlap (in cm) right	2.6 cm.	3.0 cm.
Classification	Good	Good
Overlap (in cm) left	3.5 cm.	4.2 cm.
Classification	Good	Very Good
Sit and Reach		
Overlap (in cm)	38.9 cm.	46 cm.
Classification	Good	Very Good



What's More

Activity 1. Loop-A-Word

Directions: Let's play a brain teasing game called "word search puzzle". List down the words you have found in the box and answer the following questions. Write your answers in your activity notebook.

M	U	S	C	U	L	A	R	S	T	R	E	N	G	T	H
T	S	C	A	R	D	I	O	V	A	S	C	U	L	A	R
H	I	N	F	F	A	I	A	I	J	S	D	F	B	S	A
I	T	M	A	L	S	H	S	T	A	A	A	O	A	A	R
N	A	D	W	E	I	G	H	T	R	A	R	U	R	W	E
G	N	X	N	X	Q	O	J	S	S	D	E	N	E	E	C
S	D	H	E	I	G	H	T	S	S	C	S	D	S	R	J
R	R	W	P	B	O	P	O	P	S	U	S	I	S	S	K
Y	E	A	I	I	T	L	O	U	F	R	T	N	G	D	T
B	A	E	N	L	T	I	P	S	U	L	T	G	G	F	B
Q	C	I	T	I	E	P	S	H	N	U	N	D	I	T	I
A	H	O	S	T	N	S	S	U	N	P	N	S	I	H	O
O	B	O	D	Y	C	O	M	P	O	S	I	T	I	O	N
Z	I	P	P	E	R	T	E	S	T	S	I	T	T	E	R

1. What are the commonalities of the words and it refers to?
2. What are the significance of the searched words to physical fitness?

Activity 2: Move your Body

Directions: List at least ten of your daily activities at home and classify them according to where they belong. Be guided by the health-related components below. Do this in your activity notebook.

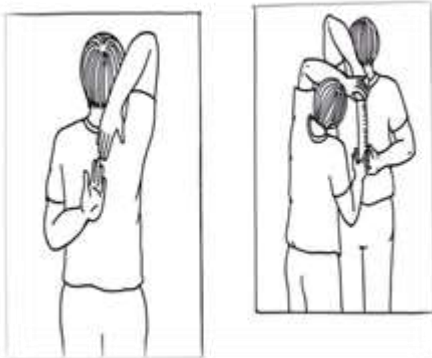
Flexibility	Body Composition	Cardiovascular Endurance	Muscular Strength/Endurance
			Fetch a water

Activity 3: Do you Know Me?

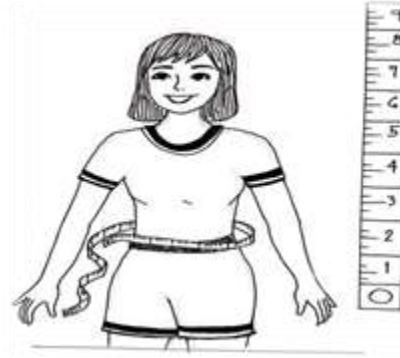
Directions: Given the picture below, identify the health-related fitness component/s associated with the physical activities. Choose your answer from the box. Write your answer in your activity notebook.

CARDIOVASCULAR ENDURANCE	MUSCULAR ENDURANCE
MUSCULAR STRENGTH	FLEXIBILITY
BODY COMPOSITION	

1. Zipper Test

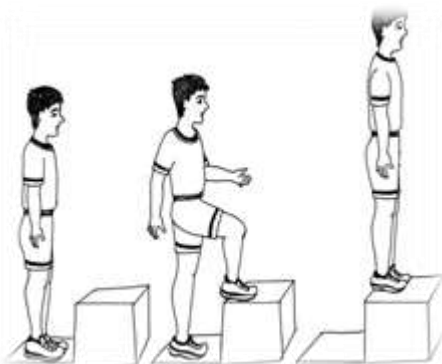


2. Waist Circumference Test

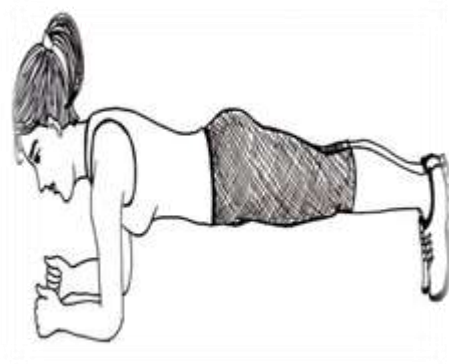


Illustrated by: Mary Joy Oliverio

3. 3 Minutes Step Test



4. Planking



5. 40 meter Sprint



6. Height Measuring



Illustrated by: Mary Joy Oliverio

7. Weighing



8. Sit and Reach



9. Push -ups



10. Curl - ups



Illustrated by: Mary Joy Oliverio



What I Have Learned

Very Good!

Has your understanding widened about the different physical fitness tests involved in our daily lives after the discussion? Let us see how much you have learned in this module.

Directions: Base on your Physical Fitness Tests conducted, state your understanding about your results by completing the phrases below. Write your answers in your activity notebook.

Activity 1: Fill in the Gap

1. In this lesson, I have learned that

2. Base on the results of my physical fitness tests, I have found out that I am capable of doing _____ and needs improvement in _____

3. The health-related fitness component that I like the most is _____ because _____

4. As a student, I will promise _____



What I Can Do

Activity 1. Be Fit!

Directions: In this activity, you will be doing your physical fitness tests at home to track your classification. You start from taking your BMI on the first day of the week and end your test with BMI also at the end of the week to see if there's a significant development in your fitness tests. Copy and fill-in the table in your activity notebook. Be guided by the examples provided.

Days	BMI		3 minutes Step Test		Push - ups No. of Push - ups	Sit & Reach Overlap (in cm)
	Height	Weight	Resting Rate	Training Rate		
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Classification						

1. Do you find the physical fitness tests helpful in your health? Explain.
2. Based on the results you collected, does it give you encouragement to continue doing what you've started to obtain a good shape? Explain.

Example of Daily Fitness Log

Days	BMI		3 minutes Step Test		Push - ups No. of Push - ups	Sit & Reach Overlap (in cm)
	Height	Weight	Resting Rate	Training Rate		
Monday	1.37	40	93	100	10	45.9
Tuesday			90	99	8	48
Wednesday			92	105	5	49.5
Thursday			89	95	10	52
Friday	1.37	43	95	110	9	53.2
Classification	Normal				Fair	Very Good

Activity 2. Voice it Out!

Directions: Create a slogan about how important physical fitness is in our daily lives. The following rubric will be used to evaluate your work.

	Excellent (5 points)	Average (3 points)	Poor (1 point)
Cohesiveness	The slogan goes perfectly together. There is unity between lines and stanzas which connect with the topic	The slogan somewhat goes together but needs more cohesiveness. The poem's lines and stanzas sometimes sway from the topic.	The slogan does not go together. The poem's lines and stanzas sway from the topic.
Use of poetic elements	The slogan uses 3 or more poetic elements to enhance the poem and the reader's emotions.	The slogan uses 1 or 2 poetic elements but they sometimes distract the reader.	The slogan uses no poetic elements.
Creativity	The slogan uses 3 or more unique metaphors and similes to describe situations, objects and people.	The slogan uses 1 or 2 unique metaphors and similes to describe situations, objects, and people.	The slogan does not use unique metaphors and similes.

Example: "Healthy activity para all, sama all"

Activity 3: Show me More

Directions: Create a Tiktok video showcasing your physical activities throughout the day. Be sure to display different health-related fitness components in your output. Be guided by the rubrics given below.

	Excellent (5 points)	Average (3 points)	Poor (1 point)
Content	The Tiktok video clearly and completely shows the five physical activities with health-related components.	The Tiktok video clearly and completely shows the three physical activities with health-related components.	The Tiktok video clearly and completely shows the two physical activities with health-related components.
Organization	The Tiktok video will logically arranged and sequenced.	The Tiktok video is not well organized nor logically arranged and sequenced.	The Tiktok video is difficult to understand by the viewers.
Creativity	The Tiktok video is presented in an incredibly unique, original, and creative way. It catches the viewers' attention and holds their interest.	The Tiktok video is presented in an ordinary way that tries to capture the viewers' attention.	The Tiktok video is not presented originally nor creatively.



Assessment

Activity 1. Multiple Choice

Directions: Choose the correct answer and write your answers in your activity notebook.

1. When you execute curl – ups, what health-related fitness component is assessed?
 - A. Body Composition
 - B. Cardiovascular Endurance
 - C. Muscular Endurance
 - D. Muscular Strength
2. After conducting your physical fitness test, your BMI result is 23.8. What is your classification?
 - A. normal
 - B. obese
 - C. overweight
 - D. underweight
3. Which of the following physical fitness tests does **not** assess muscular strength?
 - A. Curl-ups
 - B. 90 Degree push-ups
 - C. Planking
 - D. Zipper test
4. If your BMI is classified as underweight, what is the BEST way to get normal?
 - A. Eat green leafy vegetables
 - B. Get enough sleep
 - C. Avoid drinking alcoholic beverage
 - D. All of the above
5. This is the proportion rate of body fat to lean body mass. What health-related fitness component is this?
 - A. Body Composition
 - B. Cardiovascular Endurance
 - C. Muscular Endurance
 - D. Muscular Strength

6. Placing your hands slightly wider than your shoulders and straightening your arms and legs. What physical fitness test is referring to?
- Curl-ups
 - Sit and Reach
 - Push-ups
 - Zipper test
7. In computing your body mass index (BMI), which of the following is the correct computation?
- $\frac{\text{WEIGHT (in kilograms)}}{\text{HEIGHT (in meters)}^2}$
 - $\frac{\text{WEIGHT (in grams)}}{\text{HEIGHT (in inches)}^2}$
 - $\frac{\text{WEIGHT (in kilograms)}}{\text{HEIGHT (in meters)}}$
 - $\frac{\text{WEIGHT (in kilograms)}}{\text{HEIGHT (in centimeter)}}$
8. This is the ability of the heart and circulatory system to supply enough oxygen to muscles to a longer period of time. What health-related fitness component is this?
- Body Composition
 - Cardiovascular Endurance
 - Muscular Endurance
 - Muscular Strength
9. Given the table below, what is the classification of the BMI result?

Body Mass Index (BMI)	
Height (meters)	1.37
Weight (kilograms)	40
BMI	21.28

- Normal
 - obese
 - overweight
 - underweight
10. In doing zipper tests, what health-related fitness component is assessed?
- Body Composition
 - Cardiovascular Endurance
 - Flexibility
 - Muscular Strength

11. What component of health-related fitness is assessed in planking?
- Body Composition
 - Cardiovascular Endurance
 - Muscular Endurance
 - Muscular Strength
12. What health-related fitness component is assessed in doing a 3-minute step test?
- Body Composition
 - Cardiovascular Endurance
 - Muscular Endurance
 - Muscular Strength
13. In doing a zipper test, what is your classification result based on the table below?

Zipper Test		
Overlap (in cm) right	2.6 cm.	3.0 cm.
Overlap (in cm) left	3.5 cm.	4.2 cm.

- Excellent
 - Fair
 - Good
 - Very Good
14. What health-related fitness components refers to the ability of the body part to move on it's a full range of motion at a joint?
- Body Composition
 - Cardiovascular Endurance
 - Flexibility
 - Muscular Strength
15. What health-related fitness components refers to the ability of the muscles to produce effort or perform work in a short period of time?
- Body Composition
 - Cardiovascular Endurance
 - Flexibility
 - Muscular Strength



Additional Activities

Activity 1. Family Cooperation

Directions: In this activity you will identify the common physical activities of your family members in terms of health-related fitness components. List down the important information regarding ~~to~~ the family members in the table provided. Indicate only the people in your actual household. Write your answer in your activity notebook.

Family Member	Age	Household Chores	HRF Component Involved
Example: Father	61	Watering the plants	Muscular Strength

Activity 2. Self-Check!

Directions: In your activity notebook, copy the table below and put 😊 if you agree the statement and ☹️ if you disagree the statement.

Statement	Agree	Disagree
1. I enjoyed executing the physical fitness activities.		
2. I moved in total control.		
3. I followed the instructions given by the teacher.		
4. I cooperated well with the group.		
5. I performed the physical fitness activities well.		
6. I like the result of my physical fitness test.		
7. I enjoyed executing the PFT with my partner.		
8. I eat nutritious foods.		
9. I drink soda and alcoholic beverages.		
10. I am on a proper diet.		
Total for Agree 😊		
Total for Disagree ☹️		

How did you score?

Give yourself five (5) points for each agree; three (3) points for disagree.
Get your total and read the result of your score:

40 to 50 = **Outstanding**

Your physical fitness activities are outstanding. Congratulations!

30 to 39 = **Very Satisfactory**

You're doing well in your physical fitness activities.

20 to 29 = **Satisfactory**

You do some efforts in your physical fitness activities.

Below 20 = **Developing**

Good that you tried but needs more efforts in your physical fitness activities.



Answers Key

<p>Activity 2</p> <p>1. Scrubbing the floor – cardiovascular endurance</p> <p>2. Fetching water – muscular strength</p> <p>3. Chopping wood – muscular strength</p> <p>4. Sweeping the floor – flexibility</p> <p>5. Washing of clothes – flexibility/muscular strength</p> <p>6. Cutting of tree branches – flexibility/muscular strength</p> <p>7. Sacking of rice grains – muscular strength</p> <p>8. Carrying chopped woods – muscular strength</p> <p>9. Watering the plants – muscular strength</p> <p>10. Waxing the floor - flexibility</p>	<p>What's More</p> <p>*Muscular Strength</p> <p>*Height</p> <p>*Flexibility</p> <p>*Push ups</p> <p>*Cardiovascular</p> <p>*Weight</p> <p>*Body Composition</p> <p>*Zipper Test</p> <p>*Curl Ups</p> <p>*Sit and Reach</p> <p>1. it refers to physical fitness tests and health-related components.</p> <p>2. Yes, because physical fitness test can help us to know our strength or weakness and were able to know our BMI.</p> <p>What I Have Learned</p> <p>1. In this lesson, I have learned that physical fitness test is important for us to know if we are physically fit and to determine our strength and weaknesses.</p> <p>2. I am capable doing flexibility activities and needs improvement in cardiovascular endurance test.</p> <p>3. The health-related component that I like the most is flexibility because it is easier than other health-related components.</p> <p>4. As a student, I will promise to enhance my cardiovascular endurance test and eat healthy foods.</p>
<p>Activity 3</p> <p>1. Flexibility</p> <p>2. Body Composition</p> <p>3. Cardiovascular</p> <p>Endurance/Muscular Strength</p> <p>4. Muscular Strength</p> <p>5. Cardiovascular</p> <p>Endurance</p> <p>6. Body Composition</p> <p>7. Body Composition</p> <p>8. Flexibility</p> <p>9. Muscular strength</p> <p>10. Muscular Strength</p>	<p>1. In this lesson, I have learned that physical fitness test is important for us to know if we are physically fit and to determine our strength and weaknesses.</p> <p>2. I am capable doing flexibility activities and needs improvement in cardiovascular endurance test.</p> <p>3. The health-related component that I like the most is flexibility because it is easier than other health-related components.</p> <p>4. As a student, I will promise to enhance my cardiovascular endurance test and eat healthy foods.</p>

1. D	Assessment
2. A	
3. D	
4. D	
5. A	
6. C	
7. A	
8. B	
9. A	
10. C	
11. D	
12. B	
13. C	
14. C	
15. D	
Additional Activities	
Family Members	Age Household HRF Component
Mother	63 Planting Flexibility/Muscular
Brother 1	37 Fetch Muscular Strength
Sister 1	35 Sweeping Muscular Strength
Sister 2	30 Washing dishes Flexibility
Me	28 Cooking Muscular Strength
Brother 2	26 Cleaning the aquariums Muscular Strength
1. (3)	Activity 2
2. (3)	
3. (3)	
4. (3)	
5. (3)	
6. (3)	
7. (3)	
8. (3)	
9. (3)	
10. (3)	
What I Know	
1. A	
2. A	
3. A	
4. D	
5. D	
6. B	
7. C	
8. D	
9. D	
10. D	
11. C	
12. C	
13. C	
14. B	
15. A	
What's In	
1. Push – ups – Muscular strength	
2. Sit & Reach – Flexibility	
3. 3 Minutes Step Test – Cardiovascular Endurance	
4. Planking – Muscular Strength	
5. Zipper Test – Flexibility	
6. Sitting Height – Body Composition	
7. Weight – Body Composition	
8. Curl – ups – Muscular Strength	
What's New	
1. Yes, because I want to be physically fit like him.	
2. Do exercise, eat healthy food, less soda, less alcoholic beverages and sleep early.	
3. Yes, so that they will be healthy and physically fit too	

Reference

Department of Education.2013. Physical Education and Health 8, Learner's Module
Philippines: Vicarish Publication and Trading, Inc

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