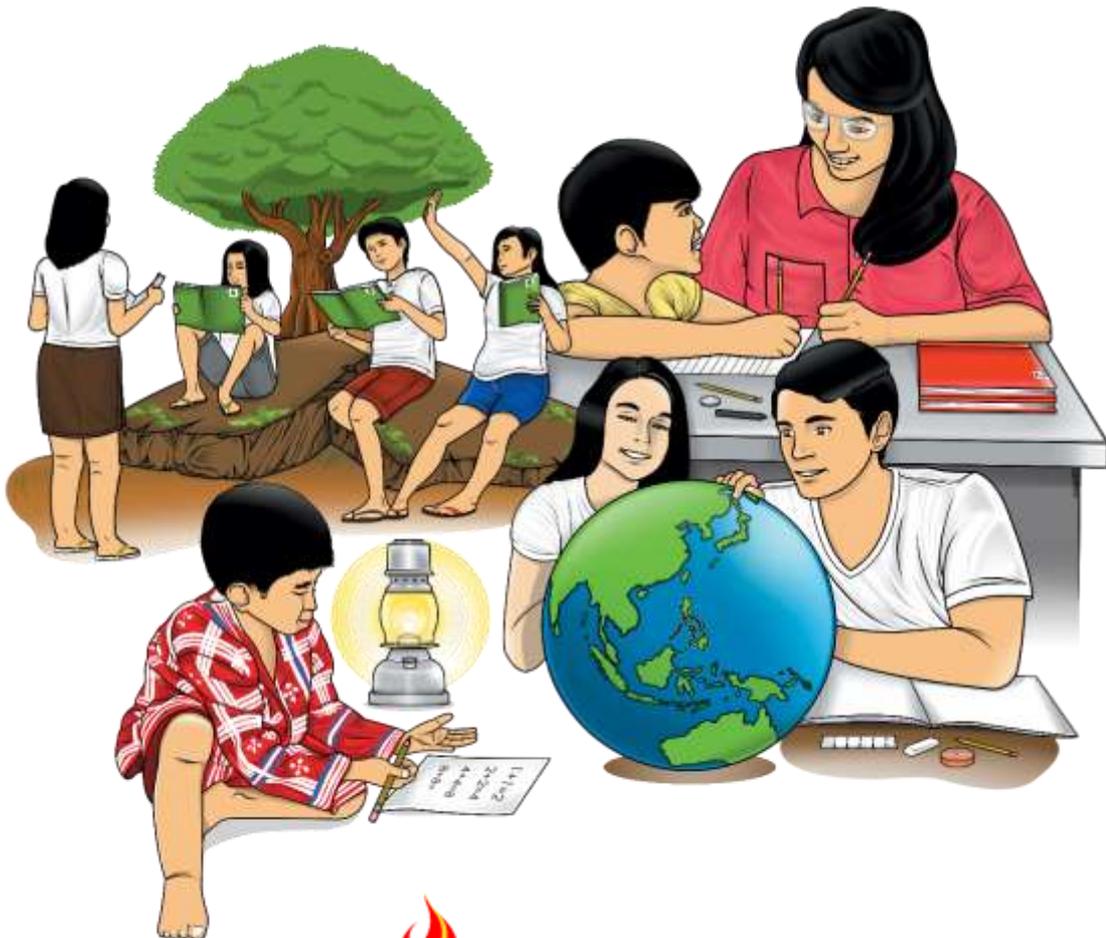


Physical Education

Quarter 4 - Module 1

Active Recreation



Physical Education - Grade 9
Alternative Delivery Mode
Quarter 4 - Module 1: Active Recreation
First Edition, 2021

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Physical Education

Quarter 4- Module 1

Active Recreation

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.

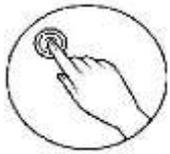
Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer 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 will help you choose your recreational activities both indoor and outdoor. This will surely bring you fun, fitness, and relaxation! The activities are enjoyable and offer satisfaction to enhance the quality of your life as a student. You'll understand that lifestyle and recreation will promote not just your personal fitness, nor your family's fitness, but the community's fitness in general. So, get off of your feet and jump off to the world of active recreation!

LEARNING COMPETENCIES:

- Discusses the nature and background of indoor and outdoor recreational activities **(PE9GS-Iva-6)**

OBJECTIVES:

At the end of this module, the learners are expected to:

- Identify Indoor and outdoor activities
- Describe several types of indoor recreation and outdoor recreation including its background and their health benefits.

How to Learn from this Module

To achieve the objectives cited above, you are expected to do the following:

- Take your time reading the lessons carefully.
- Follow the directions in the activities and exercises diligently.
- Answer all the given tests and exercises



What I Know

PRE- ASSESSMENT TEST

Activity 1

Instructions: Read the statement below. Write your answer on a separate paper.

___1 How many frames are played in a complete game of bowling?

- A. 8
- B. 5
- C. 10
- D. 6

___2. Who invented the bicycle?

- A. William Morgan
- B. Karl von Drais
- C. James Naismith
- D. Duke of Beaufort

- ___3. Nerissa is practicing a contemporary dance. What element of dance is being developed if she focuses on her arms, head and torso?
 A. Energy C. Motion
 B. Space D. Body
- ___4. Most of the basic Philippines Folk Dance steps are adapted from foreign countries, which of the choices do not belong?
 A. Polka C. Kazatski
 B. Mincing D. Mazurka
- ___5. In bowling, what fitness component is being developed?
 A. Speed C. Coordination
 B. Agility D. Endurance
- ___6. Which three essential items do you need in hiking?
 A. First aid kit/map/string C. Whistle/ map/first aid kit
 B. Gaiters/map/binocular D. Whistle/ pole/ blanket
- ___7. Recreational activities are essential to overall holistic health. What is the primary reason why one engages in active recreation?
 A. Fun C. Enjoyment
 B. Fitness D. All of the above
- ___8. What do you call a person who combines the steps and directions for a performance of dance on stage?
 A. Choreographer C. Choreography
 B. Director D. Dance master
- ___9. It is a kind of shot in badminton that travels downward with great force.
 A. Slam C. Smash
 B. Drive D. Drop
- ___10. Which of the following is a fitness benefit of zumba?
 A. Improves cardiovascular endurance
 B. Tones and tightens muscle groups
 C. Burns more calories to lose weight
 D. All of the above
- ___11. Which term indicates a violation of the rules?
 A. Feint C. Let
 B. Fault D. Replay
- ___12. Where was the first Road World Championships in biking held in 1921?
 A. Denmark C. England
 B. New York D. Russia
- ___13. Players hit the shuttle back and forth to each other. What is this called?
 A. Playing a point C. Pinging
 B. Rallying D. Hitting
- ___14. In hiking, what should be the group's walking pace?
 A. The pace of the lead man C. The pace of the slowest man
 B. The pace of the last man D. The pace of the fastest man
- ___15. If a player gets three strikes in a row, what do you call this?
 A. Chicken C. Berdie
 B. A bad bowler D. Turkey

Lesson**1****Active Recreation:
Nature and Background of
Indoor and Outdoor Activities*****What's New******Activity 1: In a League of your Own***

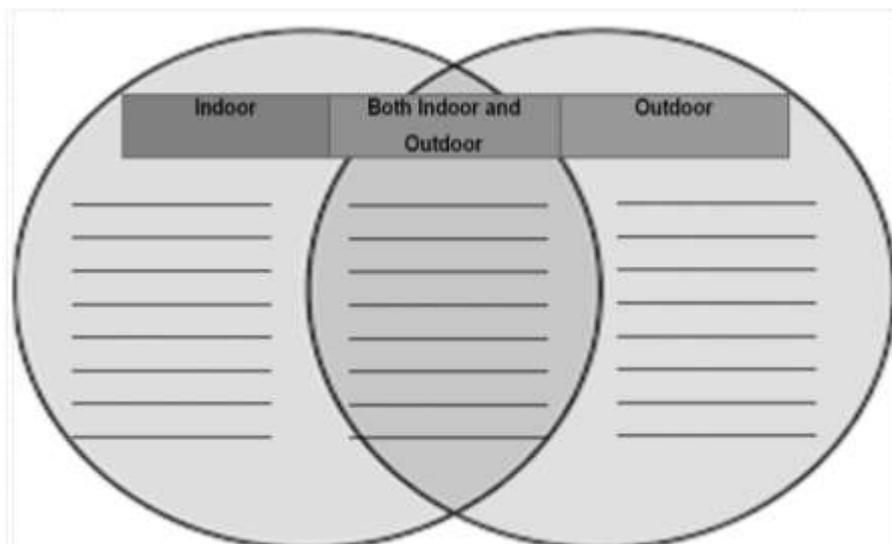
This activity is designed to assess your sports and physical activities participation level. It will also classify information on the types of activities that you are interested in partake in.

Direction: Please mark an " ✓ " next to the activities that best describe your and your community leisure interests. Additional items may be added to the list according to your interests. Write your answer on a separate paper.

ACTIVITY	Have done in the past	Currently do	Interested in doing
Basketball			
Volleyball			
Badminton			
Running			
Biking			
Swimming			
Dancing			
Zumba			
Dance sport			
Hiking			
Camping			
Mountaineering			

Activity 2: When you see me

Direction: Look closely at the figures inside the box. Identify what kind of sports or recreational activities you have seen. Write your answer on a separate paper.



Question:

1. What active sports and recreational activities do you think is best for you?
Why?

2. Where do you mostly play your recreational activities?



What Is It

Just by looking at the table below, you will have an idea of what recreational activities and its categories are.

Recreational Activities	
Passive recreation	Active recreation

Being physically active means improving your overall well-being and quality of life. Finding ways to be fit is a must if one wants to live better. **Recreational Activities** are activities that give pleasure or leisure like gardening, playing sports or dancing, sewing, camping and more, while **Leisure** may also be described as activities that you do in your spare time like reading, meditating, drawing, and engaging in popular activities. Leisure and recreation offer a solid basis for the activities and facilities, and both are concerned with presenting enjoyable experiences to indulge in during free time. It also calms the mind, improves their outlook on life and increases positive affect, and rejuvenates our body, makes family relationships stronger, diminishes chances of diseases and lives longer.

Recreational opportunities described above fall into two broad categories: active recreation and passive recreation. **Passive recreation** refers to recreational activities that do not require organized facilities like sports fields or pavilions and gyms. While **Active recreation** are means of relaxation and fun time activities usually of a more formal nature no particular rules to be followed. Often requiring equipment and taking place at prescribed places, sites or fields.



Gold Medalist: ARNEL N. ABA

A swimming coach, a national athlete, and a record-holder at various international swimming competitions. Proud Iliganon, Proud Mindanaon.

Fit Facts:

Sports and recreation do not discriminate against people with disabilities; in fact, some sports are being modified so that they could also enjoy a specific sport like normal people do.

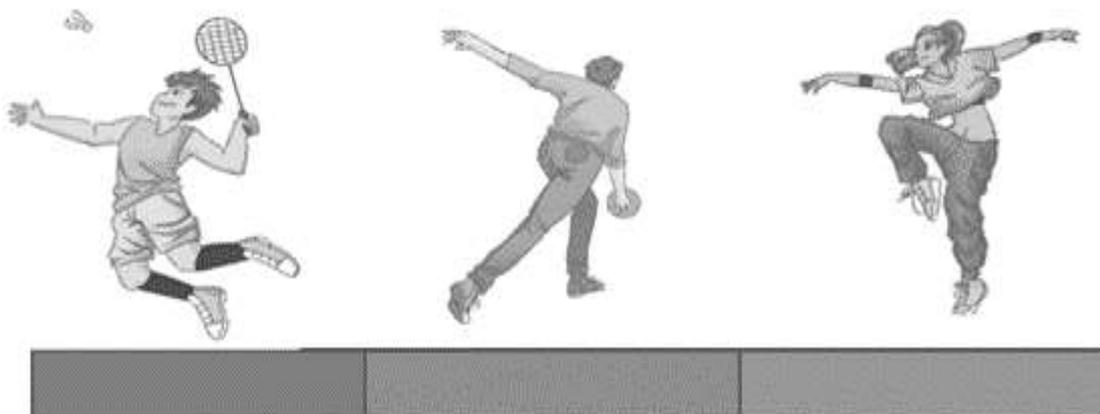
INDOOR RECREATIONAL ACTIVITIES

Indoor recreational activities are activities that can be done or performed in the halls, rooms or in the classroom and do even inside your house. Such indoor activities require less space, so it can be managed behind the door. Participating in different physical activity activities can be effective strategies to treat symptoms related to any virus and other respiratory illnesses. Every day is a new opportunity to engage in physical activity that can bring short and long-term benefits to everyone. Being consistent and motivated may be enhanced by peer support, family support, or social media platforms offering exercise programs.

Importance of Indoor Activities During Pandemic

1. Strength-training has been shown to reduce symptoms of anxiety
2. Elevations in self-esteem, improved concentration, reductions in depressive symptoms, and improvements in sleep.
3. For older adults and among individuals managing chronic medical conditions.

Can you identify the pictures below? Write your answer on a separate paper.



Indoor games can be very interesting and exciting because we use our mind to think, body to move, and manipulate things to win. Below are some examples of indoor games.

Badminton



The roots of the sports could be traced back to ancient Greece, China and India. It was in the mid 18th century when *poona* became popular in India through the British military who were stationed at Pune. In 1870's the game was brought to England and was introduced by the Duke of Beaufort in a form of recreational game. Around the 19th century the game was played with nets and called *battledore (bat) and shuttlecock* then later name **badminton** as the official name. In 1972 badminton was introduced as a demonstration game in the Olympics held at Munich. And by 1992 at Barcelona, Spain badminton become became an official part of the Olympic game.

Badminton could be played by single (male/female) or double (male/female/mix). The aim is to score by hitting the shuttlecock across the net and landing inside the opponent's half of the court without the opponent being able to return back to your court. A match consists of 3 sets of 21 points and a match is won by winning 2 sets out of 3. In case of 20 all, the side which gains a 2-point lead first, wins the game. Basic skills like strokes (backhand, forehand underhand and overhead), stance, grip, footwork, service and shots (clear, drop, and smash) are inessential in winning the game.



Did you know?

- In older days the string of the badminton racket was made of cat's stomach lining.
- The shuttle is made from the left wing of a goose.

Bowling



Known as one of the oldest games of the world, bowling also called as *tenpins* could be traced way back 7000 years ago in Egypt. Where Egyptians rolled stones at various objects knocking over. However, it gained its popularity in Germany during the Middle Ages not as a sport but a religious ritual. In 1325, laws were passed in Berlin and Cologne that limited bets on lawn bowling. Indoor alleys were built in New York City in 1840. In 1890, the game flourished in Eastern and Midwestern cities in Germany. In the Philippines, "Paeng" or Rafael Nepomuceno, a Pilipino world class Bowling champion was known worldwide due to his track record: World Cup, 1976, 1980, 1992 and 1996.

Bowling is played indoors on wooden or synthetic lanes with maximum dimensions of 60 ft. long and 42 in width. The game aims to knock down ten pins on the first strike if not on the second using a heavy ball rolled down along the narrow lane. There are 10 scoring frames. Each frame is one turn, but you get two throws

in each frame. The number of pins knocked down with both throws is added to your total score. Equipment used are pins, bowling ball, lane and shoes.

Bowling Terms:

1. Strike- when the first ball knocked down all ten pins.
2. Spare – a player knocked down all pens second time after knocking all pins on the first ball.
3. Brooklyn - this is when a player obtains a strike by hitting the pins in the opposite pocket from which he/she has thrown the ball.



Did you know?

In 1511, King Henry VIII, king of England, an avid fan of Bowling, banned the game among the lower class and imposed heavy fines so that only the elite can play the sport.

Dance



Dance is defined as the sequence of bodily movement moving rhythmically usually to music. Often time it is an avenue in releasing energy, expressing an idea of intense emotion or simply having fun in the movement itself. Ancient history tells us that dance is a form of religious ceremony which people believe it's their way to communicate gods and understand the world around them. Such dance like Hindu's "Bharata Nhatyam" which still perform until this day.

The earliest evidence on the origin of dance pinpoint in 9000-year-old India's or 5300-year-old Egypt's cave paintings. The Renaissance period brought a huge evolution in dancing. The introduction of ballet and social dancing changed the belief of people from ceremonial to entertainment to seduction. In the Philippines, dances were designed to honor gods and thanksgiving/asking for rain and harvest.

Today, dance morphed into different varieties (hip hop, Ballet, Jazz, Ballroom dances, folk dances etc.) and can be performed in different functions (competition, social, ceremonial).



Did you know?

That there's an epidemic called the Dance Plague in 1518? A woman named Fru suddenly stepped into the street and began to dance unstopably for days and within a week more than 30 people were inflicted the same way. They kept going to the point they injured themselves and some of them even died.

OUTDOOR RECREATIONAL ACTIVITIES

Obviously outdoor recreation and pandemics don't go together. Knowing that transmission of the virus is its highest when people are outside. You might wonder, if it is safe to go outside. The answer is YES as long as it is a non-crowded place, and you observe proper social distancing.

Outdoor recreation aims to give leisure AS YOU INTERACT WITH the natural environment. BELOW ARE SOME EXAMPLES OF OUTDOOR ACTIVITIES.

Hiking



Hiking is a long walk either for pleasure or exercise. Oftentimes it's associated with mountaineering, trekking and mountain climbing. It is believed that hiking starts from the Stone Age when mankind learned how to stand upright and walk. Over the years hiking has become essential in hunting or finding food. Now, it is a means of relaxation and a great approach to meditate and clear mind.

Essentials	Tips	Benefits
<ol style="list-style-type: none"> 1. Shoes (Waterproof and lighter pair like sandal) 2. Water proof jacket and pants 3. Sun screen and Sun glass 4. Hat or cap 5. 35 -40 liters backpack 6. Water bottle 7. Walking poles 8. Head lamp 9. Map 10. First aid supplies 	<ol style="list-style-type: none"> 1. Starts small and choose the right trail 2. Familiarize yourself with the trail 3. Check the weather 4. Tell someone where you'll be 5. Pack the essentials 6. Wear the right shoes or socks 7. Keep it light 8. Pace you self 9. Leave no trace 10. Wear the right attire 	<ol style="list-style-type: none"> 1. Clears mind and reduces stress 2. Makes us happier 3. Improves sleep quality 4. Improves memory 5. Reduce anxiety and depression 6. Makes us more generous 7. Reconnect and take time for yourself 8. Can be a spiritual and rejuvenating experience 9. Learn to live in the moment 10. Helps bone density

Biking

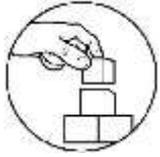


Invented by a German baron Karl von Drais, the “running machine” as called at 1818 or bicycle was made in response to widespread starvation and the slaughtering of horses.

Biking or also called cycling is a superb cardio outdoor workout that could burn 400 calories per hour. Its uses could range from transportation to sports. The first Road World Champion was held at Copenhagen, Denmark won by Gunnar Skoed from Sweden.

Bicycle was invented by Pierre Michaux together with his son Ernest and Pierre Lallement.

Essentials	Tips	Benefits
Helmet Water Spare tube Pump/ CO2 Seat Bag Light Lock Nutrition	Set Up Your Bike Correctly Lightening The Load Correct Kit Makes A Difference Clipless Pedals Avoid The 'Bonk' Hydrate Properly When Cycling Go For Long Rides Build Up Your Strength	Increase cardiovascular fitness Increase muscles strength and flexibility Improve joint mobility Decrease stress level Improves posture and coordination Strengthen bones Decrease body fat Prevention of disease



What's More

This activity will help you to engrain the lesson through song composition.

Activity 3: Sing, Song, Sports

Compose a song or jingle that best describe the skill, history and equipment of your chosen sport.

Materials:

- Pen and Journal Notebook (Modular)
- Cellphone (online)

Procedure:

- Choose a song that you like and comfortable to sing with.
- Change the first and second stanza and chorus into your own composition.
- For online learners, record your voice through audio or video and you may send your recorded voice through messenger.
- As for the modular learners, write in your composition in the journal and below the title write the adapted musical instrumentation.

Rubric:

	Description	POINTS
Lyrics	The song lyrics are outstanding. The words are memorable.	15
Creativity	The student composed an original song with a clear theme.	15
Relevance to the Theme	The themes are clearly explained and-relevant	10
Mastery of the Song	There are no errors and the presentation is outstanding	10



What I have Learned

Activity 4: Short essay

Write the importance of engaging in various recreational activities in your journal notebook.



What I Can Do

Activity 5:

Using your social media (Facebook, Twitter, Instagram, and Tiktok) post an issue, facts or quote about health awareness.

Using ½ cartolina or alternative materials, make a slogan regarding health and pandemic.

Rubric:

CATEGORY	5	3	2	1
Graphics - Relevance	All graphics are related to the topic and make it easier to understand. All borrowed graphics have a source citation.	All graphics are related to the topic and most make it easier to understand. All borrowed graphics have a source citation.	All graphics relate to the topic. Most borrowed graphics have a source citation.	Graphics do not relate to the topic OR several borrowed graphics do not have a source citation.
Graphics - Originality	Several of the graphics used on the poster reflect an exceptional degree of student creativity in their creation and/or display.	One or two of the graphics used on the poster reflect student creativity in their creation and/or display.	The graphics are made by the student but are based on the designs or ideas of others.	No graphics made by the student are included.
Required Elements	The poster includes all required elements as well as additional information.	All required elements are included on the poster.	All but 1 of the required elements are included on the poster.	Several required elements were missing.
Attractiveness	The poster is exceptionally attractive in terms of design, layout, and neatness.	The poster is attractive in terms of design, layout and neatness.	The poster is acceptably attractive though it may be a bit messy.	The poster is distractingly messy or very poorly designed. It is not attractive.

Use of Class Time	Used time well during each class period. Focused on getting the project done. Never distracted others.	Used time well during each class period. Usually focused on getting the project done and never distracted others.	Used some of the time well during each class period. There was some focus on getting the project done but occasionally distracted others.	Did not use class time to focus on the project OR often distracted others.
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Summary

Pandemic like covid-19 creates a 360-degree impact in our daily activities. This situation has become psychological, physiological, social and societal burdens but it also teaches us to value life more. Active participation in physical activities become essential for well-being. The following are the importance of active recreation during this trying time:

- It helps to boost your mood and reduce stress,
- It paves way to family bonding,
- It is a good treatment of depression and anxiety.



Assessment: (Post-Test)

A. Multiple Choice

Direction: Read the statement carefully. Write your answer on a separate paper.

1. He is the first world class Filipino who won six-time world bowling championships.
A. Rafael "Paeng" Nepomuceno
B. Efren "bata" Reyes
C. Daniel Caluag
D. Donnie Nietes
2. How many feathers are there in an official shuttlecock?
A. 8 feathers
B. 16 feathers
C. 21 feathers
D. 20 feathers
3. Which of the following is not essential when biking?
A. Water
B. Lock
C. Helmet
D. Blanket
4. Which of the following IS NOT A common benefit from biking and hiking?
A. Good bone density
B. Makes us happier
C. Reduce anxiety and depression
D. can be spiritual experience
5. This is when a player obtains a strike by hitting the pins in the opposite pocket from which he/she has thrown the ball.
A. Strike
B. Spare
C. Brooklyn
D. Frame
6. When hiking, it must be to wear a shoe. WHAT IS The best footwear to use?
A. Rubber shoes
B. Waterproof
C. boots
D. sneakers
7. What is the term used when one makes a score?
A. Love
B. Rally
C. Alley
D. Match
8. It is A form of classical Indian dance which centers on displaying the divine or spiritual aspects
A. Odissi
B. Kathak
C. Bharatanatyam
D. Kuchipudi
9. This refers to recreational activities that do not require organized facilities like sports fields or pavilions and gym.
A. Active Recreation
B. Passive Recreation
C. Recreation
D. Sports

B. Identification.

Direction: Read the STATEMENT carefully. Write the correct answer on a separate paper.

- _____ 1. It is a shot hit with speed and power downward into the opponent's court.
- _____ 2. A classical dance that requires grace and precision and using formalized steps. Usually performed in a theater house.
- _____ 3. It is played indoors on wooden or synthetic lanes with maximum dimensions of 60 ft. long and 42 in width.
- _____ 4. It is a feeling of emotional or physical pressure which sometimes lead to depression.
- _____ 5. He invented the bicycle in 1818.
- _____ 6. He popularized badminton in Europe
- _____ 7. This active recreation is performed as a ceremonial or ritual activity.
- _____ 8. These recreation activities help to re-connect with nature and to meditate.
- _____ 9. One of the basic essentials of this active recreation is a helmet.
- _____ 10. This is CALLED when a player knocks down all PIN second time after knocking all pins on the first ball.

C. Essay (10 pts. Each)

1. What is the importance of ENGAGING TO physical activity during a pandemic?
2. Why does exercise help reduce stress?
3. How are you going to convince your family to do physical activity?



Key Answers

<p>Assessment</p> <p>A.</p> <p>1. A</p> <p>2. B</p> <p>3. D</p> <p>4. D</p> <p>5. C</p> <p>6. B</p> <p>7. A</p> <p>8. C</p> <p>9. D</p> <p>10. B</p>	<p>B.</p> <p>1. Smash</p> <p>2. Ballet</p> <p>3. Bowling</p> <p>4. Stress</p> <p>5. Pierre Michaux</p> <p>6. Duke of Beaufort</p> <p>7. Dance</p> <p>8. Hiking</p> <p>9. Biking</p> <p>10. Spare</p>	Advance	18-20
		Proficiency	15-17
		Approaching proficiency	12-14
		Developing	8-11
		Beginning	7 and below

<p>Pre-Assessment</p> <p>1. C 5. C 9. C 13. B</p> <p>2. B 6. C 10. D 14. C</p> <p>3. C 7. C 11. B 15. D</p> <p>4. D 8. A 12. A</p>

<p>C.</p> <p>answers may vary</p>	<p>A.</p> <p>1. A</p> <p>2. B</p> <p>3. D</p> <p>4. D</p> <p>5. C</p> <p>6. B</p> <p>7. A</p> <p>8. C</p> <p>9. D</p> <p>10. B</p>	<p>B.</p> <p>1. Smash</p> <p>2. Ballet</p> <p>3. Bowling</p> <p>4. Stress</p> <p>5. Pierre Michaux</p> <p>6. Duke of Beaufort</p> <p>7. Dance</p> <p>8. Hiking</p> <p>9. Biking</p> <p>10. Spare</p>	Advance	18-20
			Proficiency	15-17
			Approaching proficiency	12-14

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