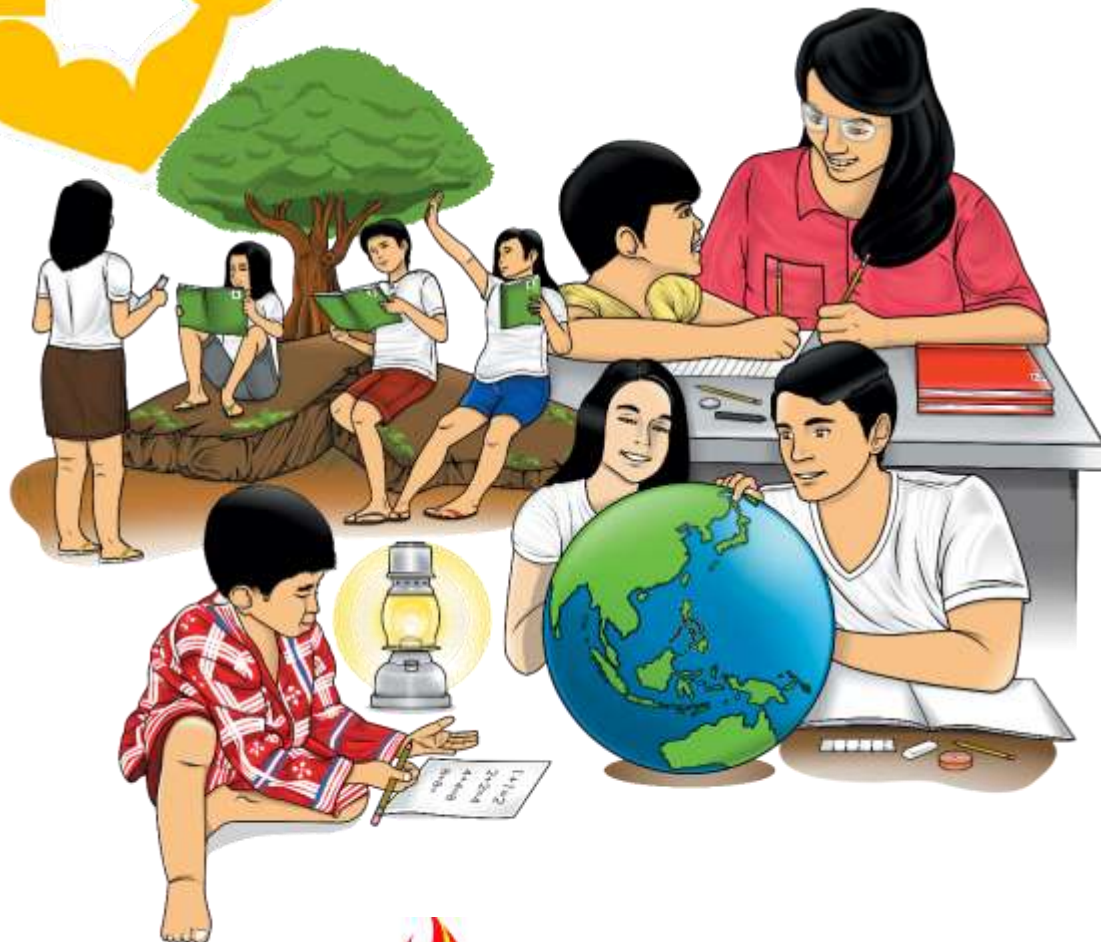


Physical Education

Quarter 4 – Module 3:

Alternative Recreation (Bowling)



Physical Education - Grade 9
Alternative Delivery Mode
Quarter 4 - Module 3: Active Recreation (Bowling)
First Edition, 2020

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Physical Education
Quarter 4 – Module 3:
Active Recreation (Bowling)

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

Content Standard

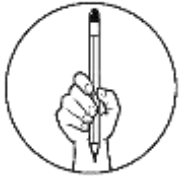
The learner demonstrates understanding of lifestyle and weight management to promote community fitness

Performance Standard

- Maintains an active lifestyle to influence the physical activity participation of the community
- Practices healthy eating habits and fitness behavior that supports lifelong learning for active lifestyle

Learning Competencies:

- Discusses the nature and background of indoor and outdoor recreational activities
- Participates in active recreation.
- Advocates community efforts to increase participation in physical activities and improve nutrition practices
- Practices environmental ethics (e.g Leave No Trace) during participation in recreational activities of the community
- Apply concepts such as fair play, empathy, respect for others' abilities and diversities, and demonstrates in interaction with others
- And device a range of strategies to improve owns physical activity and performance



What I Know

Activity 1

Directions: Read Statement below carefully, inside the box are the terms and answer on the statement. Write your answer on the space provided.

Foul Line	Burner	Spare	Pin Deck
Strike	Double	Finger Grip	Cherry
Turkey	Head Pin	Address	Foul
Gutter ball	Hook	Lane	

- _____ 1. Two consecutive strikes within a single game.
- _____ 2. Area on which the pins are set.
- _____ 3. This is the line that separates the approach area and the bowling lane.
- _____ 4. All 10 pins are knocked down with 2 consecutive balls in a single frame.
- _____ 5. A player's stance or start position.
- _____ 6. It is the no. 1 pin in the deck.
- _____ 7. To knock down the front pin or pins.
- _____ 8. Term used when a player knocks all the pins in 3 strikes in a row.
- _____ 9. A ball that curves as it approaches the pins station at the other end of the lane.
- _____ 10. Bored holes that used to insert that allow a better grip and spin.
- _____ 11. The game's playing surface.
- _____ 12. Term used when all the pins are knocked down with the first ball.
- _____ 13. It is used to catch erratic balls while it gutters before hitting a target.
- _____ 14. When a player steps or go over the fair territory upon the delivery of the ball is called _____
- _____ 15. A bowling pin that remains standing after it's been hit by the ball or another pin.

Lesson

1

Active Recreation: Bowling



What's In

Module 2 discusses equipment/facilities, basic skills and rules of the game of badminton. Also, it tackles the health benefits when indulging such activities are being stressed out.

Physical activity is one of the major contributors that boost the immune system. With the global outbreak of covid 19 it highly recommended to involve oneself to activities even in “stay at home” circumstances. In this new lesson, activities will be modified in order to meet the “stay at home” policy mandated by the IATF.



What's New

Activity 2: Bowleague

Objectives:

- To know the learners' level of interest in Bowling.

Directions: Write your top 5 reason why you need to learn Bowling and your reason why not to learn bowling

1	1
2	2
3	3
4	4
5	5



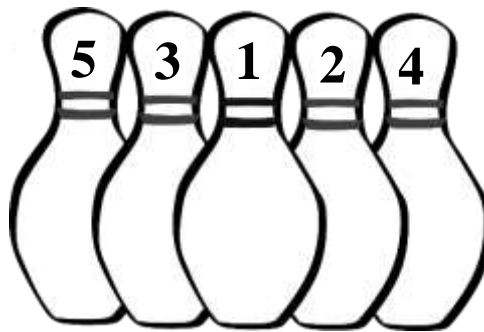
What Is It

Activity 3: Hit the Right Button

Objective:

- Identify what fitness component is essential in bowling.

Ian Dave is just a neophyte in bowling. His interest in playing the game makes him want to learn more, but first he had to know what about the fitness component. What physical component do you think he needs in order for him to master the game? Arrange your answer according to the most important component to the less. Write your answer inside the 5 pins.



Processing Question

1. Why do you choose the head pin as the most important component? and (pin no. 5) the least?
2. What values do you think Ian Dave gained in the process of learning the game?

Activity 4: Let's Read

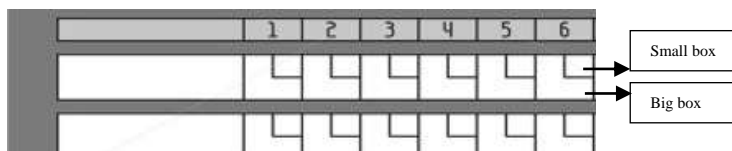
Bowling Terminologies:

1. *Address.* The bowler's position or stance before beginning the approach.
2. *Approach.* The part of the lane which stretches from the back of the lane to the foul lane.
3. *Burner.* A bowling pin that stays standing even though it's been hit by the ball or another pin.
4. *Cherry.* To knock down the front pin or the head pin
5. *Dead wood.* Is the term used in bowling for any pin that is left out on the lane or in the gutter, out of the reach of the rake?
6. *Double.* Two consecutive strikes in a row.
7. *Finger Grip or bored holes.* This is when you insert finger and/or thumb holes that allow a better grip and allow for a better spin.
8. *Frame.* Is where a player is given two tries to roll and to knock down all ten pins except in the last frame where a player receives a bonus ball.
9. *Foul.* When a player steps or goes over the fair territory upon the delivery of the ball.

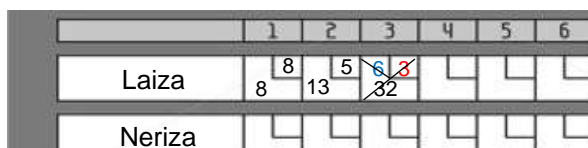
10. *Foul Line*. This is the line that separates the approach area and the bowling lane.
11. *Gutter Ball*. A term used to describe a ball that rolls into the gutter before hitting the pins.
12. *Head Pin*. The first pin.
13. *Hook*. This is a technique where the bowling ball curves in its path down the lane, in contrast to a straight shot.
14. *House*. The building where the bowling arena is located
15. *Lane*. A wooden alley and the playing surface.
16. *Pin Deck*. The place at the end of the bowling lane where the pins stand in a triangle formation.
17. *Spare*. When all ten pins are knocked down in two deliveries.
18. *Strike*. When all ten pins are knocked down on the bowler's first roll of the ball in any frame
19. *Turkey*. When a bowler commits three strikes in a row.

Scoring:

1. There are three balls in each frame and ten frames per game.
2. All of the pins that are being knocked down with the three balls will be your score.
3. In the small box, jot down your score for each frame
4. On the big box your cumulative score (Ex. frame 1 + frame 2)



5. In case you throw a strike or spare, you get a “bonus” pin-or FILL.
 - On the first ball you knocked down all the pins you draw a Y in the frame
And add 10



Note: Frame 2
 6- is from score you get from three ball throws
 3- is the score you get from the bonus pin

- add 6 and 2 plus 10 (strike) to get 19
- then add the previous score from frame 1 big box

6. Same procedure in case of spare.
7. All scores will be added up in order to identify the winner of the game.

Sample Score sheet:

<https://www.bestcollections.org/personal/printable-bowling-score-sheets.html>



What's More

Activity 5: *Let the Bottle Begin* (also for online learners)

This activity is used to the hand and eye coordination of the students/player. Pictures can be posted on Facebook as evidence and for documentation purposes.



Illustrator: Desefa Depra

Objectives:

- Participate in active recreation activities through modified bowling
- Learn how to value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Materials Needed:

Unused paper 10 empty mineral bottle or any plastic bottle
Scotch Tape

Procedure:

1. Prepare 7 empty mineral bottle (or any bottle). Put $\frac{1}{2}$ cup of water in each the bottle (set aside)
2. Crumpled the unused paper and formed it into a ball. Using scotch tape, bind the crumpled paper together. (make at least 3)
3. Using scotch tape makes a narrow lane and approach line. The length of the lane varies according to space.

Mechanics

1. Participants are allowed to roll the ball trice.
2. The number of mineral water that are knock down will the number of points
3. Add all three points.
4. There will be 10 frames of the score sheets
5. Add all the ten frames the highest score will be the winner (to add twist of the game, loser will wash the dishes)

Process Questions:

1. Compared to other people your age, would you say you are physically more active, less active, or about as active in this time of quarantine?
2. Do you feel that you need more exercises or less exercises?

3. In the past 2 weeks (outlined on that calendar), beginning Monday (date) and ending this past Sunday (date), have you done any exercises, sports, or physically active hobbies? What was it?



What I Have Learned

The activity will elicit the personal reflection of the learners on the knowledge and skills that they have gained.

Activity 6: *Let the Good Time Roll*

Objectives:

- Assess students understanding on the lessons
- Value the lessons for lifetime use

Procedure:

Learners make a reflection following the guide on the box of at least 250 words or more.

I learned that

I realized that

If given a chance

Processing Question:

1. How are you going to promote Physical Fitness in your community/family amidst the pandemic?
2. How are you going to stay healthy during lockdown?



What I Can Do

Though children or teens aged 0-20 are not allowed to roam around due to the pandemic, it is still their responsibility to stay fit.

Activity 7: Activity Diary

Objective:

1. To engage 30 minutes exercise and workouts for 5 days.

Date /Time	Activity / Activities	No. of minutes	Person Involved	Witness

Summary:

Covid-19 outbreak had been an international concern. The protection of everyone is important. The call to stay at home and stay healthy is necessary to flatten the curve on the spread of the virus. Everyone is encouraged to do their part. The following are a list of things that aids everyone to stay healthy.

1. Keep Moving. Do exercise like dancing, yoga, Zumba
2. Get creative.do artwork with the family
3. Take care of your mental health. Relax, stay away from media one in a while. Do gardening. Clean your room.
4. Eat well. Stay away from junk food
5. Have an adventure in your yard like picnics and camping.



Assessment

Directions: TRUE OR FALSE. Write if the statement is correct, but if the statement is wrong underline the word and change it into its correct answer. Write your answer on the space provided.

1. The bowling frame is divided into 10 x 10 frames. _____
2. As long as a footstep does pass over the foul line, it is not a foul. _____
3. Gutter ball is a term used to describe a ball that rolls into the gutter after hitting the pins. _____
4. In bowling, the first pin is called the head pin. _____
5. Nerizza the bowling champ in their Barangay is known for her skill in knocking down pins in the first roll. This skill is known as spare.

6. The bowling lane is made of a solid synthetic fiber. _____
7. During the start of the game the bowling pins are arranged into triangle formation. _____
8. While watching a bowling match, Laiza noticed that the stance of the player influenced the performance of that player. _____
9. A player is allowed to roll the ball one each frame. _____
10. The foul line is a black line found 3 inches before the pins. _____

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