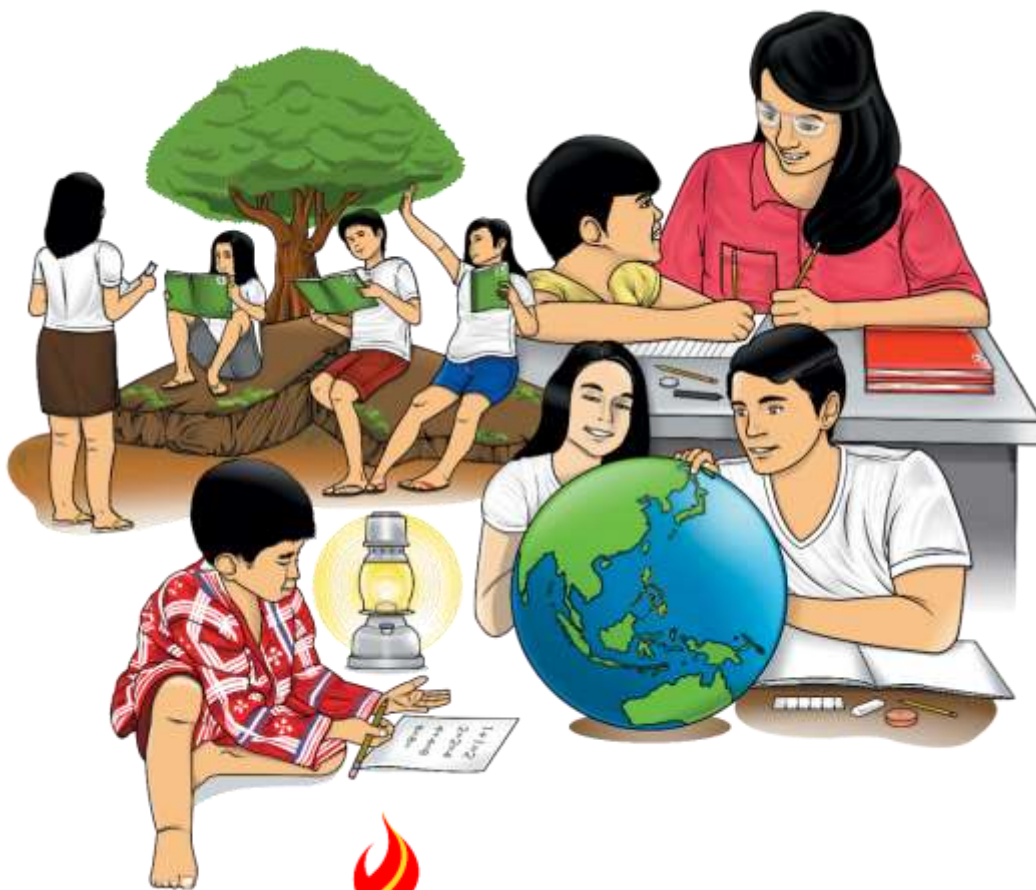


9

# Physical Education

## Quarter 4 - Module 4 Active Recreation (Dancing)



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

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# **Physical Education**

**Quarter 4 - Module 4  
Active Recreation (Dancing)**

## **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***

In this module, learners will explore the different types of dances, and expand creativity in the dance technique while learning to appreciate the dances. More importantly, activities in this module focus on family involvement and enjoyment at the same time learning the benefits of dancing during this trying time.

### **LEARNING COMPETENCIES**

- Participates in active recreation



## ***What I Know***

### **Activity 1**

Read the questions carefully. Write your answer on the space provided before the number.

- \_\_\_ 1 Cuban was one of the great contributors when it comes to ballroom dances. Among the dances below, which does not belong to the group?
- |          |              |
|----------|--------------|
| a. samba | c. chachacha |
| b. rumba | d. mambo     |
- \_\_\_ 2. Ms. Joyce Faith, a PE teacher is preparing her visual aid for a lesson on Basic Philippines Folk Dance. Which dance steps should not be part of her visual aid?
- |                |                |
|----------------|----------------|
| a. Brush Steps | c. Slide Steps |
| b. Salok       | d. Arabesque   |
- \_\_\_ 3. Contemporary dance is a combination of different dancing style except for one.
- |           |             |
|-----------|-------------|
| a. Jazz   | c. Krumping |
| b. Ballet | d. Lyricaly |
- \_\_\_ 4. A classical dance form that employs synchronization, grace and precision.
- |                |             |
|----------------|-------------|
| a. Ballroom    | c. Ballet   |
| b. Traditional | d.- Hip hop |
- \_\_\_ 5. A dance characterized by rapid, exaggerate movements of arms and legs.
- |             |            |
|-------------|------------|
| a. krumping | c. Popping |
| b. B-boying | d. Locking |
- \_\_\_ 6. Which Ballroom dances does not belong to the Standard Ballroom category?
- |          |            |
|----------|------------|
| a. Swing | c. waltz   |
| b. Tango | d. Foxtrot |
- \_\_\_ 7. A Traditional dance originated from Russia.
- |                     |                 |
|---------------------|-----------------|
| a. Khorovod         | c Red River Jig |
| b. Japanese Parasol | d. Bondadagur   |

- \_\_\_8. Among the dance steps below, which does not belong to the Ballet dance steps?
- a. Chasse
  - b. Avant
  - c. Frappe
  - d. All of the above
- \_\_\_9. A social usually performed by pair and originally from Europe and USA.
- a. Culture/ Traditional
  - b. Ballroom
  - c. Contemporary
  - d.- Hip hop
- \_\_\_10. An expressionist type of dance that originated in Egypt, it emphasizes complex movements of the torso.
- a. Modern Dance
  - b. Tap Dance
  - c. Belly Dancing
  - d. Zumba

## Lesson

# 1

## Active Recreation (Dancing)



### *What's In*

In the previous module learners were introduced to bowling where basic terms were studied. However, since “stay at home” was still implemented, activities were modified to suit learners’ needs and situations.

As the covid-19 pressed on, more and more people became stressed, frustrated, confused, and fearful. This situation draws everybody to go back to the very fundamental need of man – health. With that, people have discovered innovative ways to combat stress and anxiety through - dancing. Dancing became a voice and a vehicle that connects people. The fact that dancing not only nourishes one’s mental wellbeing, it also develops necessary physical fitness components –skills needed in our daily life’s activity. Dancing helps build muscular endurance and strength, improves body flexibility and balance, strengthens cardiovascular endurance, and a lot more. With its unique tactic it brings hope, positivity, and relief to people. In this lesson learners will be given an opportunity to protect their health by going through the activities laid upon them by understanding the benefits from dancing.



## What's New


### Activity 2: Dancing Shoes

**Objective:**

Identify which type of dances students are interested to learn.


**Direction:** Among the dances listed inside the box, group them according to your interest and write your answers in the shoe print.

**Interested**



**Hip hop**   **BALLROOM**  
**Ballet**   **Jazz**  
**Cultural**   **Modern**  
**Street Dancing**  
**Contemporary**

**Not Interested**



**Processing Questions:**

1. Which dance do you think is difficult? Why?
2. Which dance do you think is easy? Why?



## What Is It

### Activity 3: Step by Step

**Direction:** Identify the genre of the dance terms below.

Popping	Sarok	Chas�e	Kumintang
Arabesque	B-boying	Locking	Rumba
Cha cha	Brush steps	close position	funk

Hip Hop	Contemporary/ lyrical	Ballet	Traditional/ cultural	Ballroom



## Activity 4: Let's Read

It has been known that dancing is older than written language. Historians believe that the ancient people used dancing as a ritual and in social celebration. These acts are essential factors in the evolution of early human civilizations. Through time, dances evolved as a by-product of human imagination from a simple ritual ceremony to a complicated dance competition. Below are the different genres of dances

1. **Ballet.** A classical dance form that needs grace and precision and engaging formalized steps and gestures set in complex, flowing designs to create expression through movement. Some of the dance terms are Arabesque, chassé, pivot, avant, balançe, ballerina, and frappe
2. **Contemporary.** This expressive dance style is a combination of several dance genres including modern, jazz, lyrical and classical ballet.
3. **Traditional/Cultural dance.** Commonly called Folk dances, give identity to the community/place cultures and beliefs. It is more than social activities rather than competition. Here are some Philippine folk dance terms: Sarok, salok, hayon-hayon, brush steps, slides steps. Other international folk dances:  
*Japanese parasol, Khorovod (Russia), Red River Jig (USA), Bóndadagur (Iceland) and Frisky (Scotland)*
4. **Ballroom.** A type of social dancing, originally from Europe and the United States, it is performed by couples and follows prescribed steps. Ballroom dancing is categories by Standard dance (Waltz, foxtrot, tango, quick step, and Viennese Waltz) and Latin (Rumba-Cuba, Samba-Brazil, Chachacha-Cuba, Mambo-Cuba, Paso Doble -Spain, etc.)
5. **Hip Hop.** Also known as street or urban dance. A popular dance originated in the streets of New York. Examples of Hip Hop dances are *break dance* (perform an energetic and acrobatic style of street dancing, typically to hip-hop or funk music), *B-boying, Krumping* (Dance characterized by rapid, exaggerated movements of the arms and legs). *Popping and Locking* (like contracting or tightening your body parts into certain positions), *funk* and *up rock*.

### Physical Fitness Components in Dancing:

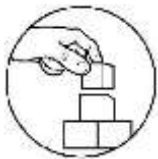
1. **Cardiovascular Fitness** – When you dance, your heart rate increases, the faster your heart beats when dancing the more blood enters to your lungs to collect oxygen and send it to your tissues.
2. **Muscular Endurance-** Regular dance workout enhances the endurance of body muscles. The more the muscle being repeatedly used the more it works in the extended time.
3. **Flexibility-** dancing involves motion and movements. This allows the muscles to flex properly. Also, it helps the body to be nimble.

**4. Muscular Strength** – Muscular strength provides a good support for the dancer’s joints and to increase position stability.

**5. Coordination-** in dancing, the benefits of having a good coordination are better balance, improves body postures, better agility and it minimizes the risks of injury.

**Health Benefits of dancing during pandemic**

- Helps weight loss
- Ability of individuals to cope with their condition
- It boosts your mood
- Family Bonding
- Best to combat stress and anxiety
- Improves cardiovascular function



***What’s More***

The activity will allow learners to understand from the family to have a great time in doing dance exercises during their relaxation time. It will likewise assist them with understanding the significance of remaining physically fit.

**Activity 5: Let’s Groove Tonight**

Student will host a dance party at home. This is a good way to bond with the family and at the same time develops a holistic individual. Activities should be documented through pictures or video

- For the online learners. In this activity students will take advantage of the free online exercise classes like YouTube.

**Objectives:**

- To stay physical fit amidst of quarantine
- To enjoy and have a good time

**Materials Needed:**

- |                             |                                |
|-----------------------------|--------------------------------|
| Sound System                | Decoration to add festive mood |
| Christmas lights            | Fancy Costumes/any costume     |
| Dancing lights if available |                                |

**Procedure:**

1. Make a music playlist- include music from parent’s younger years
2. Decorate the chosen area where the dance party will be held.
3. Bring water
4. Wear your fancy costumes
5. Gather all the member of the family
6. Let the party begin

**Process Questions:**

- What can you say about the activity?
- Did you encounter any difficulties? What was it?
- How did you solve such difficulty?
- Will you promote or recommend the activity to other families? Why?
- What type of physical activity will you suggest to your barangay officials to help promote a healthy lifestyle in your community?

**RUBRIC**

**Name** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Activity Title:** \_\_\_\_\_

Category	1	2	3
<b>Creativity: Background design, decoration</b>	The room is distractingly messy and/or the craftsmanship and skills are poor.	The room is acceptably attractive though it may be a bit messy. The craftsmanship and skills are average.	The room is exceptionally. well-constructed and not messy. The craftsmanship and skills are excellent.
<b>Music</b>	Not good music	Some music are not interesting/boring for some	Chooses of music are danceable by everyone
<b>No. of the Family member participated</b>	50-84% of the family participated	85-90 % of the family participated	100 % of the family Participated
<b>Costume</b>	No costume. Costume effort needs work. Costume/make-up does not work with the overall theme of the dance.	Came mostly prepared with a costume. Some missing pieces. Overall, a good costume.	Came prepared with costumes. Clothing and make-up work with the theme of the dance. Excellent Costume for Performance.
<b>Over all Presentation</b>	The group is not focused on only going through the motions. Movements and timing are off.	The group is somewhat focused, but not really enthusiastic. Movements and timing are okay.	The group is focused, enthusiastic, and committed to the performance. Movements and timing are extremely well executed.
<b>Documentation</b>	Fair	Good	Excellent
<b>Over-all performance of the family</b>	Shows no effort while performing the task	Members of the family shows effort when performing the task	All members of the family shows great effort while performing the task
<b>TOTAL</b>			



## What I have Learned

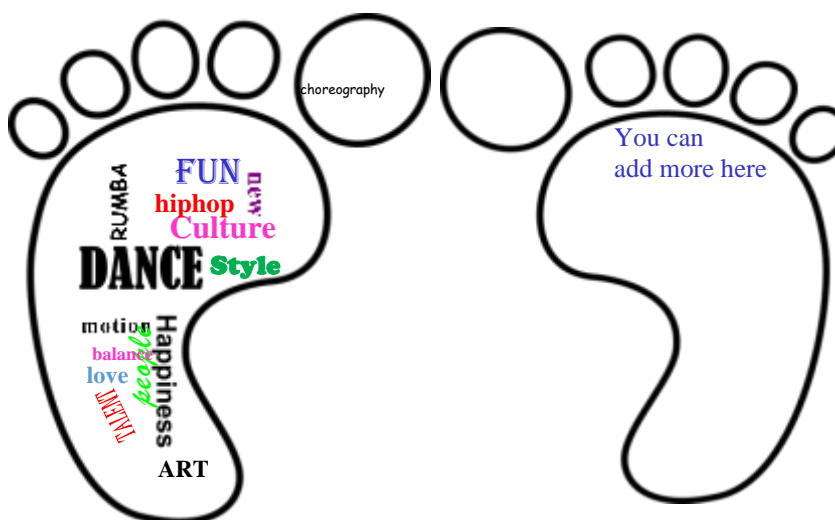
### Objectives:

1. Define, express, and value gain on the lesson through digital art /drawing.

### Direction:

Draw or make a digital art of a dancing shoe/footprints. Inside write your definitions (in one word) express how you feel, and values you gain from the lesson

Example:



### Rubric:

	5	4	3	2	1
Content Poster contains appropriate items and information (information is appropriate to the assigned topic).	Content is accurate and all required information is presented in a logical order.	Content is accurate but some required information is missing and/or not presented in a logical order, but is still generally easy to follow.	Content is accurate but some required information is missing and/or not presented in a logical order, making it difficult to follow.	Content is either questionable or incomplete. Information is not presented in a logical order, making it difficult to follow.	Content is inaccurate. Information is incomplete, inaccurate, or not presented in a logical order, making it difficult to follow.

<p>Presentation Poster is clean, neat, and creative. The information is well organized, interesting, accurate, and reflects an understanding of the topic.</p>	<p>Presentation is neat, clean, well-organized and presented in a creative way. The Presentation is colorful and creative. Information is interesting and accurate.</p>	<p>The Presentation is mostly neat and clean. Information is organized in a logical manner and shows some degree of creativity. The overall presentation is interesting.</p>	<p>Presentation flows well. Some tools are used to show acceptable understanding. Each member's information is represented and identified with their name.</p>	<p>Presentation is unorganized. Tools are not used in a relevant manner. Lacking some of the members' information/ and or information is not identified</p>	<p>Presentation has no flow. Insufficient information and lacking some of the member's information.</p>
<p>Mechanics Spelling, grammar, and punctuation in any text on the poster is accurate.</p>	<p>No spelling, grammar, or punctuation errors in the text. Text is in the student's own words.</p>	<p>A few (2-3) errors in spelling, grammar, or punctuation. Most text is in the student's own words.</p>	<p>No more than 5 spelling, grammar or punctuation errors. Several instances where the text is not in the student's own words.</p>	<p>No more than 7 spelling, grammar or punctuation errors. Most of the text is not in authors' own words and/or no text included.</p>	<p>More than 7 spelling, grammar or punctuation errors. Text is copied or not included.</p>
<p>Overall Presentation The poster fulfills all requirements of the assignment and shows the student's full potential.</p>	<p>The poster fulfills all requirements of the assignment and represents the student's full potential.</p>	<p>The poster fulfills all but one of the requirements of the assignment and shows that the student put forth an honest effort to complete the assignment.</p>			



## **What I Can Do**

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

### **Activity 7: Activity Diary**

**Objective:**

1. To indulge 30 minutes of exercise and workouts for 5 days.

<b>Date /Time</b>	<b>Activity(ties)</b>	<b>No. of minutes</b>	<b>Person Involved</b>	<b>Witness</b>

**Summary:**

At the start of the pandemic, people throughout the world were terrorized by an invisible enemy. People were scared and helpless. As months go by, humankind learns to adapt to the change, humans discover a good avenue to stay healthy and stay anxiety free through dancing. Also, people realized that even if they are constrained at home they can still develop and enhance physical fitness components (muscular endurance and strength, flexibility, cardiovascular fitness, coordination, agility and balance) by dancing alone or with the family.

Once again, dancing proved it's important in different situations in life. When we are in "stay at home" we stay connected through virtual dancing (FB, TITOK). When our body is being threatened, we become strong because we choose to be fit. Even our history could attest what good it brings to dance a way- a form of mediation and worship.



## Assessment

Matching Type: Match the column A to column B. Write your answer on the space before the number

### Column A

- \_\_\_ 1. Paso Doble
- \_\_\_ 2. Also known as street or urban dance
- \_\_\_ 3. A mental disorder characterized by exaggerated feelings and fear responses.
- \_\_\_ 4. Quick Step
- \_\_\_ 5. Red River Jig
- \_\_\_ 6. Black Swan
- \_\_\_ 7. Dance is a set of partner dances, which are enjoyed both socially and competitively
- \_\_\_ 8. A rhythmical tapping sound is attained by the dancer from the small metal plates on the dancer's shoes
- \_\_\_ 9. Popular music originating in South Korea and encompassing a variety of styles and dance style
- \_\_\_ 10. A dance for girls where dancers bring umbrellas as props

### Column B

- a. Ballet
- b. K-pop
- c. Japanese Parasol
- d. USA
- e. Hiphop
- f. Spain
- g. Tap Dance
- h. Anxiety
- i. New York
- j. New York



**Answer key:**

<b>What I Know</b>
1. A
2. D
3. C
4. C
5. A
6. A
7. A
8. D
9. B
10. C

Assessment
F
E
H
I
D
A
J
G
C
B



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