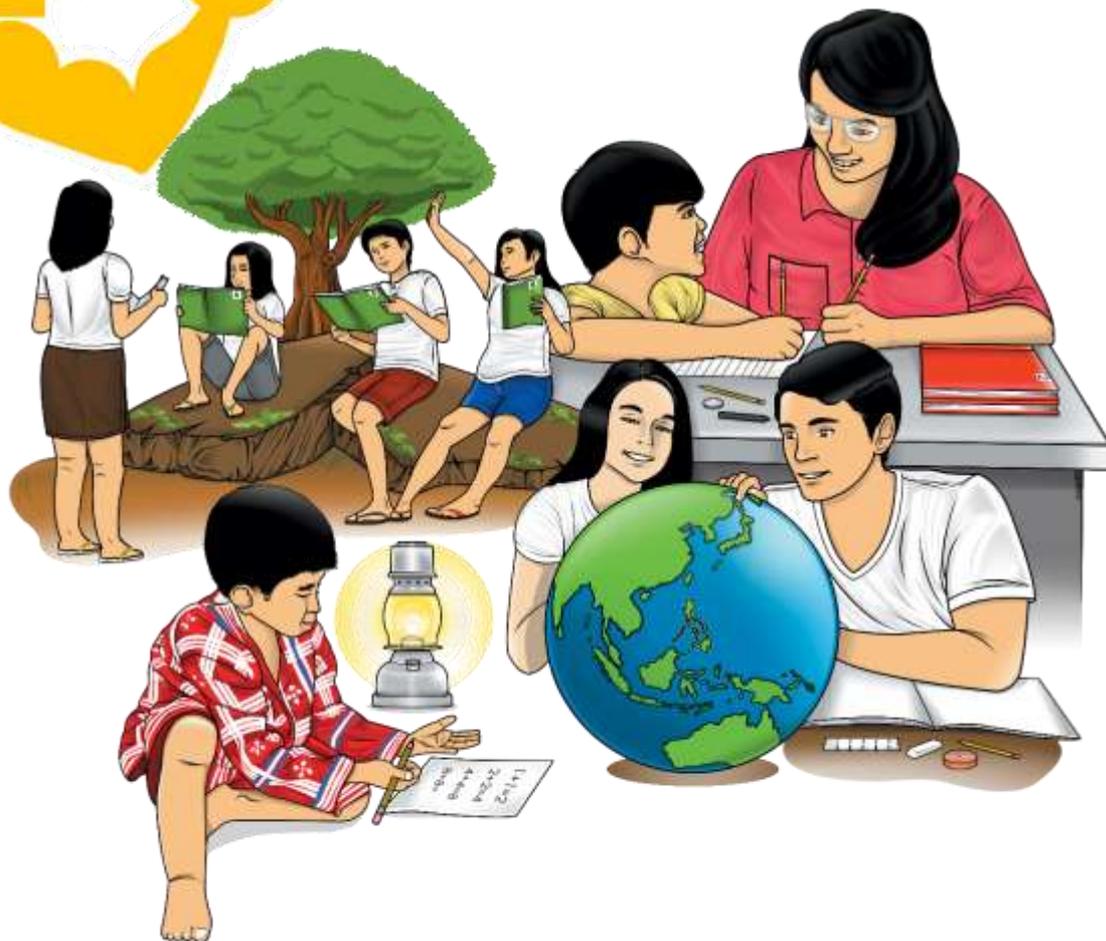


# Physical Education

## Quarter 4 – Module 5:

### Active Recreation (Dance Exercises)



**Physical Education - Grade 9**  
**Alternative Delivery Mode**  
**Quarter 4 - Module 5: Active Recreation (Dance Exercises)**  
**First Edition, 2020**

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Published by the Department of Education  
Secretary: Leonor Magtolis Briones  
Undersecretary: Diosdado M. San Antonio

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Printed in the Philippines by \_\_\_\_\_

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**Physical Education**  
**Quarter 4 – Module 5:**  
**Active Recreation (Dance Exercises)**

## **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.



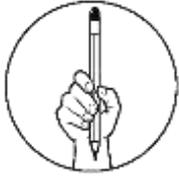
## ***What I Need to Know***

Exercising and staying active during the COVID 19 pandemic is challenging during these times. It is an abrupt change in the physical fitness routine of the dynamic individuals.

As a Grade 9 student, it is important to determine the activities that are allowed during the enhanced community quarantine while staying on track with your daily exercise routine.

At the end of the module, you should be able to:

- Participate in active recreation. **PEG9GS-IVb-h-7**



## ***What I Know***

*Direction:* Encircle the letter that best describes your answer.

1. What is Zumba fitness?
  - a. A Latin inspired dance fitness program
  - b. A Latin kickboxing program
  - c. A Spanish inspired dance fitness program
  - d. A Spanish inspired aerobic program
  
2. Who can enjoy Zumba?
  - a. Teenagers
  - b. Old and hip
  - c. Dancers
  - d. Everyone
  
3. What is the disadvantage of Zumba?
  - a. It is expensive since you have to pay for an instructor.
  - b. You'll lose weight but might not gain strength.
  - c. You can do it at home.
  - d. It melts belly fat quickly.
  
4. What types of music do you hear in a zumba class?
  - a. Pop music
  - b. Modern Music
  - c. Latin American music
  - d. Hip hop music
  
5. What is the best thing a beginner will do before engaging in a Zumba fitness program?
  - a. Drink water every 20 minutes.
  - b. Eat a heavy meal before the activity.
  - c. Always follow the routine taught.
  - d. Schedule your Zumba activity twice or thrice a week.
  
6. What are the possible risks of doing Zumba?
  - a. One might over exercise
  - b. It makes you happy
  - c. Boost's heart health
  - d. It improves coordination
  
7. How does Zumba benefit the body?
  - a. Helps you de-stress
  - b. Great for weight loss
  - c. Tones your entire body
  - d. All of the above
  
8. How many calories can you burn in an hour of Zumba?
  - a. 100 to 500-calorie
  - b. 600 to 1,000-calorie
  - c. 1,000 to 1,500-calorie
  - d. 1,000 to 2,000-calorie

9. During your Zumba session with the family, your mother experienced an ankle sprain. What will you do?
- Stop and massage the injured ankle to recover quickly.
  - Apply the RICE method.
  - Apply the PRICE method.
  - Stop, rest for 20 minutes, massage the injured ankle then apply ice
10. You invited your father to join the Zumba session. While performing he seems not to follow and perform the routine correctly. What is the best thing that you will do?
- Teach him how to do the routine to avoid possible risk of injuries.
  - Stop him and choose a simple routine.
  - Choose slower tempo for him to catch up.
  - Let him continue, eventually he will perform it without any mistakes.

## Lesson

# 1

## Active Recreation: (Dance Exercises)



### *What's In*

The activity that follows will decide whether the community is effectively taking an interest in a wellness program like zumba exercises.

### **Activity 1: Let Me Check!**

With the present circumstance, local government authorities made fundamental measures to shield their constituents from COVID 19 infection. Community health programs were painstakingly arranged, actualized and upgraded during these opportunities to provide safety and security. The accompanying exercises will evaluate the current projects that are helpful to one's well being against COVID 19 infection.

#### **Objectives:**

- Determine the health programs and healthy practices observed in your community during the community quarantine.

#### **Procedure:**

1. Using the checklist, put a check mark on the health programs conducted in your community.

#### **Community Health Programs**

Activities	Existing	Frequency (no. of days in a week)
Health Education (Covid 19 Orientation)		
Primary Health Care		
Physical Activities (Sports, games)		
Social Activities (parties, picnics)		
Outdoor Activities		
Arts and Crafts Activities		
Musical Activities (bands, plays)		
Religious Activities (family worship)		
Planting Vegetable Garden		
Clean-Up Drive		

2. Answer the following questions:

- What type of activities are commonly marked?
- How frequent is the activity being conducted?
- Which among the activities do others spend the most of their time on?
- Which of these activities do you enjoy most?
- What can you say about the result of your “Checklist? Do you have any recommendations?



## ***What's New***

The world is encountering a pandemic that limits individuals to take part in dynamic recreational exercises. As you go with the exercises, you will become familiar with the significant job of the community in advancing active participation in recreational exercises in the midst of the emergency we are confronting today. How about we begin!

### **Activity 2: *Fitness and Recreation as ONE***

This activity makes the unity of fitness and recreation. It brings to reality the embodiment of recreation participation in accomplishing wellness.

#### **Objectives:**

- To analyze the physical fitness components involved in different recreational activities
- To establish a strong link between recreation and fitness

#### **Procedure:**

1. Ask your family members to help you.
2. Each member will work on **sports**, another member for **dance**, and **outdoor activity**.
3. Think of activities under each category that are already organized in your barangay before the community quarantine.
4. Recall the different physical fitness components. Discuss the physical fitness components needed in participating in active recreation.
5. Fill in the table below:

<b>Physical Fitness Components Involved</b>		
<b>Sports</b>	<b>Dance</b>	<b>Outdoor</b>

Answer the following questions:

- a. What physical fitness components are common in recreational activities?

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- b. How does active participation in recreational activities contribute to your physical fitness?

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- c. With the community quarantine protocol, in what way can barangay officials help promote an active participation in recreational activities?

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- d. Do you have any recommendations to help promote an active participation in recreational activities in your community?

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## ***What Is It***

The exercise will assist us with deciding the sort of exercises that we do at a particular time. It will additionally assist us with understanding the fundamental advantages of these exercises and how these influences our general wellbeing.

### **Activity 2: Lecture Discussion**

**Zumba** is a form of Aerobic dance exercise similar to Jazzercise. Some forms of Zumba involve resistance training intended to build strength while the more basic forms are lower impact and usually slower paced.

*Source: "Zumba, Definition, Purpose, Demographics, Description." Accessed July 1, 2020. <https://reference.jrank.org/fitness/Zumba.html>*

### **Zumba and Physical Fitness**

**Cardiovascular Endurance.** Is the ability of the heart, lungs and blood vessels to deliver oxygen to the working muscles for a long period of time. Zumba requires cardiovascular fitness to be able to sustain the activity for a long period of time.

**Muscular Endurance.** Is the ability of the muscles to exert force for a long period of time. Zumba targets lots of different muscle groups and the ability of a given muscle to sustain repetitive movements is very important.

**Muscular Strength.** The ability of the muscles to exert maximal force in a short period of time. In Zumba, strength is improved if a certain muscle or muscle groups is used over and over.

**Flexibility.** The ability of the joints to move through a full range of motion. Flexibility in Zumba is vital to be able to perform the dance moves.

**Coordination.** Is the linking of the body parts and senses to produce smooth and efficient movements. Coordinated movements in Zumba are important in order to achieve the correct action.

**Power.** Is the product of strength and speed. A lot of power is produced in Zumba because of all the movements your muscles are doing and the speed at which they are doing them.

**Balance.** The ability to maintain a state of equilibrium while stationary or moving. Balance is needed in Zumba to stay on your feet while changing your movements and steps often.

**Agility.** The ability to change direction quickly. In Zumba, agility is needed so that one can quickly change direction in performing the dance steps.

**Speed.** Is the ability to move a body part quickly. In Zumba speed is needed to be able to move to certain positions quickly and to do fast dance steps.

**Reaction Time.** Is the amount of time your brain can respond to a stimulus and initiate a response. In Zumba, the ability to quickly respond in every action is needed.

*Source: "Zumba and the 11 Components of Fitness ." Published with reusable licenses by Isabelle Conrad. June 27, 2013, <https://prezi.com/t5ns-6boze5x/zumba-and-the-11-components-of-fitness/>*

## **7 Health Benefits of Zumba**

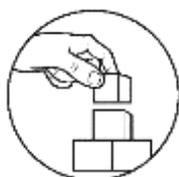
Why Zumba is a great alternative to traditional fitness programs:

1. Provides fun and enjoyment
2. Great for weight loss. Zumba is a powerful exercise with a 600 to 1,000 calorie burn in just an hour.
3. Tones your entire body. Zumba targets lots of different muscle groups at once for total body toning.
4. Boosts your heart health
5. Helps you de-stress. Turning your attention to dance, and away from the daily grind.
6. Improves coordination
7. Makes you happy. Every time you exercise, you release endorphins, which trigger positive feelings throughout the body.

Source: "The Top Seven Health Benefits of Zumba | Piedmont Healthcare." Piedmont Healthcare | 11 Hospitals and Over 250 Locations. Last modified June 14, <https://www.piedmont.org/living-better/7-health-benefits-of-zumba>.

### **Process Questions:**

1. Is Zumba difficult for senior citizens? Explain briefly.
2. During this pandemic, how will you promote Zumba to other families in your community?



## **What's More**

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

### **Activity 3: Family Challenge** *(also for online learners)*

The activity will permit students to make their own form of zumba or a dance routine that incorporates individuals from their family. Online students will present their output by means of a facebook page made by the teacher.

#### **Objectives:**

- Test oneself in the fitness benefits of dance
- Execute steps with energy and fun

#### **Procedure:** *(For online learners)*

1. Gather your family in a free space in your house.
2. Watch videos via youtube and be able to perform zumba or dance routines.
3. Choose a music/video that suits your family.
4. Perform the routine at your own level.
5. Ask each family member the process questions.

#### **Procedure:** *(For offline learners)*

1. Gather your family in a free space in your house.
2. Choose music that suits your family.
3. Create your own routine and perform it at your own level.
4. Ask each family member the process questions.

#### **Process Questions:**

- What can you say about the activity?
- Did you encounter any difficulties? What was it?
- How did you solve such a problem?
- 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.



## ***What I Have Learned***

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

### **Activity 4: *I Choose!***

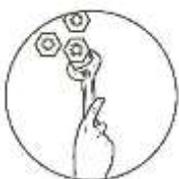
#### **Objectives:**

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

#### **Procedure:**

1. Ask them to get a sheet of paper and copy the diagram below.
2. Let them complete the sentence by writing the needed information.
3. If there is a need to add more answers, they can do so.
4. Encourage them to feel free to reflect.

I choose indoor activities as my recreational activity because...	My recreational activity choices will help me to...	I plan to promote an active and healthy lifestyle in the community by...
1. 2.	1. 2.	1. 2.



## ***What I Can Do***

The end product of this module is an activity that will allow you to impact the community carrying on with a solid way of life and keeping up an attractive load through your dynamic support in both indoor and indoor exercises.

### **Activity 5: *Stay Healthy While Staying at Home!***

#### **Objective:**

- Encourage other families in your community to engage in indoor recreational activities.
- Experience the fitness benefits of the different activities.

**Procedure:**

1. Ask a neighbor on the different indoor activities that they do in a day. Ask the time spent and what are the benefits of doing such activities.
2. Write their answers on the table below.

Activities	Time spent (in minutes)	Benefits
1.		
2.		
3.		
4.		
5.		

3. Ask the following questions:

- With the modified enhanced community quarantine, how can they influence other families nearby to engage in indoor activities that would be beneficial to one's health?
- How can they contribute to the community with regards to the overall health of the family in your community?
- If given the chance to propose a health project in your community, what would it be? And why?

**Summary**

Zumba is an activity that can give you both aerobic and anaerobic benefits. This is a kind of activity that can help a person improve and maintain a healthy heart.



## Assessment

*Direction:* Encircle the letter that best describes your answer.

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  - b. It makes you happy
  - c. Boost's heart health
  - d. It improves coordination
  
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  - a. Pop music
  - b. Modern Music
  - c. Latin American music
  - d. Hip hop music
  
5. How does Zumba benefit the body?
  - a. Helps you de-stress
  - b. Great for weight loss
  - c. Tones your entire body
  - d. All of the above
  
6. How many calories can you burn in an hour of Zumba?
  - a. 100 to 500-calorie
  - b. 600 to 1,000-calorie
  - c. 1,000 to 1,500-calorie
  - d. 1,000 to 2,000-calorie
  
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  - c. Apply the PRICE method.
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  - Let him continue, eventually he will perform it without any mistakes.
10. What is the best thing a beginner will do before engaging in a Zumba fitness program?
- Drink water every 20 minutes.
  - Eat a heavy meal before the activity.
  - Always follow the routine taught.
  - Schedule your Zumba activity twice or thrice a week.



## ***Answer Key***

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

<b><i>Assessment</i></b>
1. A
2. D
3. A
4. C
5. D
6. B
7. B
8. C
9. D
10. D

## **References**

### **Online Article**

"Zumba, Definition, Purpose, Demographics, Description." Accessed July 1, 2020.  
<https://reference.jrank.org/fitness/Zumba.html>

"Zumba and the 11 Components of Fitness ." Published with reusable licenses by Isabelle Conrad. June 27, 2013,<https://prezi.com/t5ns-6boze5x/zumba-and-the-11-components-of-fitness/>

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