

# Physical Education

## Quarter 4 – Module 6:

### Active Recreation

### Outdoor Activity: Cycling)



**Physical Education - Grade 9**  
**Alternative Delivery Mode**  
**Quarter 4 - Module 6: Active Recreation (Outdoor Activity: Cycling)**  
**First Edition, 2020**

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**Physical Education**  
**Quarter 4 – Module 6:**  
**Active Recreation**  
**(Outdoor Activity: Cycling)**

## **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 remaining dynamic during the COVID 19 pandemic is challenging during these occasions. It is an unexpected change in the physical wellness routine of the dynamic people.

As a Grade 9 student, it is essential to determine the exercises that are permitted during the enhanced community quarantine while remaining on target with your day-by-day 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. As a mode of transport, which of the statements is correct?
  - a. Cycling is environmentally-friendly.
  - b. Cycling requires sedentary sitting time.
  - c. Cycling is time consuming
  - d. All of the above
  
2. How many calories can you burn in an hour of steady cycling?
  - a. 100 calories
  - b. 200 calories
  - c. 300 calories
  - d. 400 calories
  
3. Which of the following is **not** required in cycling?
  - a. Strength and stamina
  - b. Anaerobic fitness
  - c. Coordination and Flexibility
  - d. Aerobic Fitness
  
4. Which of the following outdoor activities improves aerobic fitness?
  - a. Hiking
  - b. Cycling
  - c. Zumba
  - d. All of the above
  
5. Which of the following will you wear in a biking activity?
  - a. helmet, masks, eyeglasses, gloves, padded shorts, sneakers
  - b. helmet, gloves, cycling glasses, padded shorts, overshoes
  - c. cap, gloves, cycling glasses, cycling shorts, rubber shoes
  - d. cap, masks, gloves, padded shorts, overshoes
  
6. Which of the following is a rule in cycling?
  - a. Always wear safety gears
  - b. Obey traffic signs
  - c. Always use hand signals
  - d. All of the above
  
7. During your biking activity, what will you do if one experiences lightheadedness?
  - a. If the person is thirsty let him/her drink water.
  - b. Provide proper ventilation
  - c. Rest to recover
  - d. All of the Above
  
8. Why does cycling not help people with osteoporosis? Because \_\_\_\_\_.
  - a. it is not a weight-bearing exercise
  - b. it is a weight-bearing exercise
  - c. it is a low impact exercise
  - d. it is a high impact exercise

9. Which of the following statements is not true about the benefits of cycling?
- a. Cycling strengthens your heart muscles, increases resting pulse and reduces blood fat levels.
  - b. Cycling improves strength, balance and coordination.
  - c. Cycling is a good way to control or reduce weight.
  - d. Cycling builds muscle and burns body fat.
10. How can one avoid lower back pain when riding a bike?
- a. Perform back and hips stretching exercises.
  - b. Work on your core strength.
  - c. Have a correct riding posture.
  - d. All of the Above

## Lesson

# 1

## Active Recreation: (Outdoor Activity: Cycling)



### *What's In*

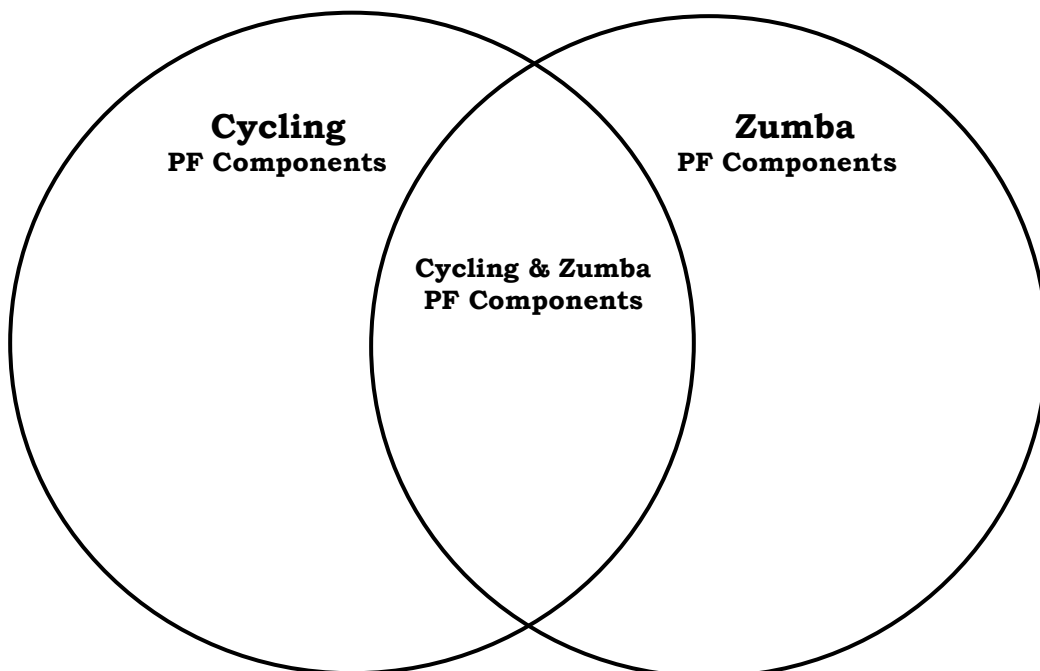
#### **Activity 1: Venn Diagram**

##### **Objectives:**

- To differentiate the fitness component involved in Zumba exercises and Cycling activity.

##### **Procedure:**

1. Enumerate the similarities and differences in terms of Physical fitness (PF) Components involved in Zumba exercise and cycling activity.
2. Write your answers in a Venn diagram.







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

With the adjustment of the new normal, there are outdoor exercises, for example, cycling which were given consideration by the adolescents as well as the older folks. The movement fills in as a bonding time of family, companions and even colleagues.

### **Activity 2: Call Me in!**

#### **Objectives:**

- Identify the following materials needed in cycling.

#### **Procedure:**

1. Encircle the object/s needed in a cycling activity.
2. Name the object that you choose and write a short description.





## **What Is It**

**Cycling** is a healthy, low-impact exercise that can be enjoyed by people of all ages, from young children to older adults. It is also fun, cheap and good for the environment.

Riding to work is one of the most time-efficient ways to combine regular exercise with your everyday routine.

Cycling is one of the easiest and fun ways to avoid diseases caused by a sedentary lifestyle.

## **Cycling and Fitness**

**Cardiovascular Endurance.** Cycling raises your heart rate and gets the blood pumping round your body, and it burns calories, limiting the chance of your being overweight. As a result, it's among a selection of forms of exercise recommended by the NHS as being healthy ways to cut your risk of developing major illnesses such as heart disease and cancer.

*Source: <https://www.cyclingweekly.com/news/latest-news/benefits-of-cycling-334144>*

**Muscular Strength and Endurance.** Cycling uses major muscles in the body thus providing an overall muscle workout. It helps tone the core muscles important in improving body posture.

**Flexibility.** In cycling joint mobility is improved

## **Health Benefits of Regular Cycling**

Cycling is mainly an aerobic activity, which means that your heart, blood vessels and lungs all get a workout. You will breathe deeper, perspire and experience increased body temperature, which will improve your overall fitness level.

The health benefits of regular cycling include:

- increased cardiovascular fitness
- increased muscle strength and flexibility
- improved joint mobility
- decreased stress levels
- improved posture and coordination
- strengthened bones
- decreased body fat levels
- prevention or management of disease
- reduced anxiety and depression.

## Obesity and Weight Control

Cycling is a good way to control or reduce weight, as it raises your metabolic rate, builds muscle and burns body fat. If you're trying to lose weight, cycling must be combined with a healthy eating plan.

Research suggests you should be burning at least 8,400 kilojoules (about 2,000 calories) a week through exercise. Steady cycling burns about 1,200 kilojoules (about 300 calories) per hour.

## Cardiovascular Disease and Cycling

Cycling strengthens your heart muscles, lowers resting pulse and reduces blood fat levels. Research also shows that people who cycle to work have two to three times less exposure to pollution than car commuters, so their lung function is improved.

## Bone Injuries, Arthritis and Cycling

Cycling improves strength, balance and coordination. It may also help to prevent falls and fractures. Riding a bike is an ideal form of exercise if you have osteoarthritis, because it is a low-impact exercise that places little stress on joints.

*(Source: "Cycling - Health Benefits." Better Health Channel. Last modified 2013. <https://www.betterhealth.vic.gov.au/health/healthyliving/cycling-health-benefits>.)*

### Process Questions:

1. With the health benefits of cycling, would you recommend the activity to an asthmatic person? Why or why not?
2. Aside from the physical advantages in cycling, what other fulfillment can one gain?



## What's More

### Activity 3: Count Me in!

#### Objectives:

- Identify the number of persons involved in cycling activity in your community.

#### Procedure:

1. Post information via social media informing bikers that you will gather some data on how many are involved in a cycling activity in your community.
2. Let them fill up the following form:

Name : \_\_\_\_\_  
 Age : \_\_\_\_\_  
 Gender: \_\_\_\_\_

**Cycling activity:**  
 Purpose: (put a check mark)  
 \_\_\_ means of transportation      \_\_\_ for racing/competition preparation  
 \_\_\_ for recreation                      \_\_\_ others (specify): \_\_\_\_\_

No. of times (days in a week) : \_\_\_\_\_  
 No. of hours spent biking (in a day) : \_\_\_\_\_

Answer the following questions:

- What type of cycling activities are commonly participated in?
- Identify the number of participants in each age bracket: 5 yrs. old and below, 16-25 years old, 26-35 years old, 36-40 years old. and 41 years old and above.
- What can you say about the result of your survey form? Do you have any recommendations?



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

### **Activity 4: Oops! Please be careful with...**

**Objective:**

- To recognize the physical fitness components involved with cycling.
- To identify the potential injuries in a cycling action and how to apply medical aid.

**Procedure:**

1. Fill in the table below

Physical Fitness Components Involved in Biking	Risks or Possible Injuries	Treatment



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

### **Activity 5: *Bike Safety***

List rules for safe bike riding.



### **Summary**

Cycling can help us avoid serious illnesses for example, stroke, cardiovascular failure, a few malignant growths, depression, diabetes, obesity and joint pain / arthritis. Cycling uses all the major muscles in the body thus providing overall muscle workout.

Cycling contributes to the overall wellness of the person. Through cycling one can avoid risks of having disease related to sedentary lifestyle. It also improves proper body posture.



## Assessment

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

1. Which of the following is **not** required in cycling?
  - a. Strength and stamina
  - b. Anaerobic fitness
  - c. Coordination and Flexibility
  - d. Aerobic Fitness
2. Which of the following outdoor activities improves aerobic fitness?
  - a. Hiking
  - b. Cycling
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  - b. helmet, gloves, cycling glasses, padded shorts, overshoes
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  - b. Provide proper ventilation
  - c. Rest to recover
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  - a. it is not a weight-bearing exercise
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  - b. Obey traffic signs
  - c. Always use hand signals
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- a. Cycling is environmentally-friendly.
  - b. Cycling requires sedentary sitting time.
  - c. Cycling is time consuming
  - d. All of the above



## **Answer Key**

<p><b>What I Know</b></p> <ol style="list-style-type: none"><li>1. A</li><li>2. C</li><li>3. B</li><li>4. D</li><li>5. B</li><li>6. D</li><li>7. D</li><li>8. A</li><li>9. A</li><li>10. D</li></ol>	<p><b>What I Can Do</b></p> <p><i>Activity 5: Bike Safety</i></p> <ol style="list-style-type: none"><li>1. Obey all traffic signals.</li><li>2. Wear safety gears.</li><li>3. Wear proper cycling attire.</li><li>4. Stay alert at all times.</li><li>5. Use hand signals.</li><li>6. Stay hydrated.</li></ol>
<p><b>Assessment</b></p> <ol style="list-style-type: none"><li>1. B</li><li>2. D</li><li>3. B</li><li>4. D</li><li>5. C</li><li>6. D</li><li>7. A</li><li>8. D</li><li>9. A</li><li>10. A</li></ol>	



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