

9

Physical Education

Quarter 4 – Module 7

Active Recreation (Outdoor Activities)



Physical Education - Grade 9
Alternative Delivery Mode
Quarter 4 - Module 7: Active Recreation (Outdoor Activities)
First Edition, 2021

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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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Quarter 4- Module 7

Active Recreation (Outdoor Activities)

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

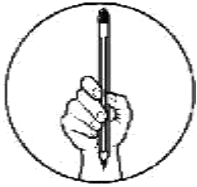
Community recreation is a set of planned activities designed by community leaders to help improve and maintain the current fitness of the individual. Without taking risks of being infected by the coronavirus, it is therefore helpful that community leaders will encourage each member of the family to have some outdoor activities.

With the current situation, we are experiencing a distinction in our ordinary physical development timetables, and it somehow affected our general prosperity. Participating in physical activities can protect us from stress that one may experience nowadays.

As a Grade 9 student, this module will help you with appreciation about outdoor exercises and its point of interest.

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

- Advocate community efforts to increase participation in physical activities and increase nutrition practices **(PE9PF-IVb-h-43)**



What I Know

I. Direction: Arrange the jumbled letters to get the right term. Then classify them as indoor or outdoor activities. Write your answers on a separate sheet of paper.

1. P R A S I T E = _____,
= _____

2. K I N C B A G P A K C = _____,
= _____

3. G O P H R A T O P H Y = _____,
= _____

4. S T I K S = _____,
= _____

5. S E M A G = _____,
= _____

II. Direction: Classify the following materials as indoor or outdoor equipment. Put a (√) mark on its corresponding column. Write your answer on a different sheet of paper.

Activities	Indoor	Outdoor
1. Palette		
2. Tent		
3. Bike		
4. Cloth and needles		
5. Puppet		

Lesson

1

Active Recreation In Pandemic Times

With the present circumstance, we are encountering a difference in our everyday physical movement schedules, and in some way or another, influenced our general wellbeing. Taking part in physical exercises can assist us with staying away from the pressure that one may encounter these days. This exercise will assist you with comprehension of outdoor activities and their advantages. The exercise will likewise assist you with distinguishing and selecting outdoor activities that you will do outside your home without dismissing the community quarantine protocol.



What's In

The following activities will assess the level of participation in each recreational activity.

Activity 1: Who's In?

Objective:

- To classify recreational activities as indoor or outdoor.

Procedure:

- Review your answers on the previous lesson.
- List the activities in each corresponding column. Classify the activities as indoor or outdoor.
- Continue engaging in recreational activities. Log them in your Recreational Participation Log.

Recreational Activity Participation Log

Month: _____

Week No.	Indoor	No. of hours spent (in a day)	Outdoor	No. of hours spent (in a day)
Week 1				
Week 2				
Week 3				
Week 4				

Process Questions:

- How frequent is the activity being conducted?
- Which among the activities do you spend most of your time on?
- Which of these activities do you enjoy most?



What's New

Because it is restricted to participate in and even organize large social events in your area, these movements will allow you to choose a backyard or front yard activity that your entire family will enjoy while maintaining and enhancing their overall health.

ACTIVITY 2: I'm Coming OUT!

OBJECTIVES:

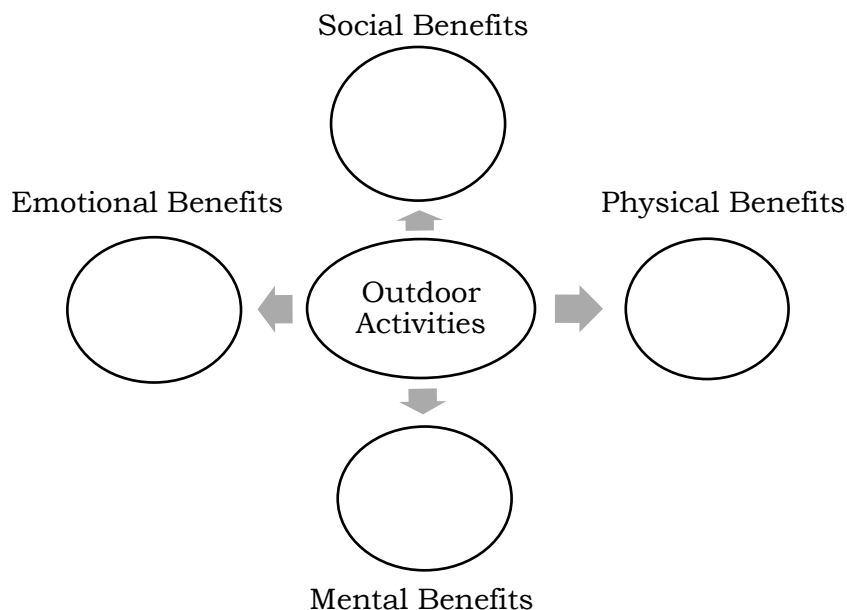
- To select outdoor activities that your family will do in your front yard or backyard.
- Identify the benefits of the activities selected.

Procedure:

1. Gather each member of your family in your living room and decide as a family on what activities you are going to do for the following days.
2. Copy and answer the table below on a separate sheet of paper.

Activities	Frequency (Days of the week)	Duration (Hours spent doing the activity)
1. Make a DIY garden		
2. Plan a picnic		
3. Playing outdoor games (Larong Pinoy)		
4. Photography		
5. Camp out		

3. Ask each member to fill in the following chart:





What's Is It

Outdoor-Activities are charming for men, ladies, and offspring all things considered. Performing physical exercise while outside gives an approach to make the most of your common environmental factors. Besides breathing natural air and finding nature's numerous marvels, the outside gives different exercises to keep you needing to return outside for additional. The advantages of outdoor recreational activities are perpetual and will help keep you and your family genuinely and intellectually solid.

Types of Recreation

Breaking recreation down into various areas, classifications, or types might be done in numerous ways. The listing below represents one way that recreation could be categorized for individuals, groups, or leaders planning programs. The listing is shown in random order and does not indicate any order of importance.

- Physical activities (sports, games, fitness, etc.)
- Social activities (parties, banquets, picnics, etc.)
- Camping and outdoor activities (day camps, resident camps, backpacking, float trips, etc.)
- Arts and crafts activities (painting, scrapbooking, ceramics, woodworking, etc.)
- Dramatic activities (plays, puppetry, skits, etc.)
- Musical activities (singing, bands, etc.)
- Cultural activities (art appreciation, music appreciation, panels, discussion groups, etc.)
- Service activities (fun in doing things for others)

Recreation additionally, obviously, incorporates exercises for all age gatherings (youngsters, senior grown-ups, and so forth.), just as different unique populaces (truly debilitated, intellectually impeded, and so on.). Nonetheless, the vast majority in these gatherings could in any case identify with a large number of the sorts of exercises referenced in the rundown above.

Source: Jackson, Larry. "Leisure Lines: Types of Recreation." Leisure Lines (blog). July 25, 2005. <https://leisurelines.blogspot.com/2005/07/types-of-recreation.html>.

Process Questions:

1. Which of the following types of outdoor activities do you enjoy most and why?
2. How will you organize a social activity that will not contravene with the current health protocol?



What I Have Learned

Activity 4: Sentence Completion

Complete the following statements:

- As a citizen, I need to ...
- I learned that ...
- I realized ...
- From now on, I will ...



What I Can Do

This activity will permit you to consider inventively proposing an outside recreational exercise that every family in your locale will take an interest in.

Activity 5: OUST COVID 19

Objectives:

- To propose a recreational activity for the community to participate in.
- To create and observe precautionary or health measures during the conduct of the activity.

Project Proposal

Name of Project:

Objective/s:

Target Clientele:

Proposed Recreational Activities:

Duration of the Activity: (no. of days and no. of hours in a day)

Implementing guidelines:

Working Committees:

Rubrics for Assessment:

	Excellent 4 pts.	Proficient 3 pts.	Basic 2 pts.	Below Basic 1 pt.
Subject Matter	Student shows a deep understanding of the subject matter and its greater implications. Proposal or plan shows integration of some advanced or researched concepts.	Student shows an understanding of the subject matter, and it is evident in the execution of the proposal or plan.	Student shows some understanding of the subject matter, but confusion is evident in some aspects of the proposal or plan.	Student shows very little understanding of the subject matter and thoroughly misinterprets the requirements for the class.
Creativity/Ambition	The project proposed is very original, creative, and ambitious. The student is highly motivated, and the project has a good potential for success.	The project proposed is original, creative, and somewhat ambitious. The student is motivated about the project, and the project has a good potential for success.	The project proposed is somewhat creative, original, or ambitious. The student is not very excited but not bored, the project has some potential for success.	The project proposed is not creative, original, or ambitious, the student is uninspired, and the project has a low potential for success.
Final Product	Shows excellent effort, care, and creativity. Final product is complete and well-presented. Shows excellent research, careful planning, and excellent execution.	Shows good effort, care and creativity. Proposal or plan is finished and turned in on time. Shows good research, some planning, vision, and good execution.	Shows some effort, care and creativity. Proposal or plan is finished and turned in but is rushed and is poorly presented.	Shows little or no effort, care, or creativity. Project proposal is sloppy, illegible, crumpled, unfinished or incomplete.
Structure and Flow	Proposal or plan is clear, concise, and has a logical structure and flow. Work shows deep consideration of the execution of the project after the proposal's approval.	Proposal or plan is well organized and has a sensible flow and structure. Minor elements may need clarification but otherwise well-made and ready for execution.	Proposal or plan makes general sense but requires some work to organize and structure in a logical and sensible manner.	Proposal or plan is vague, disjointed, and shows no sense, structure, or flow. Confusing to read, difficult to understand.



Summary

Active recreation are set of activities that are purposely designed for the purpose of enjoyment, fun and excitement.

With the uncertainty of the spread of COVID 19 infection, maintaining and improving one's level of fitness is deemed important.



Assessment: (Post-Test)

Direction: Encircle the letter that best describes your answer. Write them on a different sheet of paper.

1. What physical component is required in playing basketball?
 - A. Cardiovascular endurance
 - B. Agility
 - C. Speed
 - D. All of the above
2. Which of the following activities is best during the community enhanced quarantine?
 - A. Hiking
 - B. Arts and Crafts activities
 - C. Picnic at the beach
 - D. Biking
3. Activities such as sports, games and fitness are under the category of?
 - A. Camping and outdoor activities
 - B. Service activities
 - C. Physical activities
 - D. Social activities
4. Which of the following is the least thing that you will consider in a camping and outdoor activity?
 - A. map, compass, survival kits
 - B. Backpack, tent
 - C. Travel buddy
 - D. Camera
5. How can one maintain an ideal weight?
 - A. Increase consumption on food rich in fiber.
 - B. Eat nutritious food every day.
 - C. Balance the amount of food intake with enough physical activity.
 - D. Provide enough rest and sleep.
6. From which type of outdoor activity would you need palette, canvass, acrylic paints?
 - A. Cultural activities
 - B. Painting activities
 - C. Arts and Crafts activities
 - D. Dramatic activities
7. How will you organize a social activity that will adhere to COVID 19 health protocol?
 - A. Held the occasion at home
 - B. Observe social distancing
 - C. Ask permission to local officials
 - D. All the Above
8. When planning a recreational activity in your community during the lockdown, what are the things that you will consider?
 - A. Clientele's participation
 - B. Fitness benefits
 - C. Accessibility of the venue
 - D. All of the Above
9. During the enhanced community quarantine, which of the following activities would you recommend to your family?
 - A. Making a DIY garden
 - B. Photography
 - C. Camp out
 - D. Playing *Larong Pinoy*
10. What benefits can one gain in outdoor activities?
 - A. Promotes a positive outlook in life
 - B. Improves social interaction
 - C. Improves physique
 - D. All the above

Answer Key

<p>PRE-TEST</p> <p>1. Parties – Indoor/Outdoor 2. Backpacking – Outdoor 3. Photography – Indoor/Outdoor 4. Skits – Indoor 5. Games – Outdoor</p> <p>II.</p> <p>1. Indoor 2. Outdoor 3. Outdoor 4. Indoor 5. Indoor</p>	<p>POST TEST</p> <p>1. B 2. C 3. B 4. D 5. C 6. C 7. B 8. B 9. A 10. D</p>
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