

LEARNING MODULE

Physical Education

G7 | Q3

Exercise Programs Through Festival Dancing



NOTICE TO THE SCHOOLS

This learning module (LM) was developed by the Private Education Assistance Committee under the GASTPE Program of the Department of Education. The learning modules were written by the PEAC Junior High School (JHS) Trainers and were used as exemplars either as a sample for presentation or for workshop purposes in the JHS In-Service Training (INSET) program for teachers in private schools.

The LM is designed for online learning and can also be used for blended learning and remote learning modalities. The year indicated on the cover of this LM refers to the year when the LM was used as an exemplar in the JHS INSET and the year it was written or revised. For instance, 2017 means the LM was written in SY 2016-2017 and was used in the 2017 Summer JHS INSET. The quarter indicated on the cover refers to the quarter of the current curriculum guide at the time the LM was written. The most recently revised LMs were in 2018 and 2019.

The LM is also designed such that it encourages independent and self-regulated learning among the students and develops their 21st century skills. It is written in such a way that the teacher is communicating directly to the learner. Participants in the JHS INSET are trained how to unpack the standards and competencies from the K-12 curriculum guides to identify desired results and design standards-based assessment and instruction. Hence, the teachers are trained how to write their own standards-based learning plan.

The parts or stages of this LM include Explore, Firm Up, Deepen and Transfer. It is possible that some links or online resources in some parts of this LM may no longer be available, thus, teachers are urged to provide alternative learning resources or reading materials they deem fit for their students which are aligned with the standards and competencies. Teachers are encouraged to write their own standards-based learning plan or learning module with respect to attainment of their school's vision and mission.

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PHYSICAL EDUCATION 7

Module No. 3: Exercise Programs Through Festival Dancing

Content Standard: The learner demonstrates understanding of guidelines and principles in

exercise program design to achieve personal fitness

Performance Standard: The learner modifies the individualized program to achieve personal fitness

INTRODUCTION AND FOCUS QUESTION(S)

In the previous lessons, you have been reminded of importance of being physically fit. Now that we are resolved to be physically fit, we ask ourselves, what should I do to be physically fit? How would I know if I am doing the right thing in achieving personal physical fitness?

In this module, you will find out the answers to the questions raised earlier. You would be introduced to the different physical activities that you can do to improve your fitness level. One of the physical activities that you will be performing will be festival dance activities. You, together with your classmates and teacher will learn, create and eventually perform your festival dances as you try to improve your fitness level. As you perform the different dance activities, you will be answering the following question: **How can dance improve one's fitness level?** In addition, you will come across different ways of monitoring your progress in your quest to achieve and improve your personal physical fitness. You are encouraged to participate in all fitness and dance activities so that you will be able to evaluate your performance, and understand how the different fitness training guidelines and principles apply in your fitness plan.

LESSONS AND COVERAGE:

In this module, you will examine this question when you take the following lessons:

Lesson 1 – EXERCISE PROGRAMS

Lesson 2 – TRADITIONAL/FOLK DANCES

Lesson 3 – FITT TRAINING PRINCIPLES

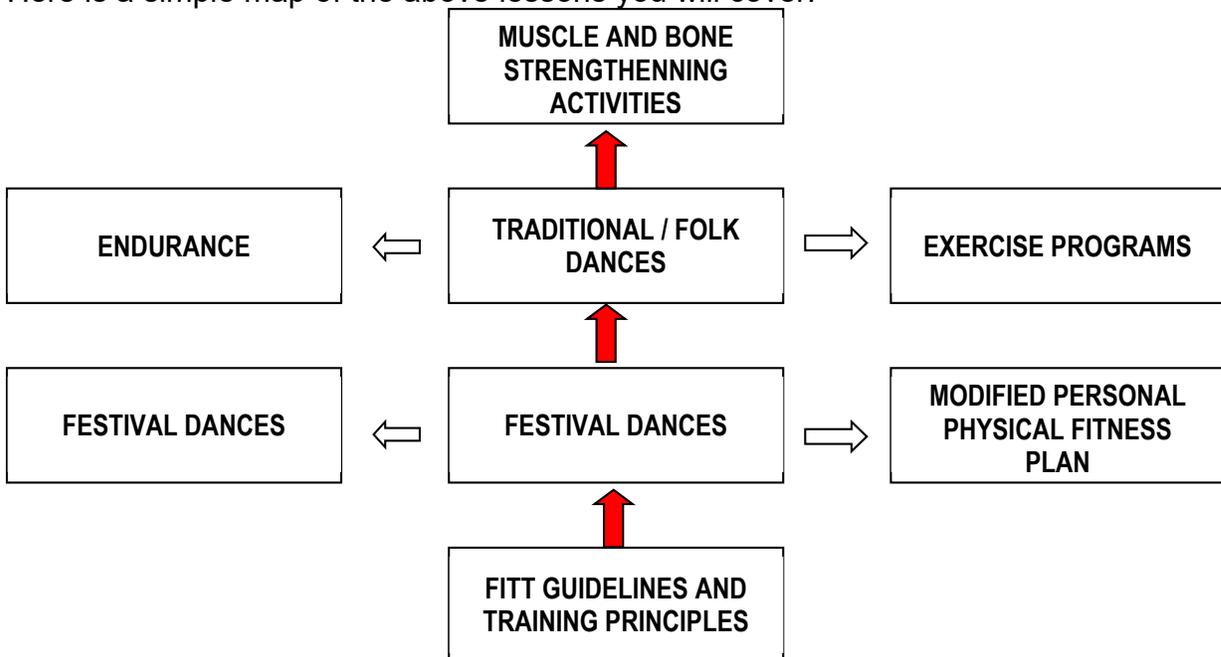
Lesson 4 - MODIFIED INDIVIDUAL PHYSICAL FITNESS PLAN

In these lessons, you will learn the following:

<p><i>Lesson 1</i></p>	<ul style="list-style-type: none"> Identify their personal strengths and weaknesses based on their personal fitness test results State their revised fitness goals based on their personal physical fitness test result. Enumerate the different barriers to exercise Suggest ways of overcoming barriers to exercise
<p><i>Lesson 2</i></p>	<ul style="list-style-type: none"> Explain the components of the FITT training principles Enumerate the different ways of monitoring one's progress towards the fitness goals.
<p><i>Lesson 3</i></p>	<ul style="list-style-type: none"> Describe the nature and background of Philippine Festival Dances Enumerate the benefits of folkdance in relation to physical fitness Perform a festival dance as a means of achieving physical fitness Identifies the different injuries related to festival street dance List down the different first aid procedures to be done when dance related injuries occur
<p><i>Lesson 4</i></p>	<ul style="list-style-type: none"> Apply the FITT principles in modifying personal fitness plan Modify individual fitness plan

MODULE MAP:

Here is a simple map of the above lessons you will cover:



EXPECTED SKILLS:

To do well in this module, you need to remember and do the following:

1. Look up the meaning of words you do not know.

2. Complete all activities and exercises.
3. Participate in the entire dance and other physical activities.
4. Collaborate with group mates and classmates in order to be able to perform the activities correctly.
5. Maximize the use of online resources in each lesson. Online resources can be accessed multiple times. The summary of online resources is provided in the end of the module.

PRE-ASSESSMENT

Let's find out how much you already know about this module. Encircle the letter that you think best answers the question. Please answer all items. After taking this short test, you will see your score. Take note of the items that you were not able to correctly answer and look for the right answer as you go through this module.

1. It is one of the famous and world renowned festivals in the Philippines. It is also known as Baguio Flower Festival.
 - A. Dinagyang Festival
 - B. Ati-Atihan Festival
 - C. Pahiyas Festival
 - D. Panagbenga Festival
2. This is a yearly festival in San Jose City, Nueva Ecija in the Philippines. This celebration intends to give thanks to a blessed harvest of an onion variety here in the Philippines.
 - A. Turumba
 - B. Panagbenga
 - C. Tanduyong
 - D. Pahiyas
3. It is celebrated every year on May 15 in Lucban, Quezon. It is in honor of San Isidro Labrador, the patron saint of farmers in the Philippines.
 - A. Dinagyang Festival
 - B. Ati-Atihan Festival
 - C. Pahiyas Festival
 - D. Panagbenga Festival

For. Nos. 4-6 For each of the images examples, identify the appropriate health-related fitness component.

- A. Muscular Endurance
- B. Power
- C. Flexibility
- D. Reaction Time

4.



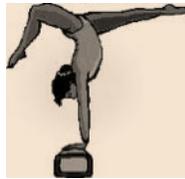
B. Power- ability to carry on muscular over a short period of time

5.



D. Reaction time- ability to response on a specific stimulus

6.



C. ability to stretch within a normal range of motion

7. Which of these components of fitness would be improved through a training program involving 20 minutes skipping each day?
- A. Speed
 - B. Coordination
 - C. Muscular strength
 - D. Cardiovascular endurance
8. Robert is doing 30-50 sit-ups each day. What fitness component is enhanced in his training program?
- A. Muscular endurance
 - B. Flexibility
 - C. Muscular strength
 - D. Cardiovascular endurance
9. Every School Intramurals, Clark is joining the Athletics event. For the past 2 years he was always a runner-up finisher. What component of fitness does he need to focus on in order for him to be a forefront runner?
- A. Agility

- B. Reaction Time
 - C. Coordination
 - D. Speed
10. The *development of balance* is required in which of the following activities?
- A. Ice Skating
 - B. Swimming
 - C. Sprinting
 - D. Running

Lesson 1. EXERCISE PROGRAMS

At the end of the lesson, you will be able to:

1. Identify your personal strengths and weaknesses based on your personal fitness test results.
2. State your revised fitness goals based on your personal physical fitness test result.
3. Enumerate the different barriers to exercise
4. Suggest ways of overcoming barriers to exercise



EXPLORE

In the previous quarter, you performed several physical activities to evaluate whether you are physically fit or not. You also engaged in Individual and Dual Sports as an alternative form of exercise to improve your physical fitness.

In this quarter, you will be introduced to another physical activity that you can include in your personal fitness plan. You will learn the nature and background of festival dances and the different skills needed in performing festival dances. You are required to perform festival dance routines, learn the different injuries and perform appropriate first aid procedures to these injuries. All in all, these information and skills you will acquire will in turn help you answer the question: How can dance improve one's fitness level?

The ideas and concepts you will discover in this module will also help you in modifying your personal fitness plan so that you may be able to achieve your physical fitness goals.

Let us start the module by accomplishing the table below. Write your answer to the question under the Initial Answer portion of IRF worksheet.

ACTIVITY 1. IRF WORKSHEET

<p>IRF Worksheet</p> <p>How can dance improve one's fitness level?</p>
<p><u>Initial Answer:</u></p>
<p>Revised Answer:</p>
<p>Final Answer:</p>

How did your classmates answer the question? Is it the same with your answer? As we move forward in our lesson, you will be introduced to several concepts and ideas that will help you be more confident in your answer to the IRF question.

Physical fitness, as popularly defined, is the capacity to perform one's daily tasks without undue fatigue and still has extra energy for recreation and emergency.

Let us now find out if you fully understood this definition properly. Let us answer the following activity.

ACTIVITY 2. FIT OR NOT?

The following are statements related to Physical Fitness. This activity will assess yourself your current fitness level. Check the item that relates to your fitness characteristics.

- _____ 1. I can perform daily activities without undue fatigue-
- _____ 2. I am sickly and weak
- _____ 3. Have reserved energy for emergencies
- _____ 4. I can maximizes leisure for recreation
- _____ 5. I am always stressed and has no leisure
- _____ 6. Have awkward posture
- _____ 7. I am overweight and can't efficiently move
- _____ 8. Have normal BMI (Body Mass Index)
- _____ 9. Have pale skin complexion and can't easily sleep at night
- _____ 10. I am confident and cheerful in the performance of physical activities

Now that you point out your fitness characteristics, let us now try to reflect on our personal physical fitness level. Let us continue by answering the next activity.

Points to Ponder

It is strongly recommended that everyone should pursue the achievement personal physical fitness as a lifelong goal. A physically fit person will feel good, look good, and will live a happy life. Let us pause for a while and ask ourselves the following questions:

1. Based on your responses, how do you describe yourself? Are you a physically fit individual? Justify your answer.

Are you happy with your answers? Why? As we go along in this module, you will be doing activities that will help you improve your personal physical fitness level. There is NO single way to improve one's level of physical fitness. There are several ways of doing it, and, it is important to remember that what works for one person might not work in another. Each of us is different from the other, thus, each of us have must have a personalized physical fitness plan for us to be able to achieve our fitness goals. Let us move to the next lesson by reviewing our physical fitness plan. Complete the table in the next activity.

End of EXPLORE:

In this module, you will be performing festival dance activities as a way of improving your physical fitness level. You are also expected to monitor your progress in achieving your fitness goals, review and evaluate your fitness plan and incorporate festival dancing in your exercise program of activities. You may find this activity a

little bit challenging. Do not be discouraged. With correct practice and with a teachable heart and mind, you will be dancing with enthusiasm in no time at all. Cast away your fears and let us get your dancing feet ready!



FIRM-UP

Your goal in this section is to learn the nature and background of Festival dancing, perform the different dance steps, formation, and positions used in Festival dancing. You will also perform a street dance routine. As you do all of these, you will find out the benefits derived from participating in a festival street dancing, the possible injuries and appropriate first aid procedures to be administered, and lastly, how the principles and concepts of physical fitness can be used in dance as an alternative form of physical activity to improve one’s level of fitness.

Lesson 2. Philippine Festival Dances

At the end of this lesson, you will be able to:

1. Describe the nature and background of Philippine Festival Dances
2. Enumerate the benefits of folkdance in relation to physical fitness
4. Perform a festival dance as a means of achieving physical fitness
5. Identifies the different injuries related to festival street dance
6. Demonstrate the different first aid procedures to be done when dance related injuries occur

ACTIVITY 3. AM I ON TRACK?

Go over your fitness goals in the previous quarter. Rewrite your fitness goals on the table below. In the last column, draw an emoji with smiley face if you think you are on track in achieving your fitness goal for a particular component, and emoji with a frowning face if you think you are struggling to meet your goal. Use the following table to track your progress:

FITNESS COMPONENT		Frequency	Intensity	Time	Type of Exercise
CRE	Beginner	3–5 days per week	Less than 145 BPM	20–30 minutes	A continuous activity
	Advanced	5–7 days per week	145–186 BPM	30–60 minutes	that is aerobic (requires oxygen)
Muscular Strength & Muscular Endurance	Beginner	2–3 days per week	60%–70% of maximum strength	1–3 Sets 8–12 repetitions	
		48–72 hours of rest in-between workouts		30 sec to 1 minute	Weight machines,
	Advanced	4–5 days per week	70%–90% of maximum strength	Endurance 12–20+ Reps 2–3 Sets	free weights, resistance tubing, medicine ball,
		often perform split workouts (ex: Monday and Thursday, work chest, shoulders, triceps, abdominals Tuesday and Friday, work back, legs, biceps) 48–72 hours of rest in-between workouts		30 sec to 1 minute Strength 2–6 Reps 3–5 Sets 2 to 5 minutes	
FLEXIBILITY	General Population	Minimum two to three times a week	You should stretch to the point where you feel tension, not pain	15–30 minutes total	After warm-up: dynamic stretch,
		Best to do some stretching daily		Static stretches of warm muscles; 20–60 seconds, three sets	prepares body for exercise After cooldown: static stretch, most improvement gains for flexibility

FITNESS COMPONENT	FITNESS GOAL	PHYSICAL ACTIVITY	FRE-QUENCY	INTEN-SITY	TIME	Emojis
Cardio Respiratory Endurance						
Muscular Strength						
Muscular Endurance						
Flexibility						
Body Composition						

PROCESS QUESTIONS:

1. Am I on track to meet my goals? Why do you say so?
2. What do you need to change? What should you maintain? Why?

If you are on track in meeting your physical fitness goals, that's great! Nothing need change and continue with the plan. If you find that you're not making much progress towards a goal, it's time to go back and re-evaluate your tactics and approach. Maybe the intensity isn't there, or you're not performing the right exercises, or are not training enough. Drop what's not working for you and add in something new.

Your personal fitness goals determine the physical activities you intend to include in your fitness plan. If your main goal is to lower the risk of diseases, then, activities that improve the health related fitness will be included in your plan. If, however, you want to participate in vigorous fitness activities, include activities that improve skill-related fitness.

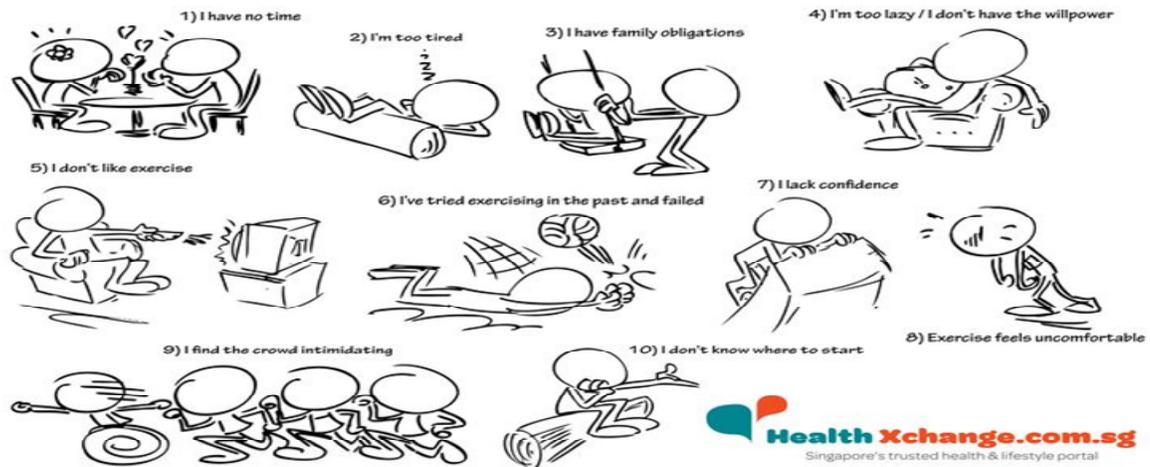
In spite of the best intentions, there will come a time that you will feel lazy in performing your physical activities. As much as possible, you should prevent this from happening. Let us take a look at the reasons why some people tend to discontinue their exercise plans, and what might one do to prevent this from taking place.

ACTIVITY 4. Barriers to Exercise

What is keeping you from achieving your fitness goal? Using a sheet of paper folded into 4 parts. Fill-up the first part with your idea that hinders you from exercise. Complete the remaining parts by getting answers from the other

members of the class. Let them share and discuss briefly their reasons to their answer. Selected students will be called to discuss the gathered information in front of the class.

Recent studies in fitness and in health point out the different barriers for exercise. These are the top reasons and the ways of overcoming them



1. **I HAVE NO TIME.** Add physical activity to your daily routine. For example, walk or ride your bike to your destination, organize school activities around physical activity, walk the dog, exercise while you watch TV, park farther away from your destination, etc. Select activities requiring minimal time, such as walking, jogging, or stair climbing.
2. **I AM TOO TIRED.** Schedule exercise at the time of the day that you feel freshest, typically at the beginning of the day. Tiredness that prevents us from exercising at the end of the work day is mostly mental fatigue. After exercise, you will actually feel much refreshed.
3. **I HAVE FAMILY OBLIGATIONS.** Ask family members to help out with family obligations (e.g., babysitting, household chores) so you can make time for exercise. Another suggestion is to involve family members, so that you can spend time together and exercise as well. You can also exercise at home or during lunch breaks, so that you do not need to take time away from home.
4. **I AM TOO LAZY / I HAVE NO WILL POWER.** Reminding ourselves that our family, colleagues and friends depend on us to be healthy can help us sustain motivation to exercise. Whenever you notice you're having negative feelings about exercising, say "STOP!" in your mind then use positive statements, such as "Let's do it" or "Stay focused". Even a mantra in the form of a single word like "Focus" or "Go" can be helpful.
5. **I DON'T LIKE EXERCISE.** Choose a fun activity to develop your liking for exercise (e.g. frisbee, tennis, etc.). Include a variety of exercises to avoid boredom. For example, you could try trekking and brisk walking instead of just walking on the treadmill.

6. **I HAVE TRIED EXERCISING IN THE PAST AND FAILED.** It's normal to miss a session once in a while. It's also alright to stop for a period of time. Our mind and body adapt quickly when we resume our exercise routine.
7. **I LACK CONFIDENCE.** Confidence can be built gradually. Set increasingly difficult yet achievable goals. Pick process goals which focus on the frequency and duration of exercise, e.g. "I will swim twice a week". Don't focus too much on outcome goals like "I will have six-pack abs". It is easier to see progress and build confidence when we track the efforts we put into exercise.
8. **I FIND THE CROWD IRRITATING.** Go to the gym, pool or exercise location at off-peak hours to feel less intimidated. Go to a less crowded branch. Remind yourself that others are just there to exercise and most of them will not pay you any attention. Start exercising the moment you arrive. This will help prevent your thoughts from running wild.
9. **EXERCISE FEELS UNCOMFORTABLE.** During strength training, focus on the range of movement or count the repetitions. Concentrating on the task at hand will distract you from the sensations in your muscles. During rehabilitation or aerobic exercises, listen to upbeat music to shift your attention from the soreness or breathlessness. Music also tends to improve your mood during exercise.
10. **I DON'T KNOW WHERE TO START** (Lack of Skills and Knowledge). Read up on the topic and get advice from professionals or friends. Join a beginner's class so that you won't feel pressurized.

Engaging in a physical activity is seems to be daunting at first. Keep a positive perspective and a strong resolve in achieving your fitness goal. In time, you will be able to enjoy your activities and will look forward to more challenging ones.

Let us check how well you understood our previous topic by filling up the 3-2-1 assessment table.

When we consider festival dancing as our way of improving fitness, it is inevitable that at some point, we will be having injuries that will impede our progress towards the achievement of our fitness goals. To avoid this, it is important that we familiarize ourselves with the different injuries that occur in dancing activities and the appropriate first aid procedures to be done to alleviate pain and prevent further injury.

Injuries in Festival Dances. Based on your experience, what are the possible injuries that one can get from joining Festival Street dancing activities? What first aid procedures should you do if you experience these injuries? These are the common injuries that occur in a dancing activity.

ACTIVITY 5. Dance Injury Flow Chart

Make a flow chart on the first aid treatment to be administered to a patient in case of the following injuries:

- A. Dehydration
- B. Sprain
- C. Muscle Cramps

Let us check if your flow chart is correct. Read the following article about dance related injuries.

Compare your flow chart with the procedures presented. Make the necessary corrections in your dance injury flow chart if needed.

MUSCLE CRAMPS. A muscle cramp is a sudden and involuntary contraction of one or more of your muscles. It is caused by overuse of a muscle, dehydration, muscle strain or simply holding a position for a prolonged period. Most muscle cramps develop in the leg muscles, particularly in the calf. When a person has a muscle cramp, they will feel a sudden, sharp pain in the affected area and they might also feel or see a hard lump of muscle tissue beneath the skin.

First Aid Treatment

1. Stretch and massage – lengthen the cramping muscle using a gentle, sustained stretch then lightly massage the area until the cramp subsides. The stretch will depend on what muscle is affected and usually it is the leg that is affected.



1. Massage the affected muscles using the fingers. All you have to do is gently press into the muscle and rub it in a circular motion in order to help relax the cramped muscle.
2. Drink plenty of fluids in order to loosen the cramped muscle. Muscle cramps can be caused by dehydration. Drink water and sports drinks to help lessen the muscle contraction.

SPRAIN. A sprain involves tearing the fibers in the ligaments holding the bones of your joints in place. Sprains can cause severe pain, swelling, discoloration, and lack of mobility. Ligaments in joints heal quickly, and a sprain does not usually require surgery or other intense medical care. However, it is important to properly treat a sprain using first aid techniques so you can heal more quickly.



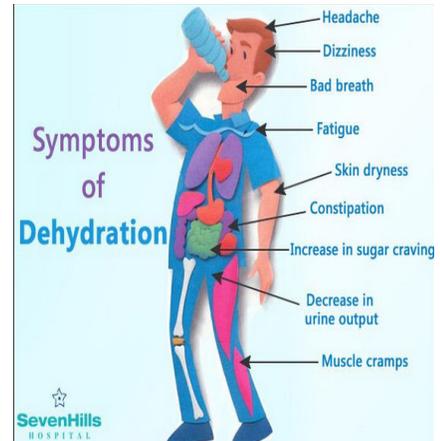
First Aid Treatment

1. **Rest the injured limb.** Your doctor may recommend not putting any weight on the injured area for 48 hours, so you may need to use crutches. A splint or brace may also be helpful initially. But don't avoid all activity. Even with an ankle sprain, you can usually still exercise other muscles to minimize deconditioning. For example, you can use an exercise bicycle with arm exercise handles, working both your arms and the uninjured leg while resting the injured ankle on another part of the bike. That way you still get three-limb exercise to keep up your cardiovascular conditioning.
2. **Ice the area.** Use a cold pack, a slush bath or a compression sleeve filled with cold water to help limit swelling after an injury. Try to ice the area as soon as possible after the injury and continue to ice it for 15 to 20 minutes, four to eight times a day, for the first 48 hours or until swelling improves. If you use ice, be careful not to use it too long, as this could cause tissue damage.
3. **Compress the area** with an elastic wrap or bandage. Compressive wraps or sleeves made from elastic or neoprene are best.
4. **Elevate the injured limb** above your heart whenever possible to help prevent or limit swelling.

DEHYDRATION. Dehydration happens when your body doesn't have as much water as it needs. Without enough, your body can't function properly. You can have mild, moderate, or severe dehydration depending on how much fluid is missing from your body. Symptoms include dry mouth, lips and tongue; low amount of urine that is very dark yellow; dizziness and headaches.

First Aid Treatment

When a person is dehydrated, and if vomiting isn't present, adults and children over age 12 should drink about 2 cups of fluid per hour. Fluids of choice are: Sports drinks; flat cola; clear sodas; broths; popsicles; and gelatine.



Is your flow chart correct? In case any of these injuries happen to you, it is always best to know how to reduce the affects of the injury by doing the first aid procedures presented in this lesson.

How to Choreograph a Dance?

Dances are designed by applying one or both of these fundamental choreographic methods:

Improvisation, in which a choreographer provides dancers with a *score* (i.e., generalized directives) that serves as guidelines for improvised movement and form. For example, a score might direct one dancer to withdraw from another dancer, who in turn is directed to avoid the withdrawal, or it might specify a sequence of movements that are to be executed in an improvised manner over the course of a musical phrase, as in contra dance choreography. Improvisational scores typically offer wide latitude for personal interpretation by the dancer.

Planned choreography, in which a choreographer dictates motion and form in detail, leaving little or no opportunity for the dancer to exercise personal interpretation.

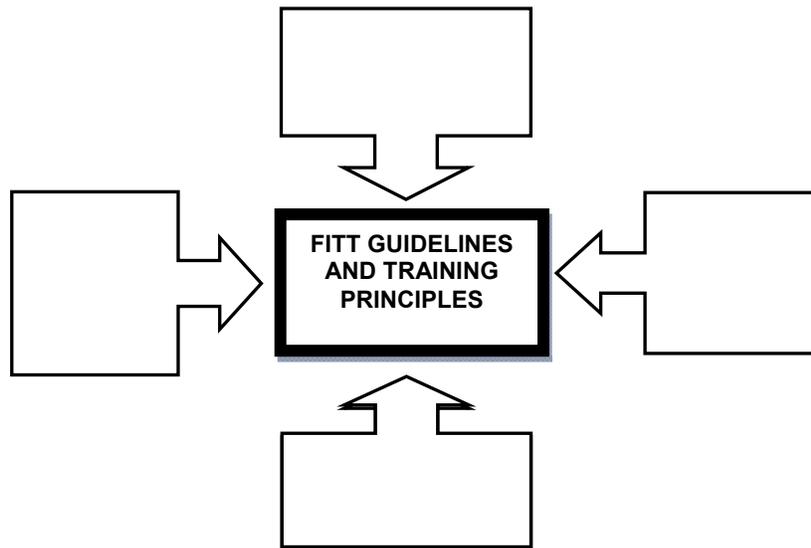
Several underlying techniques are commonly used in choreography for two or more dancers:

- Mirroring - facing each other and doing the same
- Retrograde - performing a sequence of moves in reverse order
- Canon - people performing the same move one after the other
- Levels - people higher and lower in a dance
- Shadowing - standing one behind the other and performing the same moves
- Unison - two or more people doing a range of moves at the same time

Movements may be characterized by dynamics, such as fast, slow, hard, soft, long, and short.

ACTIVITY 6. THINK-PAIR-SHARE: Benefits of Festival Dances in Relation to Fitness

In the graphic organizer, list down the components of physical fitness that is being developed by participating in a street festival dances. Explain how festival street dances develop each component. Present your work to your classmates.



PROCESS QUESTION/S:

1. Is there any benefit we can get in dancing?
2. Do you believe that dancing is also a means to exercise? Why?
3. What are the common skills and health related components we can acquire in dancing?

There are many fitness plans available in different software applications and also in the internet. However, a fitness plan may be effective to some groups of people, but, it is not effective for you. In some cases, the activities that you placed in your fitness plan may not be appropriate for you, or your schedule, thus, there is a need for you to revise and consider other activities that is more applicable for you. Dance is an alternative physical activity that may help you improve your fitness level. Moreover, dancing can be a way to stay fit for people of all ages, shapes, and sizes. It has a wide range of physical and menial benefits including:

- Improves condition of your heart and lungs
- Increases muscular strength, endurance, and motor fitness
- Increases aerobic fitness
- Improves muscle tone and strength
- Weight management
- Stronger bones and reduce risk of osteoporosis



- Better coordination, agility, and flexibility
- Improves balance and spatial awareness
- Increases physical confidence
- Improves mental functioning
- Improves general and psychological well-being
- Greater self-confidence and self-esteem
- Better social skills



Dance is a performing art form consisting of purposefully selected sequences of human movement. This movement has aesthetic and symbolic value, and is acknowledged as dance by performers and observers within a particular culture. One of the most interesting genre is the Festival Dance. Festival Dance aim to promote one’s culture by portraying the people’s way of life through movements, costumes and resources inherent to their place of origin.

Let us continue this section by having an understanding of the nature and background of Festival Street Dancing.

ACTIVITY 7. VIDEO CLIP ANALYSIS: The Nature and Background of Festival Dances.

Watch a video clip of a particular dance festival from Luzon, Visayas, and Mindanao. After watching the video, answer the following questions below.

Video 1: PANAGBENGA AT THE ALIWAN FESTIVAL 2008

<https://www.youtube.com/watch?v=xldgF0WzN1I>

Video 2: DAVAO KADAYAWAN FESTIVAL 2016 (Saranggani)

<https://www.youtube.com/watch?v=sOwwtidNJKA>

Video 3: SINULOG FESTIVAL 2017

<https://www.youtube.com/watch?v=bjdiCTxIhVA>

Guide Questions:

- (1) Cite 3 festivals in the video that originated from Luzon, Visayas & Mindanao.
- (2) How do the Festival Dances in the video differ from each other in terms of:
 - a. Costume & Props
 - b. Dance Steps
 - c. History & Background
 - d. Movement Combinations & Formation
- (3) What made the Festival Dances spectacular?
- (4) Why do Filipinos engage in Festival Dancing Activities?
- (5) Why do we need to learn the Festival dances in other provinces and cities?

Now that you have witnessed some examples of our festival dances, it is time for you to do some dancing of your own. If at first you find the dance difficult, do not

be discouraged, instead, be willing to keep on learning, and you will soon be dancing your heart out in front of everybody.

ACTIVITY 8. FOLLOW AND LEAD

The Street Festival Dances in the Philippines are comprised of similar steps, formation and positions. The Dances vary in their costume, props and cultural function. In this activity, you will execute the different dance steps, formation, and positions commonly used in street festival dances. Your teacher will demonstrate the steps, afterwards, you are expected to return the demonstration. As you perform the dance activities, don't forget to monitor your **Training Heart Rate Zone**.

You will be assessed on the following criteria:

Rubric for Evaluation

4	Correctly demonstrates the steps in time with music, and with a high level of confidence.
3	Correctly demonstrates the steps in time with music, with growing confidence
2	Correctly demonstrates the steps in time with music, but with constant supervision and guidance.
1	Demonstrates the step with observed error and low level or no confidence at all.

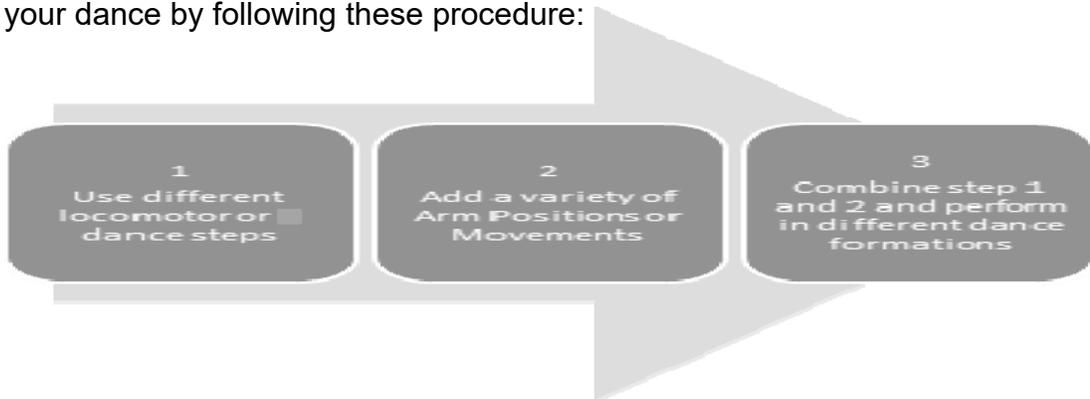
Basic Festival Dance Composition:

Locomotor Steps	Fundamental Positions	Dance Terms	Dance Steps	Dance Formations
1. Walk 2. Jump 3. Leap 4. Gallop 5. Slide 6. Skip 7. Hop 8. Run	1. Arms and Feet 2. Amplified position 3. T Position 4. Reverse T position 4. Arms in Lateral Positions	1. Bilao 2. Forearm Turn 3. Kumin-tang	1. Point Step 2. Bleking step 3. Step brush 4. Change step 5. Mincing step 6. Mincing step 7. Plain/Native Waltz 8. Waltz Balance 9. Cross Waltz	1. Mass 2. Circle 3. Diagonal 4. Do-si-do

Process Questions:

- (1) Does your pulse rate increase while doing the activity? Why do you say so?
- (2) How does the dynamics of a dance routine improve one’s endurance? Explain your answer.
- (3) Were you able to execute the intended skills in the dance routine properly? Cite specific examples.
- (4) What components of physical fitness are being developed in the different festival dance routines? *How can these help improve one’s fitness level?*

Create your dance by following these procedure:



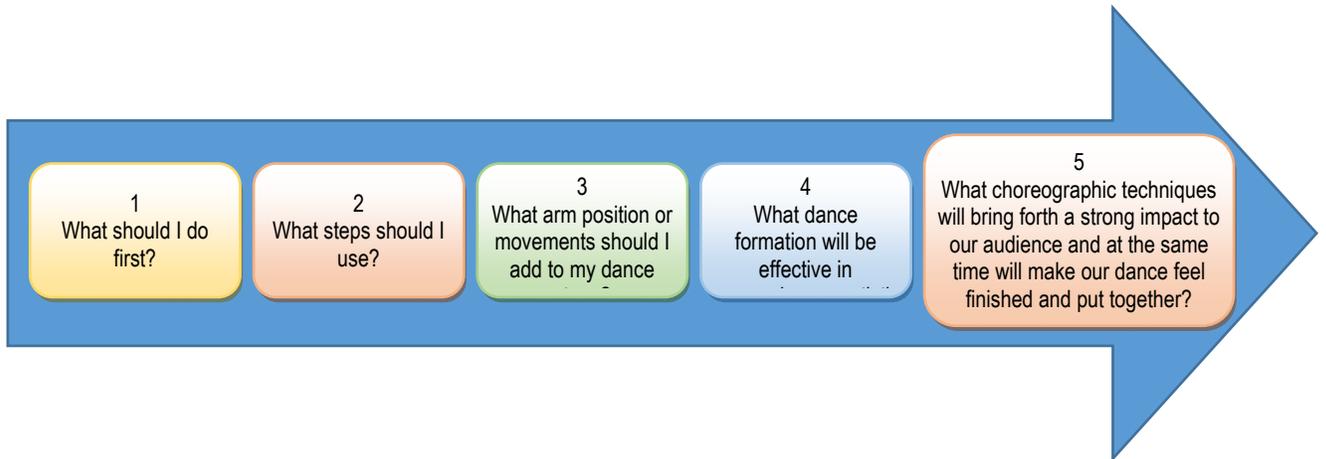
PROCESS QUESTIONS:

Form two circles (an inner and an outer circle). The inner circle will move in a clockwise manner, while the outer circle will move in a counter clockwise manner. Starting with your initial partner, share your answer on the first question. Move in your prescribed direction as each of the following questions are asked. Share your answer with your new partners.

1. Is your pulse rate within your Training Heart Rate Zone while doing the activity? Why do you say so?
2. Would having a fast or slow tempo in your dance routine affect one’s performance? Explain your answer.
3. How did you feel while doing the activity? Why do you think you felt that way? What about after doing the activity?
4. What components of physical fitness are being developed in performing the different Festival dance routines? Explain your answer.

ACTIVITY 9. LET US MAKE OUR DANCE!!!

Now that you know the different dance steps, terminology, and choreographic techniques in creating a dance, you and your groupmates will create your own festival dance. Apply as many techniques as you can. Use the table in Activity 8 to fill in the different dance steps, formations, arm positions, and choreographic techniques that you will use in creating your dance routine. Be guided by the following graphic organizer:



Rubric for Evaluation

4	Used variety of choreography styles and techniques and with a high level of confidence.
3	Used variety of choreography styles and techniques, with growing confidence
2	Used variety of choreography styles and techniques but with constant supervision and guidance.
1	Used choreographic styles and technique with observed error and low level or no confidence at all.

There are several physical activities that we can engage in to improve physical fitness. Our friends might be interested in sports activities, while the others are more into outdoor recreation activities. Does this mean that you cannot improve your fitness level if you are not into these activities? This module aims to encourage you to consider festival dancing activities as a way of improving your personal fitness level. However, your dance activities will not be effective if you will not consider the different guidelines and principles of exercise in designing your personal physical fitness plan. Let us proceed with the discussion of these guidelines and principles.

Lesson 3: FITT Training Principles

At the end of the lesson, you will be able to:

1. Explain the components of the FITT training principles
2. Apply the FITT training principles in performing festival dances.
3. Enumerate the different ways of monitoring one’s progress towards the fitness goals.

Explanation of the FITT Principles

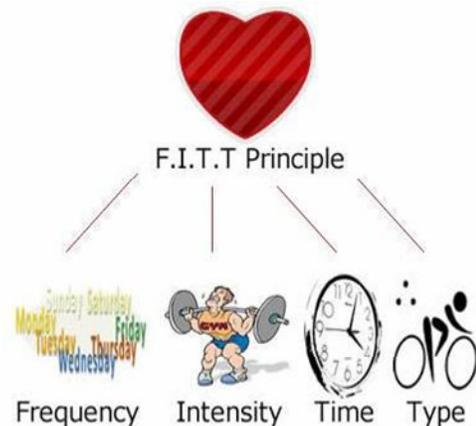
The FITT Principle (or formula) is a great way of monitoring your exercise program. The acronym FITT outlines the key components of an effective exercise program, and the initials F, I, T, T, stand for: Frequency, Intensity, Time and Type.

Frequency: refers to the frequency of exercise undertaken or how often you exercise.

Intensity: refers to the intensity of exercise undertaken or how hard you exercise.

Time: refers to the time you spend exercising or how long you exercise for.

Type: refers to the type of exercise undertaken or what kind of exercise you do.



<https://www.productivefitness.com/ratingofPerceivedExertion.aspx>

The FITT Principle is most commonly used in the weight loss industry, although it’s also used as part of strength and weight training recommendations. The standard recommendation is as follows:

Frequency: 5 to 6 times per week

Intensity: Moderate

Time: Anywhere from 30 to 60 minutes

Type: Just about any physical activity

Explanation about Intensity

Activities can be done at different intensities. An activity that mostly involves sitting or standing but little motion can be considered a REST activity. An activity that involves slow movements but is not too tiring might be called LIGHT. An activity that involves quick movements or running, one that makes you breathe hard, would be called VIGOROUS. Activities that are between light and vigorous would be called MODERATE.

Measuring Exercise Intensity

The ACSM recommendation for healthy individuals is to keep your heart rate during exercise at about 50% to 85% of your Maximum Heart Rate (MHR) in order to remain working at an effective and safe level. These percentages create ranges that the heart rate should fall on during exercise sessions depending upon your current fitness level.

There are other measures of intensity that do not require the use of pulse directly. When conditions are not conducive to taking the 10 second pulse, the Talk Test can be used instead.

The TALK TEST is a simple method of estimating the aerobic intensity range. During light intensity, you should be able to sing a song. During moderate intensity, you should be able to carry on a conversation. During vigorous intensity, you should be winded and have trouble speaking. An appropriate intensity is somewhere **between the moderate and vigorous levels** of intensity. You should not be able to carry on a long-winded conversation, but you should be able to communicate with a training partner. This test is often used because it is easy, accurate, and safe.

The RATE OF PERCEIVED EXERTION scale is used to measure the intensity of your exercise. The RPE scale runs from 0 – 10. The numbers below relate to phrases used to rate how easy or difficult you find an activity. For example, 0 (nothing at all) would be how you feel when sitting in a chair; 10 (very, very heavy) is how you feel at the end of an exercise stress test or after a very difficult activity. It is recommended that for beginners, and for those who exercise for fitness, an RPE of 3 to 6 is ideal while for athletes and advanced practitioners, a higher RPE is encouraged.

Let us try to apply RPE and TALK TEST in the next activity. Use the table on the next page for your reference.

ACTIVITY 10. SELF-ASSESSMENT OF STEPS IN ILLUSTRATED PROCESS:

EXPECTED SKILL	Able to do this by myself and understand what this is	Needs supervision to do this but I understand what this is	I do not understand what this is and I cannot do this
1. I can identify the different festival dances and the regions they belong to.			

2. I can create dance steps based on the festival dances to be used in my dance			
3. I can add different arm positions or movements to make my dance more interesting and engaging.			
4. I can create dance formations that effectively express my thoughts and feelings.			
5. I can come up with choreographic techniques that bring forth strong impact to my audience and at the same time will make my dance feel finished and well put together.			

ACTIVITY 11. REVISED IRF WORKSHEET

Review your IRF sheet. Compare your initial ideas with the discussion. How much of your initial ideas are found in the discussion? Which ideas are different and need revision? Write your answer under the Revised Answer portion of the IRF Worksheet.

<p>IRF Worksheet How can dance improve one's fitness level?</p>
Initial Answer:
<u>Revised Answer:</u>
Final Answer:

End of Firm Up

In this section, the discussion was all about Festival Street Dancing and other related concepts. It also touched on the application of the Physical Fitness Principles in relation with dance activities.

Now that you have an understanding of the important concepts about this topic, let's go deeper by moving on to the next section.

Lesson 4: Modified Personal Physical Fitness Program

At the end of the lesson, you will be able to:

1. Apply the FITT principles in modifying personal fitness program
2. Modify individual fitness program



DEEPEN

The activities in this section will test you on how well can you apply the concepts of FITT training guidelines and principles in modifying your personalized physical fitness program. You will see how the FITT formula can help guide you in including festival street dancing activities in you personalized fitness program in order for you to achieve your optimum level of physical fitness.

Get your modified fitness program from the previous quarter and let us answer the following activity.

ACTIVITY 12. FITNESS PLAN REVIEW

The human body adapts quickly to exercise stimuli, and once it adapts it needs change. This is one of the reasons why we need to modify our physical fitness plans. Other reasons include getting bored with the activities, or you might have been injured, and can no longer carry on with your existing fitness plan. To achieve personal physical fitness, we need to constantly evaluate our fitness plan and revise if needed. Answer the following questions as honestly as possible. An honest answer will lead to a meaningful fitness plan evaluation, while a dishonest answer will yield incorrect and misleading information.

1. Based on your answers on the “**AM I ON TRACK**” activity, which component of fitness did you do well? Which component do you need to improve on?

FITNESS COMPONENT IN WHICH I PERFORMED WELL	FITNESS COMPONENT IN WHICH I PERFORMED POORLY

2. Pull out your schedule of activities from the previous quarter. Which activity were you able to perform well? Why is this so?

ACTIVITIES PERFORMED WELL	REASON

3. Which activity did you perform poorly? Why?

ACTIVITIES PERFORMED POORLY	REASON

4. Based on your Exercise Program of Activities, fill in the needed information on the table below.

Physical Activity	Frequency <i>(How often did you do the exercise in a week?)</i>	Intensity <i>(light, moderate, vigorous)</i>	Time <i>(how long in minutes did you perform the activity in a week)</i>

- a. How do you feel about your answers on the table above? Why?

- b. Do you think you were able to follow the FITT principles in executing the activities in your Fitness Plan? Why?

- c. If you were to change something on the table, what would it be and why?

5. In your Exercise Program of Activities, select the physical activities that you wish to change. Write on the table below, the activity that you want to change, the reason for changing the activity, and the alternate activity that you can do to improve your fitness level. If you do not want to change the activity, write the reason why you want the activity to stay.

Physical Activities	Change or Retain	Reason	Alternate Activity/ Adjustment to be made	Reason

Let us apply the FITT training principles in performing our dance activities. Recall your experience in our dance lesson in answering the following activity.

ACTIVITY 13. My Festival Dance Experience

1. Based on your own festival dance experience on activity 7, 9, and 10, how should you apply the FITT principle in order to improve my personal fitness level through dance?

Frequency: _____
 Intensity: _____
 Time: _____
 Type of Activity: _____

2. For a work out to be effective, it is important that we should be at our training heart rate zone during exercise. What should be my pulse rate while performing my festival dance activity? Show through computation, how you arrive at this answer.
3. In what ways can you tell whether you are in your training heart rate zone? Explain your answer.

Now, bring out your previous fitness plan and let us try to revise it by including the concepts that you learned in this lesson.

ACTIVITY 14. My New Personal Fitness Program

- A. You were given a series of activities to help you monitor your progress in your quest to achieve your personal fitness goals. Write on your table below the things you want to retain and change regarding your fitness program. Incorporate festival dance activities in your personalized new fitness program. Use the following table as your guide

FITNESS COMPONENT		Frequency	Intensity	Time	Type of Exercise
CRE	Beginner	3–5 days per week	Less than 145 BPM	20–30 minutes	A continuous activity
	Advanced	5–7 days per week	145–186 BPM	30–60 minutes	that is aerobic (requires oxygen)
Muscular Strength & Muscular Endurance	Beginner	2–3 days per week	60%–70%	1–3 Sets	
		Full-body workout of all 6 body areas	of maximum strength	8–12 repetitions	
	Advanced	48–72 hours of rest in-between workouts		30 sec to 1 minute	Weight machines,
		4–5 days per week	70%–90%	Endurance	free weights,
often perform split workouts (ex: Monday and Thursday, work chest, shoulders, triceps, abdominals Tuesday and Friday, work back, legs, biceps)		of maximum strength	12–20+ Reps	resistance tubing, medicine ball,	
	48–72 hours of rest in-between workouts		2–3 Sets		
			30 sec to 1 minute		
			Strength		
			2–6 Reps		
			3–5 Sets		
			2 to 5 minutes		
FLEXIBILITY	General Population	Minimum two to three times a week	You should stretch to	15–30 minutes total	After warm-up: dynamic stretch,
		Best to do some stretching daily	the point where you feel tension, not pain	Static stretches of warm muscles;	prepares body for exercise
				20–60 seconds, three sets	After cooldown: static stretch, most improvement gains for flexibility

MY NEW PERSONAL PHYSICAL FITNESS PROGRAM

FITNESS COMPONENT	FITNESS GOAL	PHYSICAL ACTIVITY	FRE-QUENCY	INTEN-SITY	TIME
CARDIO RESPIRATORY ENDURANCE					
MUSCULAR STRENGTH					
MUSCULAR ENDURANCE					
FLEXIBILITY					

- B. Based on your answers on the “Fitness Plan Review” Activity, design your New Exercise Program of Activities. Fill in the needed information in the table. Don’t forget to include Rest and Recovery time in your schedule.

My Weekly Exercise program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Target Component of Fitness							
Frequency							
Intensity							
Time							
Type of Exercise or Physical Activity							

PROCESS QUESTIONS:

1. How do you feel about your new personal fitness plan? Explain your answer.
2. How will Festival Street dancing improve an individual’s level of physical fitness?

After learning about festival dances and the FITT training principles, answer the following activity. You may collaborate with your group mates, but afterwards, you should come up with your own answer.

ACTIVITY 15. Guided Generalization.

This activity will help you understand in detail how festival street dancing, as an alternative physical activity, can help improve one’s level of physical fitness. Let us recall what you have experienced in your previous street dance activities. Observe how the different fitness training principles and guidelines are applied in each dance experience. You are asked to answer the question: How can dance improve one’s fitness level? Write you answer on the spaces provided. Follow-up questions were also given for each activity. Write your answers on the space provides as well. On the last item of this activity, complete the sentence based on your answers in the first two questions.

	Dance 1 Students will perform Luzon Festival Dances	Dance 2 Students will perform Visayan Festival Dance	Dance 3 Students will perform Mindanao Festival Dance
What kind of Body type is suitable for this dance?	Answer	Answer	Answer
What do we have to choose suitable dance routines for each body type? Cite dance routines or steps in the videos which can prove your claim?	Supporting Text	Supporting Text	Supporting Text
How can dance develop one's fitness level?	Reason	Reason	Reason
<p>Complete the statement: The students will understand that improvement of one's fitness level depends on the modification of his/her of individualized exercise program (eg. Through a festival dance suited to one's body type).</p> <p>_____</p> <p>_____.</p>			

ACTIVITY 16. ASSESSMENT OF UNDERSTANDING

Below are several performances of festival dance.

SITUATION 1: Performance of Luzon Festival Dance

<https://www.youtube.com/watch?v=bY-LCPhxmAY> Panagbenga Festival of Baguio City

SITUATION 2: Performance of Visayas Festival Dance

<https://www.youtube.com/watch?v=4ZVb0e74MWs&t=2s> Dinagyang Festival of Iloilo (3rd, Street Dance)

SITUATION 3: Performance of Mindanao Dance

<https://www.youtube.com/watch?v=plbhMkWfy7k&t=48s> Kaamulan Festival

1. What kind of dance was shown in the video?
What fitness components were exhibited by the dancers in the video?
2. In what particular dance routine were these fitness components manifested?
3. What necessary preparations are needed in order to meet the demands and sustain a certain dance routine?

In these various situations, different performances related to festival dance are demonstrated by various groups. Comment on these performances in relation to developing one's physical fitness. Justify your comments by citing significant information from the performances.

Rubric Scoring Guide:

4 pts: Provides extensive supporting ideas in in showing the relationship between festival dancing and physical fitness.

3 pts: Provides adequate supporting ideas in showing the relationship between festival dancing and physical fitness.

2 pts: Shows errors in explanation of the relationship between festival dancing and physical fitness.

1 pt.: No justification and explanation were found in the answer.

ACTIVITY 17. FINAL IRF WORKSHEET

In the table below, write your answers on the final answer for the question. **How can dance improve one’s fitness level?**

IRF Worksheet
Initial Answer:
Revised Answer:
<u>Final Answer:</u>

After doing your transfer task, it is time again to reflect on the learning process to check if there are ideas you need to change, to revise or improve. You may now complete your IRF worksheet by writing your ideas on the **Final Answer part**.

End of Deepen

This section dealt on how well you can apply the concepts of FITT training guidelines and principles in modifying your personalized physical fitness plan. You saw how the FITT formula can help guide you in including festival street dancing activities in you personalized fitness plan in order for you to achieve your optimum level of physical fitness.

What new realizations do you have about the topic? What new connections have you made for yourself? What helped you make this connections?
 Now that you have a deeper understanding about the topic, you are ready to do the tasks in this section.



TRANSFER

Your goal in this section is to apply your learning to real life situations. You will be given a practical task which will demonstrate your understanding on Festival Street dancing and physical fitness.

ACTIVITY 18. FESTIVAL DANCE CHALLENGE

The school will be celebrating the Buwan ng Wika next month. One of the highlight of the event is a dance presentation of the different regions in the Philippines. Your grade level is requested to create a five figure festival dance routine reflecting the culture of the different regions of the Philippines. Your dance routine should observe the following elements: correct execution and mastery of steps; choreography and artistic presentation, and dance interpretation.

RATING OF PERCEIVED EXERTION AND TALK TEST

EXERTION SCALE (1-10)* <small>(Based on how hard you feel you are working)</small>	ZONE <small>(Find the zone that best meets your goals)</small>	EXERTION LEVEL <small>(Varies by individual and fitness level)</small>	EXAMPLE OF ACTIVITY <small>(Activities that correlate to level of exertion)</small>	TALK TEST <small>(Use the Talk Test to gauge how hard you are working on the 1-10 scale)</small>	RANGE (% of MHR)** <small>(Use the range to calculate upper and lower limits in beats per minute)</small>
1	Inactive	Very Light	Standing	Normal breathing; can talk normally	40% - 45%
2		Light	Walking	Normal breathing; can talk normally	46% - 50%
3	Health Improvement Zone	Moderate no sweat	Brisk walk	Can carry on a conversation; light breathing	51% - 55%
4		Moderate sweat	Fast walk/jog	Can carry on a conversation; moderate breathing	56% - 60%
5	Fitness Zone	Moderate vigorous sweat	Very fast walk/jog	Can carry on a conversation; heavy breathing	61% - 67%
6		Vigorous	Run	Only able to complete 1-2 sentences; heavier breathing	68% - 75%
7	Performance Zone	Vigorous strenuous	Fast run	Broken sentences; heavy breathing	76% - 80%
8		Strenuous	Very fast run	Only able to speak in syllables; very heavy breathing	81% - 85%
9	High Performance Zone	Strenuous severe	Race pace	Can't talk; very heavy breathing	86% - 92%
10		Severe	Race pace to win	Can't talk; gasping for breath	93% - 100%

HOW TO CALCULATE YOUR MAXIMUM HEART (MHR) AND HEART RATE RANGE

FORMULA: Maximum Heart Rate (MHR) = 220 - Age = MHR

RANGE: To calculate your range: MHR x Range of MHR

EXAMPLE: Using Fitness Zone, Level 9 for a 50 yr. old
 1. Calculate MHR: 220 - 50 = 170 (MHR)
 2. Calculate Range: 170 x .93 = 158
 170 x .75 = 128
 3. Range in Beats Per Minute: Heart rate range = 110 - 128 beats per minute

Note: RPE is especially useful when heart rate is not an accurate measure of exertion.
 *Modified Borg scale adapted by Productive Fitness Products Inc.
 **Heart rate is subjective and varies widely dependent on several factors including age, weight & fitness level. These are "an average" figures.

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Rubric for Evaluation of Festival Dance Challenge

	COMPETENT 4	PRACTITIONER 3	APPRENTICE 2	NOVICE 1
PERFORMANCE SKILLS <i>(Execution, Timing, And Mastery Of Steps)</i>	Demonstrates precise and skillful performance of the steps, in time with music, and with a high level of confidence	Demonstrates the steps in time with music with a general level of competence proficiency, and confidence.	Demonstrates the steps in time with music but with developing competence, proficiency; and confidence	Has low or no competency in demonstrating steps; has very low level or no confidence at all.
ARTISTIC PRESENTATION <i>(Choreography: Formation,</i>	Performs the dance with appropriate transitions, proper cueing with intricate	Performs the dance with appropriate transitions, and proper cueing with the ability to	Performs the dance but makes errors in any of the following elements:	Performs the dance but with missing elements.

<i>transitions and cueing)</i>	combinations and formations in the dance floor	execute them while creating formations in the dance floor.	transitions, cueing, formations in the dance floor.	
DANCE INTERPRETATION	Demonstrates complex and in depth internalization of a particular festival dance.	Demonstrates generally acceptable qualities of a particular festival dance.	Displays inconsistent qualities of festival dance.	Has little or no qualities shown.

PROCESS QUESTIONS:

1. How often do you think should you perform festival dancing in order to improve fitness? Why?
2. Was your festival dance routine too hard for you? Why do you say so?
3. What should you do if the dance routine is too extreme or too light for you?
4. Will you include festival street dancing activities in your modified fitness plan? Why?

Now that you have an understanding of the important concepts about this topic let us check our understanding by answering our IRF Worksheet

Before you do the activity on transfer, assess yourself first so that you will be ready to make your final task.

ACTIVITY 19. Festival Dance Performance with Personal Fitness Program

- A. The C-MAP (Content Movement Analysis Program) International Choreographer Dance Festival will be holding a Dance Exchange in celebration of their 3rd Founding Anniversary in Bacolod. This event will showcase the different dance festival of the different regions to help promote personal fitness. In line with this, the organizing committee invited your Dance Company to participate and present a Festival Dance Routine in your region. The committee specifically ask that your dance performance should have the following elements: Performance Skills; Artistic Presentation; Dance Interpretation; and Appropriateness of routines to fitness level. Please be guided by the following rubric.

	COMPETENT 4	PRACTITIONER 3	APPRENTICE 2	NOVICE 1
PERFORMANCE SKILLS <i>(Execution, Timing, And Mastery Of Steps)</i>	Demonstrates precise and skillful performance of the steps, in time with music, and with a high level of confidence	Demonstrates the steps in time with music with a general level of competence proficiency, and confidence.	Demonstrates the steps in time with music but with developing competence, proficiency; and confidence	Has low or no competency in demonstrating steps; has very low level or no confidence at all.
ARTISTIC PRESENTATION <i>(Choreography: Formation, transitions and cueing)</i>	Performs the dance with appropriate transitions, proper cueing with intricate combinations and formations in the dance floor	Performs the dance with appropriate transitions, and proper cueing with the ability to execute them while creating simple formations in the dance floor	Performs the dance but makes errors on any of the following elements: transitions, cueing, formations in the dance floor	Performs the dance but with missing elements.
DANCE INTERPRETATION	Demonstrates complex and in depth internalization of a particular festival dance	Demonstrates generally acceptable qualities of a particular festival dance.	Displays inconsistent qualities of festival dance.	Has little or no qualities shown

B. As you prepare for the festival dance performance, create a fitness program for your practices up to your date of performance. Use the table for your guidance.

My Physical Fitness Program

FITNESS COMPONENT		FITNESS GOAL	PHYSICAL ACTIVITY	FRE-QUENCY	INTEN-SITY	TIME
CARDIO RESPIRATORY ENDURANCE						
MUSCULAR STRENGTH						
MUSCULAR ENDURANCE						
FLEXIBILITY						
BODY COMPOSITION						

My Weekly Plan of Activities

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Target Component of Fitness							
Frequency							
Intensity							
Time							
Type of Exercise or Physical Activity							

Rubric for Evaluation of Personal Physical Fitness Program

	Practitioner 4	Competent 3	Apprentice 2	Novice 1
Personal Physical Fitness Goals	<p>Long term and short-term fitness goals are stated.</p> <p>All personal physical fitness goals are based on the results of the initial personal physical fitness test.</p>	<p>All personal physical fitness goals are based on the results of the initial personal physical fitness test.</p>	<p>Some personal fitness goals are based on the results of the initial personal physical fitness test.</p>	<p>None of personal fitness goals are based on the results of the initial personal physical fitness test.</p>
<p>Components of Physical Fitness:</p> <ul style="list-style-type: none"> a. Cardiovascular Endurance b. Muscular Endurance c. Muscular Strength d. Flexibility 	<p>Other physical fitness components, besides the mandatory components are included in the physical fitness plan.</p>	<p>All the listed components of physical fitness are represented in the fitness plan</p>	<p>Some listed components of physical fitness are represented in the fitness plan</p>	<p>None of listed components of physical fitness are represented in the fitness plan</p>
FITT Principles	<p>There is a systematic development of the fitness plan which includes the Principles of Overload and Progression.</p> <p>All activities address the training principles of the FITT.</p>	<p>The Fitness Plan addresses all the stated goals.</p> <p>All activities addresses the training principles of the FITT.</p>	<p>The Fitness Plan addresses some of the stated goals.</p> <p>Erroneous activities addresses the training principles of the FITT are included in the plan</p>	<p>The Fitness Plan addresses none of the physical fitness goals.</p> <p>The activities do not address the training principle of the FITT</p>

End of TRANSFER:

In this lesson, your task was to present a Festival Dance and to create a Personalized Physical Fitness Plan for your festival dance performance.

1. How did you find the performance tasks?
2. How did the task help you see the real world use of the topic?

ACTIVITY 20. 3 Minute Pause:

The Three-Minute Pause provides a chance for students to stop, reflect on the following statements make connections to the lessons discussed and seek clarification.

- - I changed my attitude about...
- - I became more aware of...
- - I was surprised about...
- - I felt...
- - I related to...
- - I empathized with...

You have completed this lesson. Before you go to the next lesson, you have to answer the following post-assessment questions.

“FESTIVAL DANCING”

1. I learned that Festival Dancing is _____.
2. Through this I can _____.
3. Therefore, I will _____.

Post-Test

1. What does “I” in FITT stand for?
 - A. Intensity
 - B. Intensive
 - C. Intrinsic
 - D. Integrate
2. If a performer increases their training from twice a week to three times a week, which FITT principle is affected?
 - A. time
 - B. intensity
 - C. frequency
 - D. type
3. Marti plays badminton for the school team but is frightened of losing her place due to her lack of wrist power in doing the smash attacks. As a coach, what training zone intensity should she focus on?
 - A. 60%-80%
 - B. 70%-80%
 - C. 50% - 70%
 - D. 80%-90%
4. Kyle is a novice member of swimming varsity in their school. His coach applied the FITT Formula for his training. His intensity zone level of training should be between 140-143 beats per minute but every time the training finished he can only get 120 beats per minute. If you are a coach how do you address this kind of training, in order to come up and reach his training zone?
 - A. Apply gradual activities to avoid injury.
 - B. Apply overload principle and increase the number of exercises, and number of laps
 - C. Apply reversibility for his cardio-endurance.
 - D. Apply specificity and frequency for his strength and speed
5. Glen is a good gymnast. He is looking to improve by following flexibility and speed training. What another type of fitness he might need to develop?
 - A. Agility
 - B. Reaction Time
 - C. Muscular Strength
 - D. Cardiovascular Endurance
6. Jansen is doing 50-100 pull up a day. What fitness component is improved in his daily routine?
 - A. Flexibility
 - B. Muscular Endurance
 - C. Muscular Strength

- D. Cardiovascular endurance
7. Jake is not contented with the result of his workout. He wants more, so he added additional set of exercise to his resistance training. Which of the following principles affected?
- A. Frequency
 - B. Time
 - C. Intensity
 - D. Type

For nos. 8-9

The following statements explain how Kevin Stuart, a 100 m sprinter, uses all of the areas of skill- related fitness in improving his performance in his sport. Identify what skill related fitness is being described in the exercises Kevin does in his training routine. Choose your answer from the choices below.

- A.Coordination
 - C. Reaction time
 - B. Speed
 - D. Power
8. To use his arms and legs together to create a better running action.
Ans.
9. To make sure he leaves the blocks as soon as possible after the gun has sounded.
Ans.
10. It is a religious dance which pays tribute to Saint Longinos, a commander of Santorians in the Roman army who was blind in one eye.
- A. Pahiyas
 - B. Higantes
 - C. Ati-atihan
 - D. Moriones

GLOSSARY OF TERMS USED IN THIS LESSON:

BPM – number of beats per minute

Cramps – a sudden and involuntary contraction of one or more muscles.

Dance Festivals – performed by the community in different celebrations such as fiestas, weddings, thanksgiving, and other happy occasions.

Exercise – structured, repetitive movement of the body intended to improve or maintain physical fitness.

Fitness Program – a plan to have someone improve their health and physical condition through structured physical activities.

Folk Dance- a participation, showing characteristics and temperament of the people through a dance that has been passed on from one generation to generation.

Frequency – means indulging through physical activities like training or exercises religiously

Indigenous Dance – a dance involving a population with shared cultural traditions.

Intensity – the rate of energy being used during exercise

Physical Activities – any bodily movement produced by skeletal muscles that requires energy expenditures.

Physical Fitness – the ability of an individual to perform daily tasks efficiently without undue fatigue.

Sprain – a kind of injury in the muscles

Strain injury – resulted from twisting or pulling of a muscle or tendon

Time- the number of minutes in doing the activity on how long is spent depending on the amount of intensity of the workout or physical activities being executed.

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