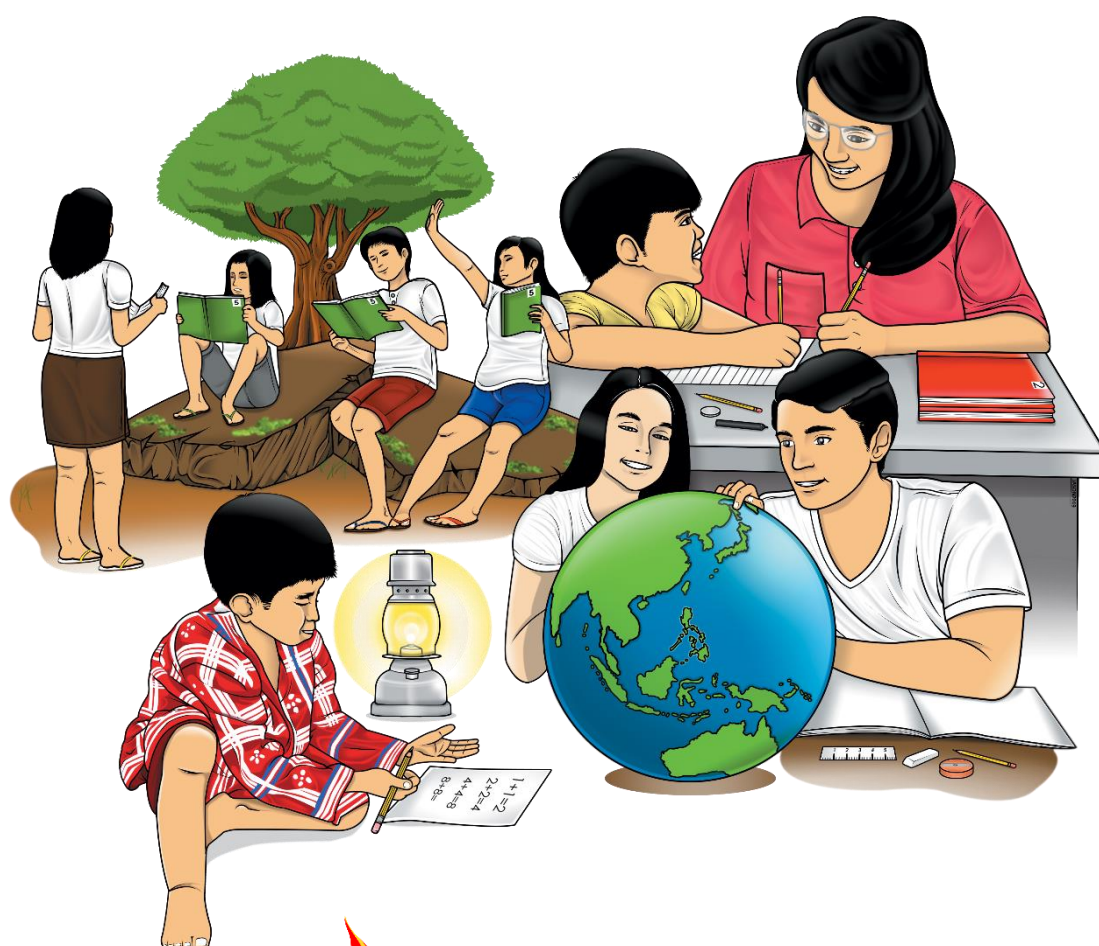


Physical Education

Quarter 1- Module 2: Yoga as Recreational Activity



Physical Education- Grade 10
Alternative Delivery Mode
Quarter 1 – Module 2: Yoga as Recreational Activity
First Edition, 2020

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10

Physical Education **Quarter 1 – Module 2:** **Yoga as Recreational Activity**

Introductory Message

For the facilitator:

Welcome to the **Physical Education 10** Alternative Delivery Mode (ADM) Module on **Yoga as Recreational Activity!**

This module was collaboratively designed, developed and reviewed by educators both from public and private institutions to assist you, the teacher or facilitator in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

This learning resource hopes to engage the learners into guided and independent learning activities at their own pace and time. Furthermore, this also aims to help learners acquire the needed 21st century skills while taking into consideration their needs and circumstances.

In addition to the material in the main text, you will also see this box in the body of the module:



Note to the Teacher

This contains helpful tips or strategies that will help you in guiding the learners.

As a facilitator, you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.

For the learner:

Welcome to the Physical Education Alternative Delivery Mode (ADM) Module on Yoga as Recreational Activity!

The hand is one of the most symbolized parts of the human body. It is often used to depict skill, action and purpose. Through our hands we may learn, create and accomplish. Hence, the hand in this learning resource signifies that you as a learner is capable and empowered to successfully achieve the relevant competencies and skills at your own pace and time. Your academic success lies in your own hands!

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

This module has the following parts with their corresponding icons:



What I Need to Know

This will give you an idea of the skills or competencies you are expected to learn in the module.



What I Know

This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correctly, you may decide to skip this module.



What's In

This is a brief drill or review to help you link the current lesson with the previous one.



What's New

In this portion, the new lesson will be introduced to you in various ways such as a story, a song, a poem, a problem opener, an activity or a situation.



What is It

This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.



What's More

This comprises activities for independent practice to strengthen your understanding and skills of the topic. You may check the answers in the exercises using the Answer Key at the end of the module.



What I Have Learned

This includes questions or open-ended statements to be filled in to process what you learned from the lesson.



What I Can Do

This section provides an activity which will help you transfer your new knowledge or skill into real life situations.



Assessment

This is a task which aims to evaluate your level of mastery in achieving the learning competency.



Additional Activities

In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned. This also develops retention of learned concepts.



Answer Key

This contains answers to all activities in the module.

At the end of this module you will also find:

References

This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!



What I Need to Know

This module was specifically developed and designed to provide you fun and meaningful learning experience, with your own time and pace.

The module is divided into four lessons, namely:

- Lesson 1 – Introduction to Yoga
- Lesson 2 – Yoga Exercise
- Lesson 3 – Development of Yoga
- Lesson 4 – Making it Part of Life

After going through this module, you are expected to:

- assess physical activity, exercise and eating habits; **PE10PF-Ia-h-39**
- engage in moderate to vigorous physical activities for at least 60 minutes a day in and out of school **PE10PF-Ib-h-45**; and
- express a sense of purpose and belongingness by participating in physical-related community services and programs **PE10PF-Ib-h-48**.

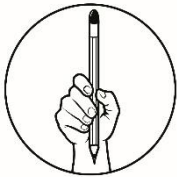
Lesson

5

Introduction to Yoga



Hello there, welcome back! Today's lesson is all about yoga. Sounds familiar? Let's get to know more about it.



What I Know

Directions: List down your observations about the picture below in your activity notebook. Be guided with the following questions: 1. What is the model doing in the picture? 2. What do you call the position of the model? 3. Have you tried doing it or have you seen one?





What's In

Directions: Answer the following questions in your activity notebook.

1. What is meant by FITT?
2. How was your experience doing your planned strength exercise?
3. Are you on track in terms of your fitness target?



What's New

Direction: X-TERMINATOR- Eliminate all the letter X to reveal the hidden words in the table. Use your activity notebook for your answers.

K	U	N	D	A	L	I	N	I
X	X	X	X	X	X	X	X	X
A	S	H	T	A	N	G	A	X
X	X	X	X	X	X	X	X	X
I	Y	E	N	G	A	R	X	X
X	X	X	X	X	X	X	X	X
X	B	I	K	R	A	M	X	X
X	X	H	A	T	H	A	X	X
V	I	N	Y	A	S	A	X	X
X	X	X	X	X	X	X	X	X



Are you familiar with those words? Let us now proceed to the next page to deepen your knowledge about yoga.



What is It

A. What Yoga is

Yoga is an activity that originated in India. It is derived from the word **yuj**, which means “to add,” “to join,” or “to attach.” It is an ancient form of exercise that builds the strength and flexibility of a person. It is also considered as a therapy that boosts physical and mental well-being. The main components of yoga are posture and breathing.

Yoga helps in controlling an individual’s mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; helps manage stress and anxiety; and keeps you relaxed. It also helps in increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality. Practicing yoga might seem like just stretching, but it can do much more for your body from the way you feel, look and move. Regular practice of yoga can help lose weight, relieve stress, improve immunity and maintain a healthier lifestyle.



In every activity that we engage in, we need to consider our safety. Even if we do not move a lot in yoga, we still need to follow precautionary measures or etiquette.

Adapted from Eva Norlyk Smith, Ph.D

B. Precautionary Measures

1. Have a beginner’s mindset.

Yoga may look comparatively simpler, but it’s not. Start with a series of yoga classes for beginners which will introduce you to the basics in a systematic way.

2. Listen to your body.

Listening to your body and honoring its signals is key to a safe practice. If you feel something like strain, you're pushing too hard. If your body feels like it needs a break, then relax and position yourself in child's pose.

3. Do your own pose, do not copy your neighbor.

For most of us, the mind tends to overrule the body. There are appropriate poses for others that we cannot execute. So do not copy something beyond your capability, not until you're ready for it. Therefore, honor what your body could execute.

4. Look for your good edge.

Look for the sweet spot in every pose. That is where you are challenging the body and yourself but still staying completely within your comfort zone. Appreciate your achievement.

5. Choose the right teacher and approach.

Yoga teachers vary in approach, style, experience and training. If you're young and fit, you will be able to handle a wide range of yoga styles and classes. Let your teacher know before the class, and don't be shy to ask if the lessons are suitable for you. If the teacher isn't able to offer specific feedback related to your condition, that's a good indication that the teacher might not be good for you.

C. Food Requirements

What To Eat Before Yoga Session

Those who are looking to practice yoga in the morning, it is better to eat bananas and other fruits like berries, at least 45 minutes prior to your session. Start your day with protein-rich foods like yogurt and dried fruits, oatmeal, fruit smoothies, eggs, homemade protein bars and protein shakes to kick-start your morning filled with energy.

What To Eat After Yoga Session

You should drink water 30 minutes after you have meditated. The idea is to regain the electrolytes that you may have lost during yoga which can cause cramps in the body. Eat a super nutritious meal after your yoga session. Indulge in a bowlful of fresh seasonal fruits or vegetable salads. You can also have hard-boiled eggs, a light sandwich, yogurt with nuts and seeds and cereals.

What You Shouldn't Eat Before and After Yoga

Don't eat a large meal prior to yoga class or avoid dishes that are rich in oil, spices and fried items. Fatty food slows down digestion. You shouldn't have foods that are rich in fat content that substantially slow down your digestion. Whether you are practicing yoga in the morning or evening, ensure that you are well-hydrated, even if it means drinking water, coconut water or lemon water. Your ability to move and maintain focus is compromised with even mild dehydration.

D. Introduction to Yoga

The body in yoga is the vehicle for the development of wisdom, and of spiritual awakening. As such, the body is treated to be sacred. The mastery of our body is considered the foundation of spiritual progress. In yoga we learn to discipline the body by developing awareness and attentiveness, tuning in to our body's subtle energy flows and the life-giving rhythm of our breathing.

The idea is that by becoming more deeply and subtly connected to our physical experience, we can become one or united with ourselves, more grounded, and less swayed by anxieties or neurotic cravings for things that will not truly satisfy us. This can be a very positive influence on our approach to life, offering an antidote to the usual noisy frantic pace that characterizes our modern world.

Here are other benefits of yoga:

- Attainment of perfect balance and harmony
- Self- healing.
- Removal of negative blocks from the mind and toxins from the body
- Augmentation of personal power
- Greater awareness
- Focus and concentration, especially important for children
- Decreased stress and tension in the physical body by activating the parasympathetic nervous system
- Better relationships

The variations of physical activities, breathing techniques, and relaxation in yoga connect the body and the mind.

Types of Yoga	Goal	Description	Benefits	Target Population
<i>Hatha</i>	To improve flexibility and balance	Combines poses with breathing techniques	Relaxing and restorative	Beginners
<i>Vinyasa</i>	To attain good strength, flexibility, and balance	Also known as <i>power yoga</i> ; fast-paced style that requires continuous movement	Weight reduction	Obese and weight-conscious; also suited for runners and athletes
<i>Iyengar</i>	To reinforce the muscles and support the joints	Emphasizes proper alignment	Relieves back and neck pain	Musculoskeletal problems
<i>Bikram</i>	To form Flexibility	A style of hot yoga that increases the muscles'	Enhances athleticism	Athletes, also suited for amateurs

		ability to stretch		
<i>Kundalini</i>	To calm the mind and energize the body	Done by doing body movements, chanting of mantras, and breathing	Tranquility and serenity within self	Individuals aiming for spiritual experience
<i>Ashianga</i>	To develop strength and endurance	Physically challenging style that consists of various poses	Cleansing the body	Yoga practitioners



What's More

Activity 1: Read the following and answer the questions below.

The Beginner Yoga Stages

Stage One - Learn the Yoga Basics: The beginner student fundamentally needs to be equipped with yoga principles, such as how to do the most basic yoga poses that are a part of almost all classes, including sitting cross-legged (sukhasana), sitting with legs straight (dandasana), sitting on your heels (virasana) and doing a flow called sun salutations (nurya namaskar).

Stage Two - Learn the Yoga Fundamentals, Core Stability: You must know how to properly activate your core (bandhas) and how to integrate your breathing (pranayama).

Stage Three - Learn the Yoga Fundamentals, Strength and Stretch: Help you understand how to strengthen your core and maintain core stability while stretching and doing yoga.

Stage Four - Learn the Yoga Fundamentals, Take the Next Step: Challenge yourself with more demanding poses and sequences.

Answer the following questions:

1. What is the importance of being knowledgeable about the stages of yoga?
2. How is it beneficial to you as a learner?
3. What are the possible consequences if we skip one stage in learning yoga?

Activity 2.

Directions: Using the template below, think of a pose that is applicable to each stage. Write your answers in the activity notebook by giving a description of each pose.

Stages	Poses
First Stage	
Second Stage	
Third Stage	
Fourth Stage	

Lesson

6

Yoga Exercises



Welcome back to your second lesson. I hope you are wearing your jogging pants because we will be dealing with a lot of yoga exercises today!



What's In

Directions: Complete the following statements below by applying your knowledge and understanding on the stages of yoga and its safety measures. Use your activity notebook to write your answers.

1. As a beginner my knowledge in the four stages of yoga is

2. To perform yoga, I need to

3. For me, yoga is



What's New

Directions: Perform the warm-up part of your strengthening exercise routine created in the previous module and record your pulse rate. Write your experience on this activity in your notebook.


Pulse Rate	Reflection











What's In

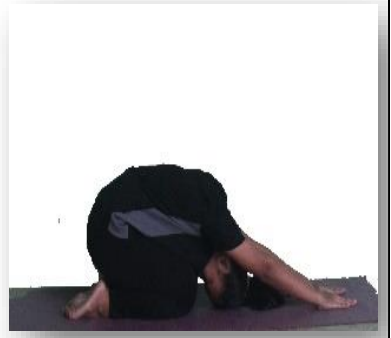
In the last lesson, Yoga was introduced to you. Today, you will be learning the different yoga postures.

Yoga Postures

Yoga Posture	Description	Pose
Mountain pose <i>Tadasana</i>	Hands are raised overhead, palms facing each other with arms straight (Figure of 11) and hold position for 1 minute.	

<p>Downward dog <i>Adho (Mukha) Svanasana</i></p>	<p>Body looks like an inverted “V” and the position is held for 3 seconds or 3 full breaths.</p>	
<p>Warrior (3rd type) <i>Virabhadrasana</i></p>	<p>Right knee is bent at 90-degree angle, left leg is bent to a 45-degree angle, arms are extended to the sides with palms facing down, and held for 1 minute</p>	
<p>Tree pose <i>Vrksasana</i></p>	<p>Sole of the right foot is positioned on the left thigh, hands are in prayer position, and stay for 30 seconds</p>	

<p>Bridge pose <i>Setu Bandha Sarvangasana</i></p>	<p>Start from supine lying position by lying on the floor with knees bent, thighs lifted until parallel to the floor, arms rested on the sides with palms down, chest is raised closer to the chin, and held for 1 minute.</p>	
<p>Triangle pose <i>Utthita Trikonasana</i></p>	<p>Arms are extended to the sides, bend over the right leg, let the right hand touch the floor while the left hand is extended towards the ceiling. Hold the position for 5 breaths.</p>	
<p>Seated twist (1 type) <i>Andha Matsyendrasana</i></p>	<p>The flexed left thigh is positioned over the stretched right leg. Let the right elbow touch the left knee, then twist to the left as far as you can, and stay that way for 1 minute.</p>	
<p>Cobra <i>Bhujangasana</i></p>	<p>From supine lying position, press the shoulders down and slowly raise the upper body. Stretch and feel the tension from the lower back to the neck. Keep the position for 15-30 seconds.</p>	
<p>Pigeon pose <i>Kapotasana</i></p>	<p>From push-up position, the left leg is brought down while the right knee is bent on the floor, chest is brought closer to the floor</p>	

	as the arms are extended in front. Hold for 30 seconds or longer.	
Child's pose <i>Balasana</i>	Sit on your heels, lower your chest and bend forward with chest closer to the knees. Let your forehead rest on the flat surface, with arms extended forward. Hold the pose, and breathe.	



What's More

Activity 1: Let's Try It

Directions: Perform all yoga positions. Determine which ones are easy and which ones are challenging. Write your experience in your activity notebook.

Activity 2: Family Bonding with Yoga

Directions: Invite a family member to perform the different yoga positions with you. Each position shall be done in 18 counts. Ask them to share how they feel towards this activity.

Activity 3: Time to Create

Directions: Choose 5 yoga positions that you wish to try. Write them in your activity notebook. Memorize the positions and perform them without looking at the illustrations.



Assessment

Directions: Write the yoga postures in the table below then execute them. Check the positions that you were able to execute and cross mark if you were not able to execute. Provide a reflection on each position.

Yoga Posture	(/) or (x)	Reflection/Experience/



Additional Activities

Directions: Perform at least five (5) different Yoga positions every day. List the positions using the template below. Write a daily journal about your yoga performance. Follow the following questions: 1. How do you feel every time you do yoga? 2. Can you feel any development in your body and concentration?

Day 1	Day 2	Day 3	Day 4	Day 5

Lesson

7

Development of Yoga



Hi, so how do you find yoga? Let us explore more. Are you ready? Let's proceed.



What's In

Directions: Matching Type. Match the yoga position in column A with its correct name in column B. Write your answers in your activity notebook

Column A

1.



2.



3.



4.



5.



Column B

A. Cobra

B. Seated Twist

C. Triangle Pose

D. Bridge Pose

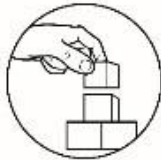
E. Tree Pose

F. Lunge Position



What's New

Directions: Perform your choreographed routine with music of your choice. Record your performance in Yoga (Activity 3, Lesson 6) in your cellphone.



What's More

Activity 4. Time to Teach

Directions: Ask your family member to perform the Yoga positions you chose. Execute them with the tune of a mellow music. Below is the rubric to be used.

Criteria	
Execution 50%	♦All the exercises were executed properly and with ease.
Attainability 30%	♦The principle of FITT was observed and attained in the activity.
Mastery 20%	♦All exercises were executed with mastery and in proper order.
Total- 100 %	

Conduct a simple interview with your family members and let them share what they felt after the performance and how yoga could be beneficial to them.

Activity 5: Directions: Create a simple fitness plan for Yoga applying the FITT principle.

Yoga Posture	1 st Week	2 nd Week	3 rd Week
Mountain pose <i>Tadasana</i>	F-3x a week I- Heel Raise T-45 sec. T-Hang in monkey bars (if available)		

Downward dog <i>Adho (Mukha) Svanasana</i>			
Warrior (3 rd type) <i>Virabhadrasana</i>			
Tree pose <i>Vrksasana</i>			
Bridge pose <i>Setu Bandha Sarvangasana</i>			
Triangle pose <i>UtthitaTrikonasa na</i>			
Seated twist (1 type) <i>AndhaMatsyendra sana</i>			
Cobra <i>Bhujangasana</i>			
Pigeon pose <i>kapotasana</i>			
Childs pose <i>Balasana</i>			



Congratulations,
you have been
doing great! I
hope you were
able to appreciate
yoga.

Lesson

8

Making it Part of Life



Nothing can be greater than making good things become part of our life.

- Yoga is very useful in worldly life to make the body healthy. With a healthy body, one is better able to undertake spiritual practice such as service towards the Absolute Truth (*satsēvā*).
- If yoga is complemented with other forms of spiritual practice to purify the mental body and other bodies, then a person can achieve rapid spiritual progress in his lifetime. Thus, a person can make progress to achieve the purpose of life which is to unite with God.



What's In

Directions: From a scale of 1-10 (1 being the most challenging and 10 being the easiest), rank the following yoga positions from the easiest to the most challenging ones to perform. Write the answers in your activity notebook.

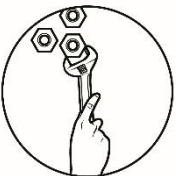
Yoga Posture	Reflection
Mountain pose <i>Tadasana</i>	
Downward dog <i>Adho (Mukha) Svanasana</i>	
Warrior (3 rd type) <i>Virabhadrasana</i>	
Tree pose <i>Vrksasana</i>	
Bridge pose <i>Setu Bandha Sarvangasana</i>	
Triangle pose <i>UtthitaTrikonasana</i>	
Seated twist (1 type) <i>AndhaMatsyendrasana</i>	
Cobra <i>Bhujangasana</i>	
Pigeon pose <i>kapotasana</i>	
Childs pose <i>Balasana</i>	



What I Have Learned

Directions: Below is an exit ticket. After engaging in yoga exercises, complete the table below.

Y O G A		
3 things I like about yoga	2 things I want to share to my friends	1 thing I want to explore more
1. 2. 3.	1. 2.	1.



What I Can Do

Directions: Write an essay using the following guide questions:

In what way can yoga help in improving one's mental condition?
How can yoga help in dealing with the current health crisis we are facing today?



Assessment

Directions: Read the following questions and write the letter that best represents your answer in your activity notebook.

1. What ancient form of exercise builds the strength and flexibility of a person?
A. Yoga B. Tai Chi C. Taekwondo D. Karate
2. What country pioneered Yoga?
A. Philippines B. India C. Venezuela D. Brazil
3. Which of the following is true about Yoga?
A. Yoga was introduced by Brazil.
B. Yoga is intended for athletes only.
C. Yoga is an alternative sports for gymnastics.
D. It is considered as a form of alternative medicine that boosts physical and mental well-being.
4. Which of the following statements is not correct about Yoga?
A. Promotes self- healing. C. Enhances personal power.
B. Yoga is a difficult exercise D. Yoga is for living with greater awareness.
5. What type of yoga is used to develop flexibility and balance?
A. Hatha B. Vinyasa C. Iyengar D. Bikram
6. What type of yoga is used to establish strength, flexibility and balance?
A. Hatha B. Vinyasa C. Iyengar D. Bikram
7. What is the other name for Child's Pose?
A. Balasana C. Vrksasana
B. Kapotasana D. Adho Svanasana
8. What yoga position requires the body to look like an inverted "V" and held on for 3 full breaths?
A. Balasana C. Vrksasana
B. Kapotasana D. Adho Svanasana
9. What yoga position requires the body to sit with your heels, chest lowered and moved forward closer to the knees, forehead to rest on the flat surface, with arms extended forward, and the pose held to breathe?
A. Balasana C. Vrksasana
B. Kapotasana D. Adho Svanasana

10. What yoga position is also known as Tree pose?
- | | |
|---------------|-------------------|
| A. Balasana | C. Vrksasana |
| B. Kapotasana | D. Adho Svanasana |

II- **Directions:** Determine the proper sequence of the procedures to arrive at a certain yoga position.

1. Warrior

- I- Right knee is bent at 90-degree angle
- II- left leg is bent to a 45-degree angle
- III- arms are extended to the sides with palms facing down
- IV- and held for 1 minute

- | | | | |
|----------------|----------------|----------------|----------------|
| A. I-II-III-IV | B. IV-III-II-I | C. I-III-II-IV | D. IV-II-I-III |
|----------------|----------------|----------------|----------------|

2. Cobra

- I- From supine lying position, press the shoulders down and
- II- slowly raise the upper body
- III- Stretch and feel the tension from the lower back to the neck
- IV- Keep the position for 15-30 seconds.

- | | | | |
|----------------|----------------|----------------|----------------|
| A. I-II-III-IV | B. IV-III-II-I | C. I-III-II-IV | D. IV-II-I-III |
|----------------|----------------|----------------|----------------|

3. Pigeon Pose

- I- From push-up position, the left leg is brought down while the right knee is bent on the floor
- II- Chest is brought closer to the floor as the arms are extended in front
- III- Hold for 30 seconds or longer.

- | | | | |
|-------------|-------------|-------------|-------------|
| A. I-II-III | B. III-I-II | C. II-I-III | D. I-III-II |
|-------------|-------------|-------------|-------------|

4. Child's Pose

- I- Sit on your heels, lower your chest and bend forward with chest closer to the knees.
- II- Hold the pose, and breathe.
- III- Let your forehead rest on the flat surface, with arms extended forward.

- | | | | |
|-------------|-------------|-------------|-------------|
| A. I-III-II | B. I-III-II | C. III-II-I | D. I-II-III |
|-------------|-------------|-------------|-------------|

5. Triangle's Pose

- I- Arms are extended to the sides, bend over the right leg
- II- Hold the position for 5 breaths.

III- let the right hand touch the floor while the left hand is extended towards the ceiling.

A. I-III-II

B. I-III-II

C. III-II-I

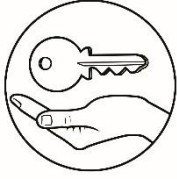
D. I-II-III

Reminder:

Yoga is considered as an alternative medicine because of its healthy benefits physically, mentally, emotionally and spiritually. It keeps the body in good posture and helps in blood circulation because of the varied breathing techniques it offers. Considering the appropriate type of yoga to be performed is very important to prevent injuries.



Congratulations for
a job well done.
Your module ends
here. Keep safe!



Answer Key

<p>Assessment</p> <p>1. A 2. B 3. D 4. B 5. D 6. B 7. A 8. D 9. A 10. C</p>	<p>Lesson II Whats In-</p> <p>1. Hatha 2. Vinyasa 3. Iyengar 4. Bikram 5. Kundalini 6. Ashtanga</p> <p>What I have Learned</p> <p>1. Refer to table of Types of Yoga 2. Refer to the table (Positions of yoga)</p>	<p>Lesson I-Whats IN</p> <p>1. A 2. C 3. E 4. B 5. D</p> <p>Assessment</p> <p>1. D 6.A 11. A 2. D 7. C 12 A 3. D 8. C 13 A 4.D 9. B 14 A 5. D 10. D 15 A</p>
<p>Lesson 7- What's In</p> <p>1. A 2. B 3. C 4. D 5. E</p>	<p>Lesson 2</p> <p>What I know- DO not Record</p> <p>What I can do and Additional Activity-</p> <p>It is the discretion of the teacher as to how many points shall be given to the learner based from the given response/s</p>	<p>Lesson I</p> <p>What I know, What's New, What I have Learned and What I can do- It is the discretion of the teacher as to how many points shall be given to the learner based from the given response/s</p>

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