

Physical Education

Learning Activity Sheet

Quarter 3 – MELC 1 & 2

Undertakes Physical Activity and Physical Fitness Assessments



REGION VI – WESTERN VISAYAS

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Physical Education 7
Learning Activity Sheet Quarter 3 – MELC 1 & 2: Undertakes Physical Activity
and Physical Fitness Assessments
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Introductory Message

Welcome to MAPEH 7!

The **Learning Activity Sheet** is a product of the collaborative efforts of the Schools Division of Cadiz City and DepEd Regional Office VI - Western Visayas through the Curriculum and Learning Management Division (CLMD). This is developed to guide the learning facilitators (teachers, parents and responsible adults) in helping the learners meet the standards set by the K to 12 Basic Education Curriculum.

The **Learning Activity Sheet** is self-directed instructional materials aimed to guide the learners in accomplishing activities at their own pace and time using the contextualized resources in the community. This will also assist the learners in acquiring the lifelong learning skills, knowledge and attitudes for productivity and employment.

For learning facilitator:

The **Physical Education Activity Sheet** will help you facilitate the leaching-learning activities specified in each Most Essential Learning Competency (MELC) with minimal or no face-to-face encounter between you and learner. This will be made available to the learners with the references/links to ease the independent learning.

For the learner:

The **Physical Education Activity Sheet** is developed to help you continue learning even if you are not in school. This learning material provides you with meaningful and engaging activities for independent learning. Being an active learner, carefully read and understand the instructions then perform the activities and answer the assessments. This will be returned to your facilitator on the agreed schedule.

Learning Activity Sheets (LAS) (For Physical Education MOI LA)

Name of Learner: _____
Grade & Section: _____ Date: _____

PHYSICAL EDUCATION 7 ACTIVITY SHEET

Undertakes Physical Activity and Physical Fitness Assessments

I. LEARNING COMPETENCY WITH CODE

➤ Undertakes physical activity and physical fitness assessments and review goals based on assessment results. **(PE7PF-IIIa-h-23)**

II. BACKGROUND INFORMATION FOR LEARNERS

Life is much more enjoyable when you're physically fit. Physical fitness is indeed important to one's life. You will be provided with activities that will activate your prior knowledge on folk dancing.

In this learning activity sheet (LAS), you are guided with a set of learning icons that will help you understand the physical activities through folk dancing. Specifically, you are expected to:

1. identify the dance steps and step pattern use in the dance
2. improve the physical fitness through folk dancing
3. value the importance of folk dancing

In going through the learning activity sheet (LAS), you have to extend your patience in understanding and analyzing what you are reading. Follow the directions and/ or instructions in the activities. Answer the entire given test and exercises carefully. Comply the required activities provided.

III. DIRECTIONS/INSTRUCTIONS

The following are some reminders in using this module:

1. Use the Learning Activity Sheet with care. Do not put unnecessary mark/s on any part of the learning activity sheet. Use your P.E. activity notebook in answering the exercises.
2. Read the instructions carefully before doing each task.
3. Observe honesty and integrity in doing the tasks and checking your answers.
4. Finish the tasks at hand before proceeding to the next.
5. Return this learning activity sheet (LAS) to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this learning activity sheet (LAS), 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!

IV. EXERCISES/ACTIVITIES

Activity 1: Questionnaire!

Directions: Below is a survey questionnaire that reveals your personal information about folk dancing. Accomplish it by putting a check mark (/) corresponding to your response to each item.

QUESTIONS	YES	NO
I enjoy watching folk dances		
I am willing to learn folk dances		
I love researching folk dances.		
I like listening to folk dance music.		
Of all dance genres, folk dance is my favorite.		
I am a member of a folkdance group.		
I have participated in folk dancing in school program/s field demonstrations.		
I started dancing folk dance/s since elementary.		
I have joined folk dancing competition/s.		
I teach folk dances.		

A scale is provided below which helps you make meaning of the responses you have indicated in the survey-questionnaire.

Number of Yes Response

1-3

4-6

7-9

Relative Interpretation

Not so interested in folk dancing activities

Slightly interested in folk dancing activities

Very interested in folk dancing activities






Based on your interpretation of your response to the survey questionnaire, what does this reveal about your interest in folk dancing? Express your answer in 3-5 sentences in the space provided below.

In folk dancing, it is important to study the fundamental positions of arms and feet. They are necessary for you to know and be able to perform a folk dance.






Activity 2: Back to Basic!

Directions: Execute the fundamental positions of feet and arms, without music, by following the instructions given. Count 1, 2, 3 to every position.

The Basic Fundamental Position of the Feet

POSITION	FEET	ILLUSTRATION
1 st Position	Heels together, toes apart with an angle of 45 degrees	
2 nd Position	Astride sideward of about a pace or foot distance.	
3 rd Position	Heel of one foot close to the in-step of the other foot.	
4 th Position	One foot in front of the other about a pace distance.	
5 th Position	Heel of front foot close to the big toe of the rear foot	

The Basic Fundamental Position of the Arms

POSITION	ARMS	ILLUSTRATION
1 st Position	Encircle both arms in front of chest with the fingertips about an inch apart.	
2 nd Position	Both arms raised sideward with a graceful curve.	
3 rd Position	One arm raised sideward, the other arm overhead.	
4 th Position	One arm in a half circle in front, another arm raised overhead.	
5 th Position	Both hands raised overhead.	

Reflection:

After learning and performing the basic fundamental position of the arms and feet, would you consider joining in folkdance events? Why?

Activity 3:

This time execute the following steps with music. Do this with your partner.

- a. Fundamental positions of the feet
- b. Fundamental positions of the arms
- c. Fundamental positions of the arms and feet.

Your performance will be rated according to the rubrics below.

RUBRIC FOR SCORING	
Mastery/ Execution	30 pts.
Timing and Performance	10 pts.
<u>Behavior/Teamwork</u>	<u>10 pts.</u>
TOTAL: 50 pts.	

Reflection

What did you feel about the activity? Were you able to perform the fundamental positions properly?

Assessment

Directions: Read and understand the questions carefully. Choose and encircle the letter of the correct answer.

1. It is one of the basic positions of the arms where both hands are raised overhead.

- | | |
|-----------------------------|-----------------------------|
| a. 1 st position | c. 4 th position |
| b. 3 rd position | d. 5 th position |

2. Refers to the position where both arms are encircled in front of the chest with fingertips about an inch apart.

- | | |
|-----------------------------|-----------------------------|
| a. 1 st position | c. 4 th position |
| b. 2 nd position | d. 5 th position |

3. One arm raised sideward, the other arm overhead. In what basic position of the arm does it fall?

- | | |
|-----------------------------|-----------------------------|
| a. 5 th position | c. 4 th position |
| b. 1 st position | d. 3 rd position |

4. Heels together, toes apart with an angle of 45 degrees. What position of the feet is being described?

- | | |
|-----------------------------|-----------------------------|
| a. 1 st position | c. 4 th position |
| b. 3 rd position | d. 5 th position |

5. One of the basic positions of the feet where the heel of front foot is close to the big toe of the rear foot.

- | | |
|-----------------------------|-----------------------------|
| a. 2 nd position | c. 3 rd position |
| b. 5 th position | d. 1 st position |

V. Guide Questions:

1. Is folk dancing important in the development of your holistic health? Why?

VI. REFLECTION:

Why is it important for an individual to undertake folk dancing?

VII. REFERENCE:

Source; <https://www.google.com/search?q=folk+dance+images>

Bushman, B. (2011), Complete Guide to Fitness & Health. Illinois, Human Kinetics

VIII. KEY ANSWER

<p>Activity 1. Students answer may vary.</p> <p>Activity 2. Students answer may vary.</p>	<p>Activity 3. Students are graded according to rubrics.</p>	<p>ASSESSMENT</p> <p>1. D</p> <p>2. A</p> <p>3. D</p> <p>4. A</p> <p>5. B</p>
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