

Physical Education Learning Activity Sheet Quarter 3 – MELC 3

The Nature and Background of the Dance



REGION VI – WESTERN VISAYAS

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Physical Education 7
Learning Activity Sheet Quarter 3 – MELC 3: The Nature and Background of the Dance
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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

The Nature and Background of the Dance

I. LEARNING COMPETENCY WITH CODE

- Describes the nature and background of the dance. **(PE7RD-III d-1)**

II. BACKGROUND INFORMATION FOR LEARNERS

Being a Filipino, it is a must that we know the folk dances of our country. It brings a sense of pride to have knowledge of our dances that represent cultural identity. These dances allow you to use your body and help you to be physically active as you engage in dancing as a physical activity.

This learning activity sheet (LAS) 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.

After reading this learning activity sheet, you should be able to describe the nature and background of the dance.

Specifically, you are expected to:

1. trace the history of folk dance;
2. perform the skills that are fundamental in executing steps in folk dancing;

So, gear up and get ready! Be involved in folk dancing.

III. DIRECTIONS/INSTRUCTIONS

The following are some reminders in using this Learning Activity Sheet (LAS):

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 all the activities. Write each activity number and its title.
2. Read the directions carefully before doing each task.
3. Observe honesty and integrity in doing the tasks and checking your answers.
4. Finish the task 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:

Directions: Name some Philippine folk dances that are familiar to you. Write your answers below.

FOLK DANCE - TINIKLING

(Nature and Background)

What is Folk Dance?

Folk Dance refers to the dances created and performed collectively by the ordinary people. The term usually includes: so called "ethnic dances" such as those of the cultural community in the Cordillera, in Mindoro, Palawan, Sulu and Mindanao, and the rural or lowland Christian dances, among the groups, like the Ilocano, Pangasinan, Tagalog, Pampango, Bicol, Cebuano, Ilongo, and Waray.

One known folk dance is Tinikling from Visayas.

Tinikling is a traditional Philippine folk dance which originated during the Spanish colonial era. The dance involves two people beating, tapping, and sliding bamboo poles on the ground and against each other in coordination with one or more dancers who step over and in between the poles in a dance. The name "tinikling" is a reference to birds locally known as tikling. The term tinikling literally means "to perform it 'tikling-like. The dance originated in Leyte, Island in Visayas. It imitates the movement of the tikling birds as they walk between grass stems, run over tree branches, or dodge bamboo traps set by rice farmers. Dancers imitate the tikling bird's legendary grace and speed by skillfully maneuvering between large bamboo poles.

COSTUME. Girls wear "balintawak" or " patadyong." Boys wear " barong tagalog" and long red trousers with one leg rolled up. The Balintawak are colorful dresses with wide arched sleeves and the patadyong is a pineapple fiber blouse paired with checkered skirts. They dance barefoot.

MUSIC is divided into two parts: A and B. COUNT one, two, three to a measure $\frac{3}{4}$ signature.

FORMATION. Dancers stand at the left side of the bamboo poles, girls in front, facing the audience.

Remember these signs/ symbols:

R – Right M - Measure 5

L – Left X - Boys Ct – Counts O – Girl

It is very important to know the basic dance steps in order to perform the dance skillfully.

Dance Step	Step Pattern	Counting	Measures
1. Touch Step	Point, Close	1, 2	8
2. Close Step	Step, Close	1, 2	8
3. Hop Step	Step, Hop	1, 2	8
4. Change Step	Step, Close, Step	1 and 2	8
5. Change Step with Arms in Lateral Position, R & L alternately	Step, Close, Step, arms in lateral position, R and L alternately	1 and 2	8
6. Change Step, arms in reverse "T" while doing kumintang clockwise	Step, Close, Step, Arms in reverse "T", turning the hand from the wrist clockwise	1 and 2	8
7. Kuradang	Step, Close, Step, Cross, Step, Close, Step, Point	1 and 2, 3 1 and 2, 3	8

Activity 2:

Directions: Perform the basic dance steps through video or either have a picture and send it to your MAPEH Teacher.

Assessment:

Directions: Read the following questions.

1. It is a traditional Philippine Folk Dance originated in Leyte, Island in Visayas.
A. Tinikling B. Sakuting C. Subli D. Kuradang
2. It is colorful dresses with wide arched sleeves.
A. Patadyong B. Balintawak C. Skirt D. Sleeves
3. What is the time signature of a dance Tinikling?
A. $\frac{3}{4}$ B. $\frac{4}{4}$ C. $\frac{2}{4}$ D. None of the above
4. The name "tinikling" is a reference to birds locally known as _____.
A. Maya B. Tikling C. Punay D. Balinsasayaw
5. It refers to the dances created and performed collectively by the ordinary people.
A. Latin Dance B. Creative Dance C. Folk Dance D. Interpretative

V. GUIDE QUESTIONS

What do you think are the benefits that can be gained from dancing folk dance?

VI. REFLECTIONS

Why is it important to learn the nature and background of folk dance?

RUBRICS

RUBRIC FOR SCORING	
Mastery	15 pts.
Utilization of basic dance steps	10 pts.
<u>Creativity</u>	<u>5 pts.</u>
TOTAL:	30 pts.

VII. REFERENCE

Source: *CCP-Encyclopedia of Philippine Art, Volume V, Philippine Dance, Printed by Vera-Reyes, Inc., First Printing, 1994*
Physical Education and Health Grade 7Learners Material First Edition

VIII. ANSWER KEY

1. A
2. B
3. A
4. B
5. C

ASSESSMENT