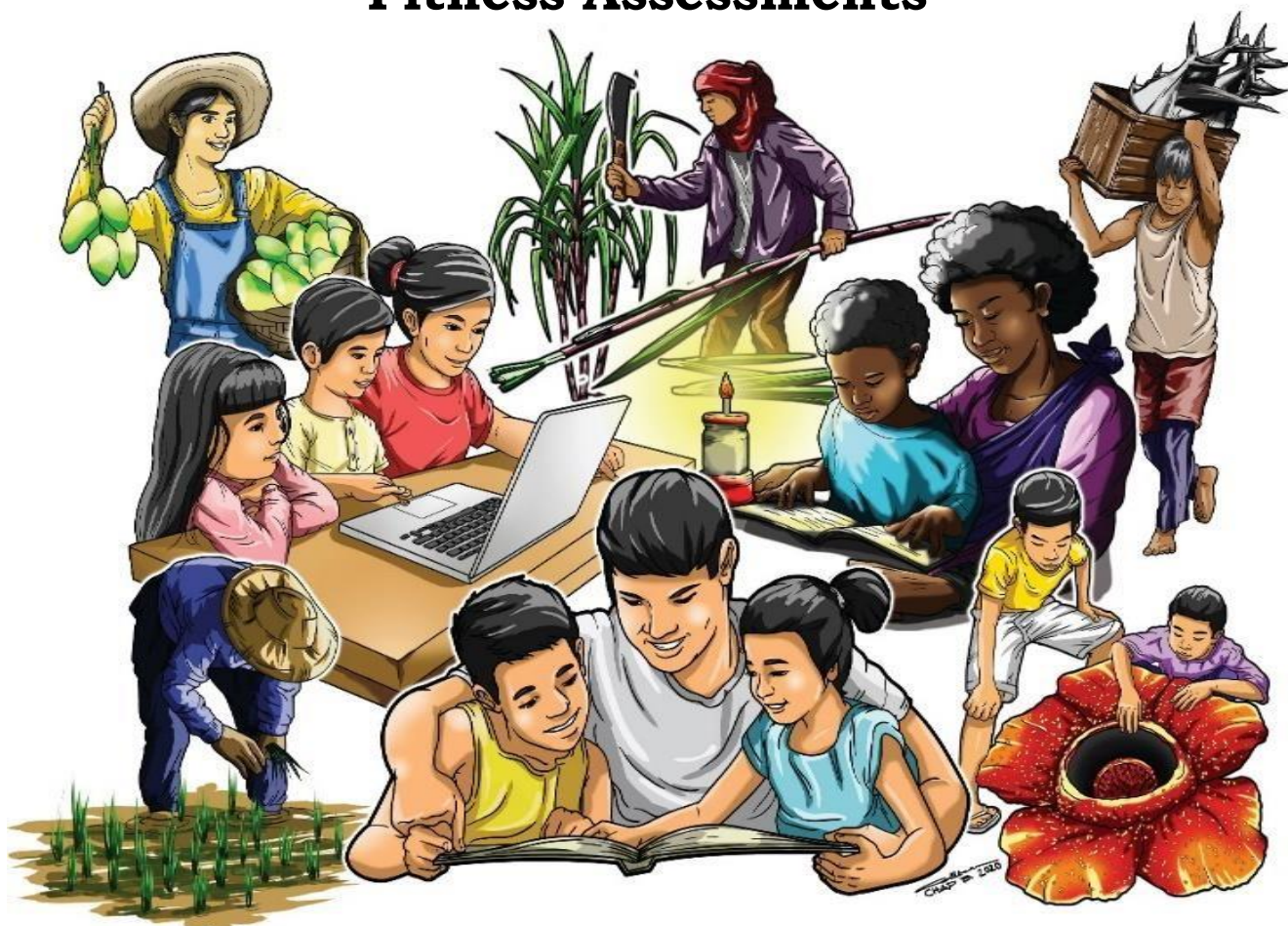


Physical Education

Learning Activity Sheet

Quarter 4 – MELC 1 & 2

Undertakes Physical Activity and Physical Fitness Assessments



REGION VI – WESTERN VISAYAS

GOVERNMENT PROPERTY
NOT FOR SALE

PHYSICAL EDUCATION 7

Learning Activity Sheet Quarter 4 – MELC 1 AND 2: Undertakes Physical Activity and Physical Fitness Assessments **First Edition, 2021**

Published in the Philippines
By the Department of Education
Region 6 – Western Visayas

Republic Act 8293, section 176 states that: No copyright shall subsist in any work of the Government of the Philippines. However, prior approval of the government agency or office wherein the work is created shall be necessary for exploitation of such work for profit. Such agency or office may, among other things, impose as a condition the payment of royalties.

ALL RIGHTS RESERVED. No part of this learning resource may be reproduced or transmitted in any form or by any means electronic or mechanical without written permission from the DepEd Regional Office 6 – Western Visayas.

This **Learning Activity Sheet** is developed by DepEd Region 6 – Western Visayas.

Development Team of Music Activity Sheet

Writer: Revie B. Almodiel

Layout Artist: Mara Jamaica B. Floreno

Schools Division Quality Assurance Team:

Rona F. Dela Torre,
Francisco C. Dela Peña, Jr.
Edna Gabayeron

Division of Cadiz City Management Team:

Ma. Lorlinie M. Ortillo
May P. Pascual
Rona F. de la Torre
Francisco C. Dela Pena, Jr.

Regional Management Team:

Ramir B. Uytico
Pedro T. Escobarte Jr.
Elena P. Gonzaga
Donald T. Genine
Athea V. Landar

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 7 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 7 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 Level: _____ Section: _____

Date: _____

PHYSICAL EDUCATION 7 LEARNING ACTIVITY SHEET No. 1

I. LEARNING COMPETENCY WITH CODE

Undertakes physical activity and physical fitness assessments and reviews goals based on assessment results **(PE7PF-Iva-h-23)**

II. BACKGROUND INFORMATION FOR LEARNERS

Introduction

Most people nowadays are becoming fitness conscious as one of their goals in life. They consider Physical fitness as part of their daily routine to help them accomplish their daily tasks without feeling any discomfort. In this quarter is an overview of the different festival dances in the Philippines.



https://www.google.com/search?q=festival+dances+in+the+philippines&rlz=1C1CHZN_enPH945PH945&source=lnms&tbnm=isch&sa=X&ved=2ahUKEwiOweT5_6zwAhUHwZQKHagcBF4Q_AUoAXoECAEQAw&biw=1366

Festival Dance

Festival dances refers to cultural dances performed in the strong beats of percussion instruments by a community of people sharing the same culture and traditions usually in honor of a Patron Saint or thanksgiving for bountiful harvest it may categorized as religious or secular in nature.

Some of the famous festivals in the countries include Ati-atihan of Kalibo, Dinagyang of Iloilo, Masskara of Bacolod City, Kadayawan of Davao and Sinulog of Cebu.

Festivals has been a consistent crowd-drawing activity that lifts the economy of one place, and it promotes the local tourism and entertainment value. Festival dances articulates the unity of Filipinos that amidst economic, social, environmental, cultural and political challenges remain resilient and together they stand as one nation.

III. EXERCISES/ACTIVITIES

Activity 1: Festival and Fitness

Festival dances take a big part in our culture as Filipino. People from all over the country have developed and established these dances for entertainment and take a large part in the improvement of our economy. Festival dance also helps improve the physical wellness of those who are engaged in dance making.

Objectives:

- Discover one's awareness of festival dancing and its relationship to physical fitness.
- Develop insights on how to improve physical fitness by engaging in a festival dance.

Instruction:

Execute warm-up exercise using basic dance steps in a festival dance.

- Step close (forward, sideward) (16 cts)
- Step point (R & L alternately) (16 cts)
- 4 Walking steps forward & backward alternately in 16 cts.

Here's how:

- Read the contents on the table and check the column which you think is the right answer to the question.
- A scale is provided for you to make a meaningful interpretation of the responses you have indicated in the survey questionnaire.

SURVEY QUESTIONS FOR FESTIVAL DANCING

Festival Dancing and Related Activities	Yes	No
1. Do you have a festival in your town?		
2. Is there anybody in your family who is a member of a festival group?		
3. Have you watched any festival dancing competition?		
4. Do you watch festival dances in youtuber or in TV shows?		
5. Do you believe that festival dancing improves one's fitness?		
6. Have you been involved in a festival in your place?		
7. Are you proud of the festival in your place?		
8. Do you agree that only those who are physically fit can participate in festival dancing?		
9. Do you believe that festival dancing can improve your fitness and personal discipline?		
10. Do you agree that one's physical fitness can be improved by actively participating in festival dancing?		

No. of YES responses	Relative Interpretation
1-3	Inactive in festival dancing activities
4-6	Moderately active in festival dancing activities
7-10	Highly Active in festival dancing activities

Guided Questions:

Answer the following questions based on the interpretation of your responses to the survey-questionnaire.

1. What did you feel after the activity?

2. What did you find out after answering the questions?

3. What insights did you learn from the activity?

4. What does your knowledge in festival dances and physical fitness reveal in relation to your personal fitness program?

IV. REFLECTION

Write your insights by completing the paragraph below:

My knowledge in festival dances and physical fitness tells me that

V. REFERENCE FOR THE LEARNERS

Lagyap. Bulalacao F . , et.al., 2017 *Physical Education and Health Learner's Material 7, First Edition*, Meralcon Avenue, Pasig City

VI. ANSWER KEY

Activity 1 & 2: Answer may
vary

