

Physical Education

Learning Activity Sheet

Quarter 4 – MELC 3

Nature and Background of the Dance



REGION VI – WESTERN VISAYAS

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PHYSICAL EDUCATION 7

Learning Activity Sheet Quarter 4 – MELC 3: Describes 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 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. 2

I. LEARNING COMPETENCY WITH CODE

Describes the nature and background of the dance. (PE7RD-IVc-1)

II. BACKGROUND INFORMATION FOR LEARNERS

Introduction

Being a Filipino it is a must that we know the different Festivals in the Philippines. It brings a sense of pride and honor to have the knowledge about our culture through the different Festival dances. Engaging in these dance activities can help our body to be physical and mentally active.



<https://www.zenrooms.com/blog/post/sinulog-festival/>

I. Festival dance and Nature of the dances

A. Cultural with religious influence.

These dances are characterized by movements showing reverence to a religious icon believed to have interceded in their personal life. The following are some of these dances:

The Ati-atihan Festival, this festival is held annually in January in honor of the Santo Niño (Infant Jesus), concluding on the third Sunday in the island and town of Kalibo, Aklan in the Philippines. The name Ati-atihan” means be like Aetas” or “ make believe Ati’s”. Aetas refers to the people who are the primary settlers in the island. The festival consists of tribal dance, music, accompanied by indigenous costumes and weapons, and parade along the streets.



www.traveltrilogy.com/2018/11/ati-atihan-festival-kalibo-aklan.html



<https://thehappytrip.com/2018/03/moriones-festival/>

The **Moriones** is an annual festival held during Holy Week on the island of Marinduque, Philippines. The “Moriones” are men and women in costumes and masks (morion) replicating the garb of biblical Roman soldiers as interpreted by local folks.

The **Sinulog** dance, this performed in honor of the parton dance is accompanied by the drums. The image of the famous brought to Cebu and the established in the region.



dance is in Santo Niño. The sound of the Santo Niño was Catholic faith was

B. Indigenous Influence/ Non-Religious Festival

This refers to the Festival that does not commemorate to any of the gods or deities. These celebrations are performed along the streets as dancers performed rhythmical movements accompanied by canned or indigenous musical instruments.

Lanzones Festival is an annual thanksgiving celebration for **Camiguin** Island bountiful harvest. This feast is held annually during the third week of October, in Time for the season of the tropical Lanzones. The province of Camiguin is well known for having the sweetest lanzones among the abundant sources of fruits along the north-central coast of Mindanao.



<https://www.rappler.com/life-and-style/travel/photos-lanzones-festival-2019>

Masskara Festival. These is celebrated in the City of Bacolod Negros Occidental. The festival first began in 1980 during a period of crisis in the province of Negros Occidental. During this tragic events, the city's artists, local government and civic group decided to hold a **Festival of Smiles**, because the city was known as the **City of Smiles**. They reasoned that a festival was also a good opportunity to pull the residents out of the pervasive gloomy atmosphere.



masskara-festival-guide.html



C. FILM

The Metro Manila Film Festival (MMFF-P) is an annual film festival held in Manila. The festival, which runs from the 25th of December to the first week of

January in the following year, focuses on locally produced films.

<https://www.rappler.com/entertainment/movies/updates-metro-manila-film-festival-gabi-ng-parangal-awards-night-december-27-2020>

D. FLOWER FESTIVAL

This festival commemorates the season of blooming as it pays tribute to the blooms and lush found in a particular place. **Panagbenga Festival** (Blooming Flowers Festival) is a month-long annual flower festival occurring in Baguio, the summer capital of the Philippines.



<https://madeinphilippineshandicrafts.wordpress.com/2017/05/09/panagbenga-festival-a-season-for-blooming/>

III. EXERCISES/ACTIVITIES

Activity 1:

Direction: Name other different festival dance its nature and origin that you know. Write your answers below.

1. _____
2. _____
3. _____
4. _____
5. _____

Activity 2:

Direction: On a Whole size bond paper create a picture collage that shows different festivals and its nature and origin in the Philippines.

Rubrics:

Content	-	10 pts
Creativity	-	10 pts
Organization	-	5 pts
Neatness	-	<u>5 pts</u>
Total		30 pts.

Assessment:

Direction: Read the following questions.

- ____ 1. It refers to the annual film festival held in Manila.
- ____ 2. It refers to a festival that pays tribute to a patron or saint.

- _____ 3. This city is also known as the “City of Smiles”.
- _____ 4. This festival is being celebrated in the month of January in honor for their patron Santo Niño in Kalibo, Aklan.
- _____ 5. This dance is performed in the strong beats of percussion instruments by a community of people sharing the same culture.

IV. REFLECTION

As a Filipino youth, what do you think is the importance of learning the different festival dances in the Philippines?

V. REFERENCE FOR THE LEARNERS

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

VI. ANSWER KEY

	2. Cultural with religious influence
	3. Bacolod City
	4. Ati-Atihan Festival