

Physical Education

Learning Activity Sheet

Quarter 4 – MELC 4

Festival Dance



REGION VI – WESTERN VISAYAS

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Physical Education 7

Quarter 4 - Learning Activity Sheet No. 4 – MELC 4: Festival Dance First Edition, 2021

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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 & Section: _____ Date: _____

PHYSICAL EDUCATION 7 LEARNING ACTIVITY SHEET No. 4

Festival Dance

I. LEARNING COMPETENCY WITH CODE

- Executes the skills involved in the dance. **(PE7RD-IV-h-4)**

II. BACKGROUND INFORMATION FOR LEARNERS

As Filipinos, we are known as fun-loving and concerned with our health and fitness. Our country is highlighted all year round with colorful festivals and street dances which serve as physical activities. Festival dance not just gives us entertainment, fun and merrymaking but leads us to personal fitness with additional victory of winning the competition.

Festival dances are cultural dances performed to the strong beats of percussion instruments by a community of people sharing the same culture usually done in honor of a Patron Saint or as a thanksgiving for a bountiful harvest. Festival dance may be religious or secular in nature. But the best thing about festivals is that they add to the merrymaking and festivities of a place where they are celebrated, the reason why is called festival dances after all. Festival dances draw the people's culture by portraying the people's way of life through movements, costumes and implements inherent to their place of origin.

Festivals in The Philippines:10 Most Exciting Filipino Fiestas

- 1.Sinulog Festival - Cebu
2. Ati-Atihan Festival -Aklan
3. Dinagyang Festival – Iloilo City
4. Pahiyas Festival – Lucban, Quezo
5. Panagbenga Festival – Baguio City
6. Lechon Festival – Batangas
7. Kadayawan Festival – Davao City
8. MassKara Festival – Bacolod City
9. Tuna Festival – General Santos City
10. Higantes Festival – Angono, Rizal

After reading this learning activity sheet, you should be able to discover and analyze festival dance.

Specifically, you are expected to:

1. Develop personal fitness
2. Promote our own culture

So, let us improve our physical fitness by actively participating in festival dancing.

III. DIRECTIONS/INSTRUCTIONS

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

Read the directions carefully before doing each task.

Observe honesty and integrity in doing the tasks and checking your answers.

Finish the task at hand before proceeding to the next.

1. 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!

EXERCISES/ACTIVITIES

Activity 1:

Directions: Name ten (10) Philippine Festival dances including their place of origin that are familiar to you. Write your answers below.

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Fundamental Skills

These are practical skills that a child needs for living and being which are sometimes considered basic or functional. The designation of fundamental skill is preferable to other labels because the skills are simple characteristics and attributes are necessary to function in the environment.

Locomotor Skills

These are movements that allow us to move from one point in space to another. It is camed from two words, “locos” which means place, and “motor”, which means movement. They include the following:

Locomotor skill	How it is done
Step	-The complete transfer of weight from one foot to the other foot
Walk	-A series of steps executed by both of your feet alternately in any direction.
Run	-Series of walk executed quickly in any direction wherein only foot stays on the ground while the other is off the ground.
Leap	-Spring from one foot and land at the other foot in any direction.

Jump	Having both feet lose contact with the ground. *Take off from one foot and land on the same foot; *Take off from one foot and land on the other foot; *Take off from one foot and land on the both feet; *Take off from both feet and land on one foot; and *Take off from both feet and land on both feet.
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Non-Locomotor Skills

These are movements that are performed in one point in space without transferring the weight to another point. They should allow you to move from one place to another. These movement includes:

Non-Locomotor Skill	How it is done
Flexion	-it is the act of decreasing the angle of a joint. Another term for flexion is to bend. Example: Arm bend and knee bend
Extension	-this the opposite of flexion. You are extending if you are increasing the angle of the joint. Stretching is another word for extension.
Contraction	-a muscle movement done when it shortens, narrows, and tightens using enough energy in the execution.
Release	-a muscle movement opposite o contraction done when it shortens using sufficient energy in the execution.
Collapse	-to deliberately drop the exertion of energy into the body segment.
Recovery	-the opposite of collapse. This is to regain the energy into the body segment.
Rotation	-to rotate or to move a body segment allowing it to complete a circle with its motion. It is not only limited to circumduction which is done in the wrists, waist, knees, and ankles
Twist	-to move a body segment from one axis halfway front or back or quarter to the right or left as in the twisting of the neck allowing the head to face right or left and the like.
Pivot	-to change the position of the feet or any body part that carries the body's weight allowing the body to face in a less than 360 degrees turn.
Turn	-to move in a turning movement with a base of support, usually a pointed foot, the other raise, while equilibrium is maintained until the complete of the turn.

Manipulative Skill

These are skills developed when handling an object. Most of these skills involve the hands and feet but other parts of the body can also be used like catching, kicking, throwing, etc.

Activity 2:

Directions: Create a 2 to 3 minutes festival dance presentation portraying “Panahid sa Baybayon” (Fishing in the Seashore) or “Sakada Dance” (Planting Sugarcane). The dance must be a combination of steps using locomotor and non-locomotor movement and send it through Facebook Messenger or any social media platform to your MAPEH Teacher.

Assessment:

Directions: Read and answer the following questions.

- _____ 1. A procession and lively street dancing in Cebu in honor of Santo Niño.
- _____ 2. The locals masquerading as Negritos in colorful costumes, dancing and chanting “Hala Bira!”.
- _____ 3. An annual celebration to pay homage to San Isidro Labrador, the patron saint of farmers, for a bountiful harvest in Lucban, Quezon.
- _____ 4. A month-long festival in Baguio which also means “A Season for Blossoming”.
- _____ 5. A Festival of Many Faces in Negros Occidental.

IV. Guide Questions:

How will you promote festival dance in your locality?

VI. Reflections:

As a Filipino how do you feel about celebrating festivals?

RUBRIC FOR SCORING in Activity 2

Mastery	15 pts
Utilization of locomotor, non-locomotor steps and manipulative skill	10 pts
Creativity	<u>5 pts</u>
TOTAL:	30 pts

VII. Reference:

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

<https://www.zenrooms.com/blog/post/festivals-in-the-philippines/>

VII. Key Answer

1. Sinulog Festival
2. Ati-Atihan Festival
3. Pahiyas Festival
4. Panagbanga Festival
5. Masskara Festival