# MundiTek 10

## Appreciating Music, Arts, Physical Education, and Health

EDITION 1

Author Cresencio Dumo Jr.



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Appreciating Music, Arts, Physical Education, and Health

Cresencio Magoncia Dumo Jr.

Author

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# FOREWORD

Being able to express oneself through different activities such as singing, creating artwork, or simply playing a game means a lot to people. It gives them an avenue to relax and live an active healthy lifestyle.

Music, Arts, Physical Education, and Health (MAPEH) aims to teach our learners the value and richness of our culture within and beyond our borders through songs, dances, artworks, and different physical activities.

Music and Arts aims to provide knowledge and skills on the rich culture and traditions of the Philippines and other countries across the globe, providing an opportunity for our learners to show their ingeniousness through creative performances and artworks.

Physical Education aims to give each learner a chance to live a healthy lifestyle through different physical fitness activities which focus on the development of the learner's abilities, competence, and confidence.

Health Education will help our learners gain knowledge and skills needed in obtaining a positive attitude towards life. It aims to educate our learners about emotional, mental, and social health issues and concerns pertaining to relatable circumstances in their daily lives.

We wish to impart knowledge and skills using this MundiTek: Appreciating Music, Arts, Physical Education, and Health Series.

# About the Author

**Cresencio Magoncia Dumo Jr.**

Cresencio Magoncia Dumo Jr. is a dedicated husband to Krisha and a father to a daughter, Addy. He finished his bachelor's degree in Music Education at the Philippine Normal University, Manila and currently finishing his Master's degree in Music Education at the Sta. Isabel College, Conservatory of Music, Manila.

He was a former member of the Philippine Normal University Chorale and was entitled to a tuition scholarship.

A Christian by choice and by heart, he helped established music ministries and conducted music seminars.

He started working and forming chorale groups and ensembles and shared his passion in choral singing and music education since 2007.

He is currently employed at the Department of Education National Capital Region- Sta. Lucia High School Division of Pasig and handling MAPEH Grade 10. He is the choir master of Koro Panag-uyon (SLHS Choir) and the SLHS Faculty Choir.

# HOW TO USE THIS RESOURCE



## OUTCOMES

Each lesson has its own set of learning goals. This informs the readers on what is expected to be learned by the end of the lesson.



## CHECK

This is a brief and fun activity that is related to the topic that can help in attracting the attention of the students.



## EXPLAIN

This is where the main content of the lesson is found.



## PRACTICE

This contains exercises after the discussion.



## EVALUATE

This will measure how much you have learned

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# UNIT 1

# Lesson 01

## MUSIC EDUCATION

### OUTCOME

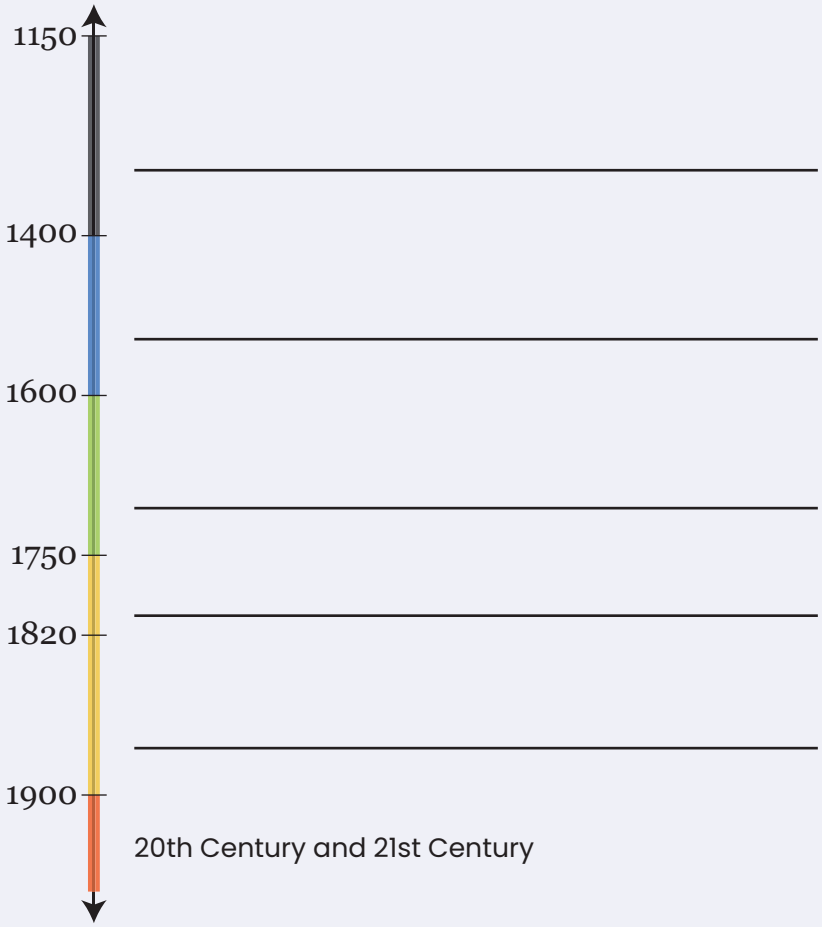
At the end of this module, you are expected to:

- Identify the different musical styles of the 20th Century Period.

### CHECK

Let us review your past lesson in Music Education!

**Directions:** Complete the timeline of Western Classical Period from its start up to the 20th Century. Write your answers on the space provided.





# EXPLAIN

The start of the 20th century saw the rise of distinct musical styles that reflected a transition from the conventions of classical music from the previous centuries. These new styles were: impressionism, expressionism, neo-classicism, avant-garde music, and modern nationalism.

## Musical Styles of the 20th Century Period

### Impressionism

Impressionism is a French movement in the late 19th and early 20th century. The sentimental melodies and dramatic emotionalism of the preceding Romantic Period were being replaced in favor of moods and impressions. Impressionism was an attempt to not depict reality, but merely to suggest it. It was meant to create an emotional mood rather than a specific picture.

### Expressionism

Expressionism is a musical style where it tends to depict the emotions rather than presenting an impression of a reality.

Expressionism reveals the composer's mind, instead of presenting an impression of the environment.

### Neoclassicism

Neoclassicism is a movement moderating the emotional excesses of the Romantic Period and the violent impulses of the soul in expressionism. It was, in essence, a partial return to an earlier style of writing, particularly the tightly-knit form of the Classical Period.

### Avant Garde Music

It is a movement that dealt with the parameters or the dimensions of sound in space.

### Modern Nationalism

Modern Nationalism is a style where composers use modern techniques of music composition and combining them with folk and traditional materials or music.

A looser form of 20th century music development focused on nationalist composers and musical innovators who sought to combine modern techniques with folk materials.

## Electronic Music

Electronic music is defined as music using electronic devices such as amplifiers, synthesizers, and tape recorders to produce unique and different sounds.

It relies on the capacity of electronic machines such as synthesizers, amplifiers, tape recorders, and loudspeakers to create different sounds.

## Chance Music

Chance music believes that there are no duplication of sounds from the surrounding environment, both natural and man-made, as each happens by chance.

Chance music refers to a style in which the musical piece sounds different at every performance because of randomized use of techniques in production, including the use of ring modulators or natural elements that become a part of the music.



## PRACTICE

**Directions:** Listen to the example music below. Write a reaction about the music following the guide questions below.

Claire de Lune by Claude Debussy

https://www.youtube.com/watch?v=ea2WoUtbzuw

1. How do you feel about the music?
2. What do you visualize while listening to the music? Explain why you visualize it as such.
3. After listening to the music, does it make you appreciate it, or not? Explain your answer.

# EVALUATE

**Directions:** Choose the correct answers from the pool of words below. Write your answers on the space provided before each number.

| | | | |
|---|---|---|---|
| Impressionism | Expressionism | Chance Music | Avant Garde Music |
| Electronic Music | Neo Classicism | Modern Nationalism | |

_____ 1. This refers to a style in which the musical piece sounds different at every performance because of randomized use of techniques in production, including the use of ring modulators or natural elements that become a part of the music.

_____ 2. It reveals the composer's mind, instead of presenting an impression of the environment.

_____ 3. This was an attempt to not depict reality, but merely to suggest it.

_____ 4. Is a movement that dealt with the parameters or the dimensions of sound in space.

_____ 5. This movement moderates the emotional excesses of the Romantic Period and the violent impulses of the soul in expressionism.

# ARTS EDUCATION

## OUTCOMES

After going through this module, you are expected to:

- Identify the different 20th century art styles and movements.
- Create a modern artwork through editing images based on the different art styles and movements of the era.

## CHECK

**Directions:** Unscramble the given words below to reveal the Musical Styles below. Write your answers on the space provided.

_____ 1. MSINOISSERPMI

_____ 2. TSPO MSINOISSERPMI

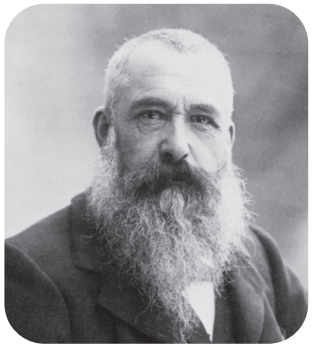
_____ 3. NATAV ERDAG

_____ 4. IMIRPIVSMIT

_____ 5. RACSTTBA

## EXPLAIN

### Artists from the various art movements

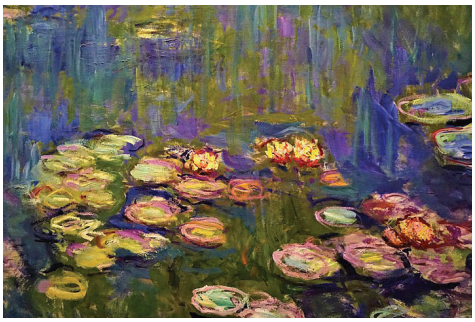


**Claude Monet** (1840-1926) was one of the founders of the impressionist movement along with his friends Auguste Renoir, Alfred Sisley, and Frederic Bazille. He was the most prominent of the group and is considered to be the most influential figure of the movement. Monet is best known for his landscape paintings, particularly those depicting his beloved flower gardens and water lilies ponds at his home in Giverny.

**Here are some of Claude Monet's works:**



Springtime



Water Lilies



Water Lily Pond



**Edouard Manet** (1832-1883) was one of the first 19th century artists to depict modern-life subjects. Manet was one of the key painters to introduce impressionism together with Claude Monet.

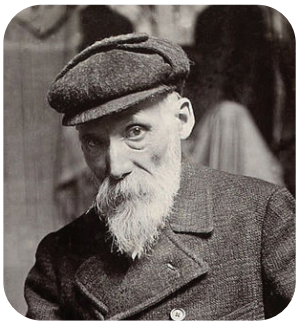
**Here are some of Edouard Manet's works:**



View in Holland



The Funeral



**Auguste Renoir** (1841-1919), along with Claude Monet, was one of the central figures of the impressionist movement. His early works were snapshots of real life, full of sparkling color and light. By the mid-1880s, however, Renoir broke away from the impressionist movement to apply a more disciplined, formal technique to portraits of actual people and figure paintings

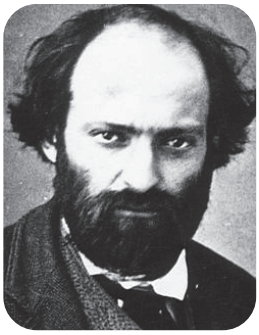
**Here are some of Auguste Renoir's works:**



The Two Sisters, On the Terrace



Le Moulin de la Gallete

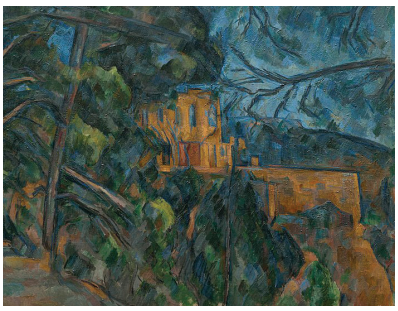


**Paul Cézanne** (1839–1906) was a French artist and post-impressionist painter. He is a painter that pioneered the transition from late 19th century impressionism to expressionism and paved the way to new and radical styles of paintings.

**Here are some of Auguste Renoir's works:**



Fields at Bellevue



Chateau Noir



**Vincent van Gogh** (1853-1890) was a post-impressionist painter from The Netherlands. His works were renowned for their strong, heavy brush strokes, intense emotions, and colors that appeared to almost pulsate with energy. Van Gogh's striking style had a profound influence on 20th century art, with his works becoming among the most recognized in the world.

**Here are some of Vincent Van Gogh's works:**



Irises



Starry Night

# PRACTICE

**Directions:** Capture an image using your mobile phone camera or any camera that is available. Choose one 20th Century Period Art Style and edit the captured image using your preferred editing applications or tools. Submit your edited image to your teacher.

**Criteria for Grading**

| | |
|---|---|
| Creativity | 30 POINTS |
| Neatness of work | 15 POINTS |
| Timeliness | 5 POINTS |
| **TOTAL** | **50 POINTS** |

# EVALUATE

**Directions:** Identify the name of the artist of the following masterpieces below. Write your answers on the blanks provided.

1. La Promenade - _____
2. Rue Mosnier Decked with Flags - _____
3. Starry Night - _____
4. Still Life with Compotier - _____
5. A Girl with a Watering Can - _____

# PHYSICAL EDUCATION

## OUTCOMES

After going through this module, you are expected to:

- Define physical fitness and its components.
- Create a simple physical activity checklist.

## CHECK

Before we start our lesson, I want you to answer the PARQ with all honesty. This will assess your physical readiness in our activities.

NAME: _____ AGE: _____
HEIGHT: _____ WEIGHT: _____

**Directions:** Assess readiness for participation in physical activities by taking the Physical Activity Readiness Questionnaire (PAR-Q)

| Questions: | Yes | No |
|---|---|---|
| - Has your doctor ever said that you have a heart condition and that you should only do physically recommended by a doctor?<br>- Do you feel pain in your chest when you do physical activity?<br>- In the past month, have you had chest pain when you were not doing physical activity?<br>- Do you lose your balance because of dizziness or have you ever lost consciousness?<br>- Do you have a bone or joint problem (for example, back, knee, hip) that could be made worse by a change in your physical activity?<br>- Is your doctor currently prescribing drugs for your heart condition?<br>- Do you know of any other reason why you should not do physical activity? | | |

*Let's see what the questionnaire revealed about the learner's readiness:*

*If you answered YES to any of these questions, talk with your doctor before you start engaging in physical activity. Tell your doctor about the PAR-Q and which questions you answered yes.*

*If you answered NO to all PAR-Q questions, you can start participating in physical activity*



## EXPLAIN

A lifestyle based on good choices and healthy practices maximizes your quality of life. It helps you avoid diseases, remain strong and fit, and maintain your physical and mental health. One of the most important practices is being physically active.

People of all ages benefit from regular physical activity. Significant health benefits can be obtained by engaging in sufficient amount of physical activity on most, if not all days of the week. Through a modest increase in daily activity, most individuals can improve their health and quality of life. Additional health benefits can be gained through greater amounts of physical activity. Individuals who can maintain a regular regimen of a more vigorous or a longer-duration activity are likely to obtain even greater benefits.

# Physical Fitness and it's Components

**Health-related components** are those that contribute to the development of health and functional capacity of the body. These include cardiovascular strength, cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.

**Skill-related components** on the other hand are components that contribute to the development of skills. These include agility, balance, coordination, power, reaction time, and speed.

**Good physical fitness** is important because it contributes directly to the physical component of good health and wellness, and indirectly to the other components as well. Good fitness has been shown to be associated with reduced risk for chronic diseases, such as heart disease, and has been shown to reduce the consequences of many debilitating conditions.

Factors affecting physical fitness include **age, gender, heredity, nutrition, activity, and disability among others.** These factors affect physical fitness in varying degrees from one individual to another. For instance, if you eat ample amounts of food regularly, your fitness level will likely be higher than somebody who does not get enough nutrients on a regular basis. The same can be said with somebody who is very physically active compared with somebody who does not engage in sufficient physical activity.



# PRACTICE

**Directions:** Create a simple physical activity chart and record yourself doing the activities listed. Pass your recorded video blog (vlog) to your teacher.

EXAMPLE:

| Activity/Days | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| Type: Easy<br><br>Date:<br><br>Time: | Rest day | 10 minutes brisk walking | 10 minutes jogging in place | 10 minutes burpees | Rest day | 10 minutes brisk walking | 10 minutes high knees |

YOUR CHART:

| Activity/Days | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| | | | | | | | |



# EVALUATE

**Directions:** Give at least five (5) factors affecting our physical fitness. Write your answers on the space provided.

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

# HEALTH EDUCATION

## OUTCOMES

After going through this module, you are expected to:

- Identify the different health care services, providers, and facilities in our country.

## CHECK

Let us review your past lesson in Health Education!

**Directions:** Choose the answers from the pool of words below. Write your answers on the space provided before each number.

| | | |
|---|---|---|
| Illegal Mining | Cyanide Fishing | Air Pollution |
| Deforestation | Coral Reef Degradation | |

_____ 1. This is a fishing method that uses a toxic substance called cyanide to kill and harvest aquatic animals.

_____ 2. This refers to the gradual destruction of coral reefs cause by natural or man-made events.

_____ 3. This is a mining activity that is undertaken without state permission, in absence of land rights, mining licenses, and exploration or mineral transportation permits.

_____ 4. This is defined as the clearing of plants and trees in the forests.

_____ 5. This pollution is causing people to breathe with difficulty.



# EXPLAIN

**Health Service Providers** – is defined as institutions or professionals who are accredited or licensed to provide medical services.

**Healthcare Facilities** – are places where medical services are being delivered. Examples of which are hospitals, clinics, and health centers.

## Types of Healthcare Facilities:

a. **Hospital** – an institution or a place where people who are ill or injured are treated and taken care of by doctors and nurses.

b. **Clinics** – an establishment or department within a hospital where outpatients are given medical treatment or advice especially of a specialist nature.

c. **Medical Nursing Residence** – these facilities house patients to provide short-term or long-term treatment of their general or specific condition which hospitals may not perform such as trauma, alcoholic or drug addiction, viral affected patients, and many more.

d. **Drug Stores** – these are accredited establishments that sell medicines and other medical goods. These may be found in hospitals or as a separate entity being managed by a licensed pharmacist, medical technologists, staffs, and technicians.

e. **Medical Laboratories** – the health care facility where examination of specimens and laboratory tests are conducted to diagnose illnesses. Experts also conduct their experiments and clinical study here to understand emerging virus and disease outbreak in the country.

## Healthcare Professionals

- Medical Professionals are group of individuals qualified to practice medicine.
- Allied Health Professions/ Professionals are lines of work that still deal with healthcare but are distinct from medicine.
- Health Care Provider/ Practitioner is a person who helps identify, prevent, or treat an illness or disability.

## Different Types of Physicians

1. **Cardiologist** – a doctor who specializes in the study or treatment of heart diseases and heart abnormalities.

2. **Dermatologist** – a specialist doctor who manages diseases related to skin, hair, nails, and some cosmetic problems.

3. **Gastroenterologists** – a medical practitioner qualified to diagnose and treat disorders of the stomach and intestines.

4. **Geriatrician** – an expert in the branch of medicine or social science dealing with the health and care of old people.

5. **Gynecologists** – are doctors who specialize in women's health, with a focus on the female reproductive system.

6. **Neurologist** – are medical professionals who specialize in diagnosing and treating conditions that affect the nervous system.

7. **Orthopedist** – a physician who corrects congenital or functional abnormalities of the bones with surgery, casting, and bracing.

8. **Ophthalmologist** – a specialist in the branch of medicine concerned with the study and treatment of disorders and diseases of the eye.

9. **Pediatrician** – a medical practitioner specializing in children and their diseases.

10. **Pulmonologist** – a person who studies and treats medical conditions of the lungs and respiratory system.

## Healthcare Plan

One main reason to get insurance is to avoid spending all of your money while taking care of your health. Our health deteriorates the older we get, and even if you are wealthy enough to afford yourself a hospital stay for a year, this is not wise financial and retirement plan (Adrian, et al., 2019).

There are various types of health care policies in the Philippines and each has its own way of delivering their healthcare services. Despite their differences, each policy can act as a good supplement to another. If you want to enjoy a complete healthcare service, it is best to consider getting all these three.

1. **Health Maintenance Organization (HMO)** – a type of health plan where an individual employed in a company or self-employed enrolls to secure their hospitalization and other health expenses.

2. **Health Insurance Plan** – health insurance plan can be paid for which includes certain amount of money to be used during hospitalizations. This cannot be used yet unless fully paid or if the provisions of the plan declare otherwise.

3. **PhilHealth** – a government agency that enjoins employees both in government and private to pay for their monthly contribution which will be used for their hospitalizations.

# PRACTICE

**Word Hunt**

**Directions:** Look for a familiar term in the box below. Shade the words with different colors and write your answers on the space provided.

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| H | M | O | O | M | C | P | T | D | E |
| A | F | G | O | L | H | H | G | R | D |
| D | A | G | I | A | F | I | F | U | O |
| C | Z | N | H | T | T | L | H | G | M |
| V | I | O | G | I | H | H | E | S | U |
| C | C | L | F | P | G | E | N | T | D |
| G | V | K | E | S | F | A | Z | O | O |
| H | B | P | R | O | Q | L | O | R | Z |
| Y | G | K | D | H | A | T | S | E | N |
| A | S | D | E | F | V | H | D | R | E |

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



# EVALUATE

**Directions:** Identify the term described in each sentence. Write your answers on the space provided before each number.

_____ 1. This is a type of health plan where an individual employed in a company or self-employed enrolls to secure their hospitalization and other health expenses.

_____ 2. These facilities house patients to provide short-term or long-term treatment of their general or specific condition which hospitals may not perform such as trauma, alcoholic or drug addiction, viral affected patients and many more.

_____ 3. This is an establishment or a department within a hospital where outpatients are given medical treatment or advice especially of a specialist nature.

_____ 4. These are accredited establishments that sell medicines and other medical goods.

_____ 5. This is a government agency that enjoins employees both in government and private to pay for their monthly contribution which will be used for their hospitalizations.

# Lesson 02

## MUSIC EDUCATION

### OUTCOME

At the end of this module, you are expected to:

- Identify the different characteristics of the musical styles of the 20th Century.
- Create a sample of Chance Music by recording sounds in your surroundings.

### CHECK

**Directions:** Recall your previous lesson in music by matching the musical styles to its corresponding definition. Write the letter of the correct answer.

_____ 1. Expressionism

_____ 2. Neo Classicism

_____ 3. Electronic Music

_____ 4. Avante Garde Music

A. It deals with the parameters or the dimensions of sound in space.

B. It reveals the composer's mind.

C. It is a partial return to an earlier style of music writing.

D. Synthesizers, amplifiers, tape recorders, and loudspeakers.

## EXPLAIN

The start of the 20th century saw the rise of distinct musical styles that reflected a move away from the conventions of earlier classical music. These new styles were: impressionism, expressionism, neo-classicism, avant garde music, and modern nationalism.

# Musical Characteristics of The 20th Century Period

## Impressionism

It uses extended chords, harmonies, whole tone, chromatic scales, and pentatonic scales with lightly overlapping chords. It has no definite chordal pattern and a sense of clear resolution and uses whole tone scale but lacking tonic-dominant relationship.

Listen to an example of Impressionism using the following link:

Claire De Lune by Claude Debussy

https://www.youtube.com/watch?v=CvFH_6DNRCY

## Expressionism

It uses atonality and twelve-tone scale butlacks stable and conventional harmonies. It serves as an expression of strong emotions such as anxiety, rage, and alienation.

Listen to an example of Impressionism using the following link:

https://www.youtube.com/watch?v=JEY9lmCZblc

## Neoclassicism

It is the combination of tonal harmonies with slight dissonances with a more modern, freer use of the seven-note diatonic scale.

Listen to an example of Impressionism using the following link:

https://www.youtube.com/watch?v=GW8Rpjf3kHQ

## Avant Garde Music

It is characterized by alteration of musical continuity and uses unconventional sounds and forms. Avant Garde music is observed to have an absence of traditional harmony, melody, and rhythm.

Listen to an example of Impressionism using the following link:

https://www.youtube.com/watch?v=pq0a317mk30

## Modern Nationalism

It is the combination of modern techniques incorporating folk and traditional materials.

Listen to an example of Impressionism using the following link:

https://www.youtube.com/watch?v=7PCAkEfkHKU

## Electronic Music

It uses different sounds that can be heard in the environment and involves experimentation of different sounds that cannot be produced by regular musical instruments.

Listen to an example of Impressionism using the following link:

https://www.youtube.com/watch?v=jD_W_ok4L44

## Chance Music

It uses sounds from the surroundings both natural and man-made.

Listen to an example of Impressionism using the following link:

https://www.youtube.com/watch?v=JTEFKFiXSx4



# PRACTICE

**Directions:** Chance music is a music from our surroundings that cannot be repeated. Create a 30-second video clip recording the sound of your surroundings. Repeat the process twice and compare the sounds you caught from all your recordings. Write your analysis on the table below.

| First Recording | Second Recording | Third Recording |
|---|---|---|
| | | |

*Note: All your recordings should be done in one place only.



# EVALUATE

**Directions:** Identify the term described in each sentence. Write your answers on the space provided.

_____ 1. It uses a combination of modern techniques incorporating folk and traditional materials.

_____ 2. It uses unconventional sounds and forms.

_____ 3. It serves as an expression of strong emotions such as anxiety, rage, and alienation.

_____ 4. It has no definite chordal pattern and a sense of clear resolution.

_____ 5. It is a combination of tonal harmonies with slight dissonances.

# ARTS EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Identify the different genres of art of expressionism.
- Create a simple artwork based on expressionism.

## CHECK

**Directions:** Name the artist who created these masterpieces. Write your answers on the space provided.

_____ 1. Red Boats of Argentuil

_____ 2. Rue Mosnier with Flags

_____ 3. Still life with compotier

_____ 4. The Dancer

_____ 5. Starry Night

# EXPLAIN

## Expressionism

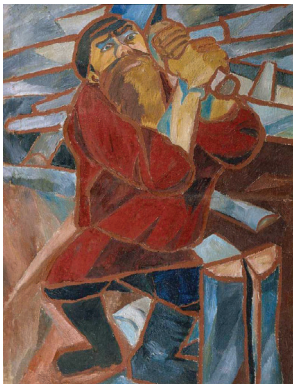
Expressionism is an art style that shows the emotions and feelings of the painter rather than a view of everyday lives. It arose in Germany during the early 20th century. Defined to be the opposite of Impressionism, Expressionism deals with the fantasies and dreams of the painter involved in an artwork. The brushstrokes used in expressionism are heavier and exaggerated. It is used by artists to show their criticism about social issues and political problems. Exaggerated distortions of the images are made to give emphasis to the feelings of the painters that had been conveyed in the paintings.

Among the various styles that arose within the expressionist art movements were:

1. Neo-primitivism
2. Dadaism
3. Social realism
4. Fauvism
5. Surrealism

## Neo-primitivism

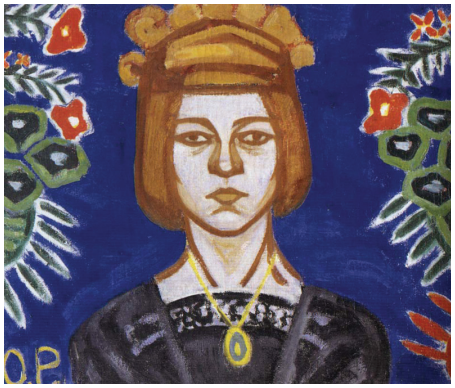
Neo-primitivism is an art style that incorporates elements from the native arts of the South Sea Islanders and the wood carvings of African tribes.



**Drovokol**
by
Natalia Goncharova



**Soldier On A Horse**
by
Mikhail Larionov



**Self Portrait**
by
Olga Rozonova

## Fauvism

Fauvism is a style that uses bold, vibrant colors, and visual distortions. Its name was derived from les fauves ("wild beast"), referring to the group of French expressionist painters who painted in this style.



**Lemons on a Pewter Plate**
by
Henri Matisse



**The River Seine at Chatou**
by
Henri Matisse

## Dadaism

Dadaism is a style characterized by dream fantasies, memory images, visual tricks, and surprises.



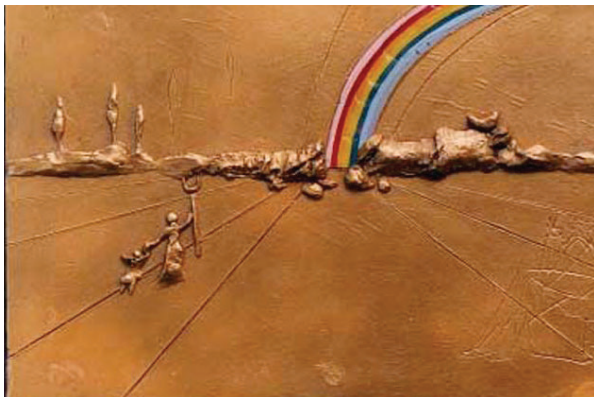

**Fountain**
by
Marcel Duchamp



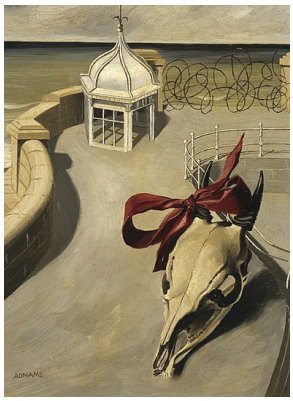
**Typical Vertical Mess as Depiction of the Dada Baargeld**
by
Johannes Theodor Baargeld

## Surrealism

Surrealism is a style that depicts an illogical, subconscious dream world beyond the logical, conscious, physical one. Its name came from the term "super realism," with its artworks clearly expressing a departure from reality—as though the artists were dreaming, seeing illusions, or experiencing an altered mental state.



**The Rainbow**
by
Salvador Dali



**Aftermath**
by
Marion Adnams

## Social Realism

Social realism expresses the artist's role in social reform. Artists use their works to protest against the injustices, inequalities, immorality, and ugliness of the human condition.



**Triste Herencia**
by
Joaquin Sorolla



**Guernica**
by
Pablo Picasso

# PRACTICE

**Directions:** Create an artwork expressing your own feelings about the pandemic. Take a picture of your artwork and send it to your teacher.

Materials:

1. Short Bond Paper
2. Any coloring materials

**Criteria for Grading**

| | |
|---|---|
| Creativity | 20 POINTS |
| Relevance | 20 POINTS |
| Neatness | 10 POINTS |
| **TOTAL** | **50 POINTS** |

# EVALUATE

**Directions:** Identify the term described by each sentence. Write your answers on the space provided.

_____ 1. This is an art style characterized by dream fantasies, memory images, visual tricks, and surprises.

_____ 2. This is an art style that incorporated elements from the native arts of the South Sea Islanders and the wood carvings of African tribes.

_____ 3. This is an art style that used bold, vibrant colors, and visual distortions.

_____ 4. It expressed the artist's role in social reform.

_____ 5. It depicted an illogical, subconscious dream world beyond the logical, conscious, physical one.

# PHYSICAL EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Define muscular strength and endurance.
- Perform simple activities to measure muscular strength and endurance.

## CHECK

Let us review your past lesson in Physical Education!

**Directions:** Enumerate the different components of Health Related Fitness and Skill Related Fitness.

| Health Related Fitness | Skill Related Fitness |
|---|---|
| | |
| | |
| | |
| | |
| | |
| | |

## EXPLAIN

### Health Related Fitness: Muscular Strength and Endurance

Muscular strength and endurance are two important components of your body's ability to move, lift things, and do day-to-day activities.

**Muscular strength** is the amount of force you can put out or the amount of weight you can lift.

**Muscular endurance** is how many times you can move a weight without getting exhausted.

There are plenty of ways where we can exercise our muscular strength and endurance. Just make sure that you know your limitations when doing these activities.

In your past lesson in Physical Education, you have answered the PARQ or the Physical Activities Readiness Questionnaire. It is very important that you know the capacity of your body in doing physical activities.

Here are some of the things that you may do at home if going to the gym is not possible:

1. Walking everyday
2. Jogging in place or jogging outside your house
3. Using of stairs
4. Doing household chores
5. Dancing
6. Push-ups and Sit-ups

These are just simple activities to exercise your muscular strength and endurance.



## PRACTICE

Let us get moving!

**Directions:** Follow the simple exercises below. Record your progress using your mobile phone video recorder and pass it to your teacher.

My Fitness Vlog

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|---|---|---|---|---|
| Helping with the house chores | Dancing | Rest | Jogging in Place | Brisk Walking |



## EVALUATE

**Directions:** Tell whether the activity is for **Muscular Endurance** or **Muscular Strength**. Write your answers on the space provided.

_____ 1. Lifting a pale of water

_____ 2. Playing basketball

_____ 3. Joining a Zumba dance club

_____ 4. Relocating your refrigerator to the other side of the kitchen

_____ 5. Walking around your community

# HEALTH EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Identify the different alternative medicines in the Philippines.

## CHECK

Let us recall your past lesson in Health Education!

**Directions:** Identify the term described by each sentence. Write your answers on the space provided before each number.

_____ 1. This is a doctor who specializes in women's health focusing on the female reproductive system.

_____ 2. This a doctor who specializes in the study or treatment of heart diseases and heart abnormalities.

_____ 3. A medical practitioner specializing in children and their diseases.

_____ 4. An expert in the branch of medicine or social science dealing with the health and care of old people.

_____ 5. A physician who corrects congenital or functional abnormalities of the bones with surgery, casting, and bracing.

# EXPLAIN

The Republic Act No. 8423 or the Traditional and Alternative Medicine Act of 1997 paved the way to the creation of the Philippine Institute of Traditional and Alternative Healthcare which focuses on alternative ways of medicine and healthcare for Filipinos.

## Alternative Medicine

1. **Acupuncture** – It is a form of energy medicine where long and thin needles are inserted to specific parts of the body to affect the energy flow. Acupuncture is believed to treat musculoskeletal dysfunctions.



2. **Ventosa Cupping Massage therapy** – This procedure is done by placing an inverted glass that has flames from the burning cotton on specific points in the body. It is believed to relieve muscle and joint pains.



3. **Reflexology** – It is similar to acupuncture. It focuses on treating specific disorders through massaging the soles of the feet.



4. **Acupressure** – It uses the same technique as that of acupuncture. The only difference is that acupressure does not use needles but instead uses hands to apply pressure on certain points of the body.



5. **Nutrition Therapy** – It approaches treatment of a medical condition by providing tailored diet for a patient.



## PRACTICE

**Directions:** Cut out pictures of advertisements from magazines or newspapers showing the use alternative medicines and make a collage. Use a short bond paper. Record yourself explaining the importance of alternative medicine to our community and submit it to your teacher.

**Criteria for Grading**

| | |
|---|---|
| Clarity of Explanation | 20 POINTS |
| Relevance to the Topic | 10 POINTS |
| Content of the Explanation | 20 POINTS |
| **TOTAL** | **50 POINTS** |

## EVALUATE

**Directions:** Identify the term described in each sentence. Write your answers on the space provided before each number.

_____ 1. It uses hands to apply pressure on certain points of the body.

_____ 2. It approaches treatment of a medical condition by providing tailored diet for a patient.

_____ 3. It is focused on treating specific disorders through massaging the soles of the feet.

_____ 4. It is believed to relieve muscle and joint pains.

_____ 5. It is believed to treat musculoskeletal dysfunctions.

# Lesson 03

## MUSIC EDUCATION

### OUTCOME

At the end of the module, you are expected to:

- Identify the different composers of the 20th Century Period.

### CHECK

**Directions:** Enumerate the 20th Century musical styles. Place your answers on the space provided.

| | |
|---|---|
| **MUSICAL STYLES** | 1. |
| | 2. |
| | 3. |
| | 4. |
| | 5. |
| | 6. |
| | 7. |

### EXPLAIN

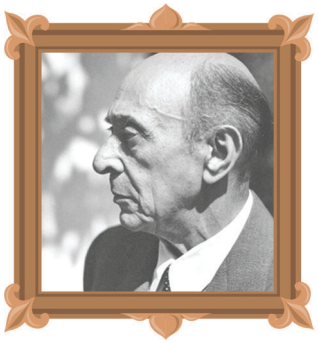
**Famous Composers of the 20th Century and their Distinctive Styles**

**CLAUDE DEBUSSY** – He is one of the major proponents of impressionism. He experimented with new musical language in harmony, rhythm, form, texture, and color.





**MAURICE RAVEL** – His compositional style is mainly characterized by its uniquely innovative but not atonal style of harmonic treatment. It demands considerable technical virtuosity from the performer which is the character, ability or skill of a virtuoso.



**ARNOLD SCHOENBERG** – His tonal preference gradually turned to the dissonant and atonal as he explores the use of chromatic harmonies.



**IGOR STRAVINSKY** – He added a new ingredient to his nationalistic style. He reached a new level of dissonance and the sense of tonality was practically abandoned.



**BELA BARTOK** – He utilized changing meters and strong variety of rhythm . His compositions were successful because of their rich melodies and lively rhythms.



**SERGEI PROKOFIEFF** – His style is uniquely recognizable for its progressive technique, pulsating rhythms, melodic directions, and a resolving dissonance.

**FRANCIS POULENC** – He is one of the members of "Les Six" known as a young French composer. His compositions have a coolly elegant modernity, tempered by a classical sense of proportion.





**GEORGE GERSHWIN** – He is also a member of "Les Six". He is the "Father of American Jazz". His mixture of primitive and sophisticated gave his music an appeal that has lasted long after his death.

**LEONARD BERNSTEIN** – He strongly believes that the universal language of music is basically rooted in tonality. Although he never relinquished his musical values as a composer, he later turned to conducting and lecturing in order to safeguard what he believed was the best for music.





**PHILIP GLASS** – His distinct style involves cell-like phrases emanating from bright electronic sounds from the keyboard that progressed very slowly from the pattern to the next in a very repetitious fashion.



## PRACTICE

**Directions:** Name the composer described by the following sentences. Write your answer on the blanks provided.

_____ 1. His compositions have a coolly elegant modernity, tempered by a classical sense of proportion.

_____ 2. His compositional style is mainly characterized by its uniquely innovative but not atonal style of harmonic treatment.

_____ 3. His tonal preference gradually turned to the dissonant and atonal as he explores the use of chromatic harmonies.

_____ 4. His mixture of primitive and sophisticated gave his music an appeal that has lasted long after his death.

_____ 5. His distinct style involves cell-like phrases emanating from bright electronic sounds from the keyboard that progressed very slowly from the pattern to the next in a very repetitious fashion.



## EVALUATE

**Directions:** Give the musical styles of the following composers. Write your answers on the space provided.

| | |
|---|---|
| **CLAUDE DEBUSSY** | |
| **IGOR STRAVINSKY** | |
| **BELA BARTOK** | |
| **SERGEI PROKOFIEFF** | |
| **LEONARD BERNSTEIN** | |

# ARTS EDUCATION

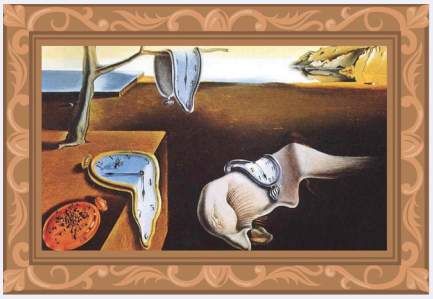
## OUTCOMES

At the end of the module, you are expected to:

- Identify the different artworks and artists of abstractionism, cubism, futurism, mechanical style, and non-objectivism.
- Create a simple artwork based on the characteristic of abstractionism arts.

## CHECK

**Directions:** Identify whether the artwork belong to Neo-primitivism, Fauvism, Dadaism, Surrealism, and Social Realism. Write your answers on the blanks provided.



**PERSISTENCE OF MEMORY BY SALVADOR**

_____



**GUERNICA BY PABLO PICASSO**

_____



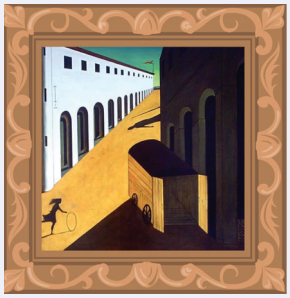
**HEAD BY AMADEO MODIGLIANI**

_____



**BLUE WINDOW BY HENRI MATISSE**

_____



**MELANCHOLY AND MYSTERY OF A STREET BY GIORGIO DE CHIRICO**

_____

# EXPLAIN

## Abstractionism

Another group of artistic styles emerged at the same time as the expressionist movement. It had the same spirit of freedom of expression and openness that characterized life in the 20th century, but it differed from expressionism in certain ways. This group of styles is known as abstractionism.

## Cubism

Pablo Picasso is an artist who used geometric lines and shapes in his paintings and artworks. His style is known as Cubism, derived from the three-dimensional cube with strict measurement of lines, planes, and angles.



Here are some of the works of Pablo Picasso:

**Le Femme au Fauteuil**





**L'Abaude**

## Futurism

The movement known as Futurism began in Italy in the early 1900s. The futurists created art for a fast-paced, machine-propelled age. They admired the motion, force, speed, and strength of mechanical forms. Thus, their works depicted the dynamic sensation of all these—as can be seen in the works of Italian painter **Gino Severini**, one of the pioneer and prominent people in the field of Futurism. He wanted to feature the dynamics of the modern life in his paintings.



Here are some of the works of Gino Severini:



**Armored train**

## Mechanical style

The mechanical style emerged as a result of the Futurist movement. In this style, basic forms such as planes, cones, spheres, and cylinders all fit together precisely and neatly in their appointed places. This can be seen in the works of **Fernand Léger**, an artist who was greatly influenced by Cubism. He was inspired with the use of modern technology and known to use colors that are bold and with the appearance of mechanism. Mechanical parts such as crankshafts, cylinder blocks, and pistons are brightened only by the use of primary colors. Otherwise, they are lifeless. Even human figures are mere outlines, rendered purposely without expression.



Here are some of the works of Fernand Leger:



**The City**

## Non-objectivism

The logical geometrical conclusion of abstractionism came in the style known as non-objectivism. From the term "non-object," works in this style did not make use of figures or even representations of figures. They did not refer to recognizable objects or forms in the outside world. Lines, shapes, and colors were used in a cool, impersonal approach that aimed for balance, unity, and stability. Colors were mainly black, white, and the primaries (red, yellow, and blue). Foremost among the Non-objectivists was Dutch painter **Piet Mondrian**. Known for as one of the Founders of De Stijl. He was also one of the contributors in the art movement that arose in the field of Abstractionism.



**Boom A**





# PRACTICE

**Directions:** Create a simple artwork based on the different Abstractionism art style. Choose your preferred style and create an original artwork. Take a picture of it and send it to your teacher.

**Criteria for Scoring**

| | |
|---|---|
| Neatness | 10 POINTS |
| Relevance | 20 POINTS |
| Originality | 20 POINTS |
| **TOTAL** | **50 POINTS** |



# EVALUATE

**Directions:** Identify the term described by the following sentences. Write your answers on the blanks provided.

_____ 1. This movement arose from the intellectual points of view in the 20th century.

_____ 2. He was inspired with the use of modern technology and known to use colors that are bold and with the appearance of mechanism.

_____ 3. This is a style derived its name from the cube, a three-dimensional geometric figure composed of strictly measured lines, planes, and angles.

_____ 4. He was known for as one of the Founders of De Stijl. He was also one of the contributors in the art movement that arose in the field of Abstractionism.

_____ 5. One of the pioneer and prominent people in the field of Futurism.

# PHYSICAL EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Define cardiovascular endurance and flexibility.
- Perform simple exercises for cardiovascular endurance and flexibility.

## CHECK

**Directions:** Define the following terms. Write your answers on the space provided.

**Muscular strength**

_____

_____

**Muscular endurance**

_____

_____

## EXPLAIN

### Cardiovascular Endurance and Flexibility

In our last module, we have talked about muscular strength and endurance. In this module, we will discuss cardiovascular endurance and flexibility.

Cardiovascular endurance is described as the efficiency of your heart, blood vessels, and lungs in supplying oxygen to working muscles during physical activities like walking, running, or playing a sport.





**Flexibility** is the ability of a joint or series of joints to move through an unrestricted, pain free range of motion.



## PRACTICE

**Directions:** Prepare a fitness vlog. Do the following routines and record yourself doing the task. Submit your vlog to your teacher.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| Walking Up and Down the Stairs | Dancing a Zumba Dance | Rest | Jumping Jacks (20 reps)<br><br>Jogging in Place (10 minutes) | Dancing Aerobics Fitness Exercise |

## EVALUATE

**Directions:** Identify the following exercises/activities. Tell whether the activity is for **cardiovascular endurance** or **flexibility**. Write your answers on the blanks provided.

_____ 1. Lucy is doing her gymnastic routines.

_____ 2. Enrico is threading the road to Antipolo with his bike.

_____ 3. Your mommy is dancing with the Zumba Club Philippines.

_____ 4. You are taking the stairs instead of the elevator.

_____ 5. You are learning how to swim.

# HEALTH EDUCATION



## OUTCOMES

At the end of the module, you are expected to:

- Define consumer health.
- Create a video advocating consumer health.



## CHECK

**Directions:** List down examples of different alternative medicines. Write your answers on the blanks provided.

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



## EXPLAIN

### Consumer health

**Consumer Health** – refers to the decisions you make when purchasing a product and using health information and services that will have direct effect on your health.

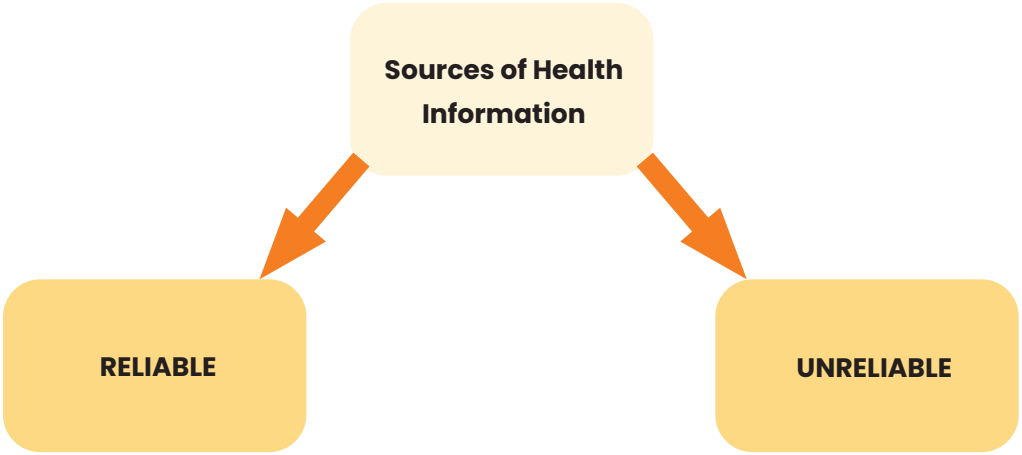
Consumer health has three components:

1. Health Information
2. Health Products
3. Health Services

**Health Information** – these refer to the data and facts about health products and services which you can get from the media and people including professionals and agencies.

**Health Products** – are substances, materials or equipment prepared or manufactured to be purchased and used for the maintenance of health and the treatment of diseases. Example are food, drugs, cosmetics, devices, biologicals, vaccines, in-vitro diagnostic reagents, and

household/urban hazardous substances and/or a combination of and/or a derivative thereof (FDA Act, 2009). These products may be bought from various places like supermarkets, pharmacies, and hospitals.




1. **Reliable Information**

a. Professionals such as physicians, scientists, nurses – they are reliable because their information will be based on research and studies
b. Educational institutions – they are schools, colleges or universities which will give us the right information.
c. Media such as radio and television – their information is screened first before they are aired so they are usually correct but we still need to be vigilant.
d. Peer-reviewed print materials such as magazines, journals, books, etc. – their information is screened by a panel of experts and edited before they are published.

2. **Unreliable Information**

a. Customs and superstitions
b. Information based on ignorance and prejudice
c. Commercialized health information

**Health Services** – refers to health information, actions, procedures or services performed to help satisfy your needs and wants as a consumer. These are usually offered by healthcare providers.



# PRACTICE

**Directions:** Look for health products inside your house. List them down and their uses. Place your answers on the sheet provided.

| HEALTH PRODUCT | USAGE |
|---|---|
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |



# EVALUATE

**Directions:** Identify the term described by the following sentences. Choose the answers from the word box below. Write your answers on the space provided.

| Health Services | Health Products | Health Information |
|---|---|---|
| Reliable Information | Unreliable Information | |

_____ 1. Advice and recommendations from healthcare professionals such as physicians and scientists.

_____ 2. These are substances, materials or equipment's prepared or manufactured and used for the maintenance of health and the treatment of diseases.

_____ 3. This refers to health information, actions, procedures or work performed to help satisfy your needs and wants as a consumer

_____ 4. Customs and superstitions.

_____ 5. These refer to the data and facts about health products and services you can get from the media and people including professionals and agencies.

# Lesson 04

## MUSIC EDUCATION

### OUTCOME

At the end of the module, you are expected to:

- Identify different musical compositions of the 20th century.
- Write a reaction paper on the different genres of music.

### CHECK

**Directions:** Word hunt. Look for familiar names below inside the box. Shade your answers using different colors.

Ravel Bartok Paulenc Schoenberg
Stravinsky Glass Prokofieff Debussy

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| D | L | F | G | H | J | U | J | U | P |
| A | E | W | E | D | F | V | G | H | O |
| D | V | B | A | R | T | O | K | D | U |
| R | A | D | U | E | N | Z | O | D | L |
| G | R | D | D | S | N | T | S | U | E |
| V | G | L | A | S | S | S | F | M | N |
| H | E | N | Z | O | D | Y | R | O | C |
| P | R | O | K | O | F | I | E | F | F |
| Y | K | S | N | I | V | A | R | T | S |
| S | C | H | O | E | N | B | E | R | G |

# EXPLAIN

## 20th Century Composers and Compositions

Listen to each composition below. Study the features of each composer and composition as discussed from the previous module.

1. **Claude Debussy**

   Claire de Lune (Moonlight)

   https://www.youtube.com/watch?v=WNcsUNKlAKw

2. **Maurice Ravel**

   Bolero

   https://www.youtube.com/watch?v=dZDiaRZy0Ak

3. **Arnold Schoenberg**

   Verklarte Nacht

   https://www.youtube.com/watch?v=U-pVz2LTakM&t=109s

4. **Igor Stravinsky**

   The Rite of Spring

   https://www.youtube.com/watch?v=Z0xNo2894Fw

5. **Bela Bartok**

   Mikrokosmos

   https://www.youtube.com/watch?v=kPRxjd2ETSo&t=46s

6. **Sergei Prokofieff**

   Dance of the Knights

   https://www.youtube.com/watch?v=DUmq1cpcglQ

7. **Francis Poulenc**

   Concerto in two pianos

   https://www.youtube.com/watch?v=V87wGyfUQiQ

8. **George Gershwin**

   Rhapsody in Blue

   https://www.youtube.com/watch?v=eFHdRkeEnpM

9. **Leonard Bernstein**

   West Side Story

   https://www.youtube.com/watch?v=RMp1NkkFLgk

10. **Philip Glass**

    Einstein on the beach

    https://www.youtube.com/watch?v=1cS-WFNLBVk



## PRACTICE

**Directions:** After listening to the compositions, choose five and write a short reaction for each.

Follow the guide questions in writing your reaction paper:

1. What did you feel after listening to the music? Describe the emotions you have felt during and after listening.
2. Did you hear the musical characteristics of each composer from their compositions? Explain further.
3. Do you appreciate this kind of music? Why or why not? Explain.



## EVALUATE

**Directions:** Complete the table by supplying the missing words. Write your answers on the space provided.

| COMPOSER | COMPOSITION |
|---|---|
| CLAUDE DEBUSSY | 1. |
| 2. | EINSTEIN ON THE BEACH |
| 3. | DANCE OF THE KNIGHTS |
| IGOR STRAVINSKY | 4. |
| MAURICE RAVEL | 5. |

# ARTS EDUCATION

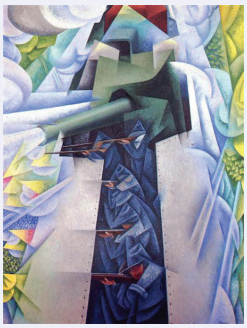
## OUTCOMES

At the end of the module, you are expected to:

- Identify the different artforms of abstract expressionism.
- Create a simple artwork based on the different art forms and styles.

## CHECK

**Directions:** Name the following artworks. Place your answers on the space provided.







1. _____ 2. _____ 3. _____





4. _____ 5. _____

EXPLAIN

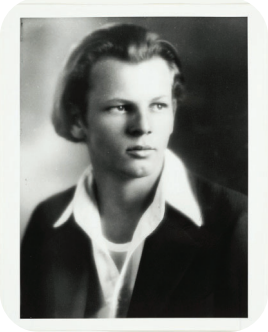
# Abstract Expressionism

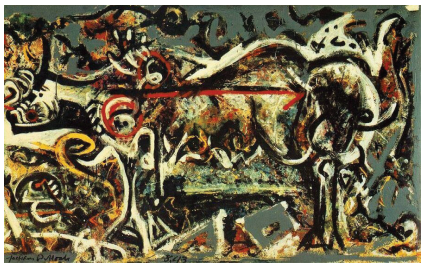
World War II brought  Abstract Expressionism to the shores of America through a reverse migration of  European scientists, architects, and artists. They landed in New York City and made it the second Paris.

This migration caused the birth of The New York School, which is likened to the School of Paris, an art school where talents were born and flourished. The marriage of different art cultures and traditions gave birth to what we call now as Abstract Expressionism.

## Action Painting

One form of Abstract Expressionism is known as “action painting.” The action-painters attacked their canvases with expressive brush strokes on huge canvases spread on the floor, splattering, squirting, and dribbling paint with no preplanned pattern or design in mind. The total effect is one of vitality, creativity, and “energy made visible”. Jackson Pollock pioneered action painting.

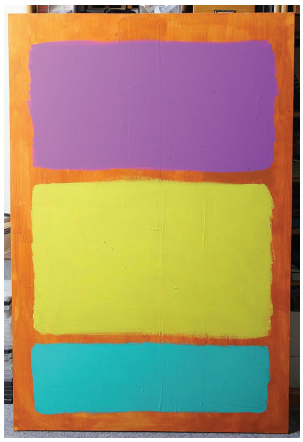




**The She Wolf**

## Color Field Painting

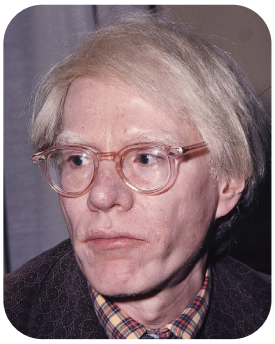
Color field painting is an abstract painting style where flat, solid colors were painted onto large fields of canvass creating an unbroken surface and a flat picture plane, making the color the subject itself.



**Acrylic painting in the style of Mark Rothko**

## Pop Art (popular art)

The pop art movement of the 1960's wanted to make reforms in traditional values. It made use of common place, trivial, even nonsensical objects. Pop artists seemed to enjoy nonsense for its own sake and simply wanted to laugh at the world. Their works ranged from paintings, posters, collages, three dimensional "assemblages" and installations. They made use of easily recognizable objects and images from the emerging consumer society.



**Andy Warhol**
*POP Art Artist*



**Warhol Venus**



**Marilyn Monroe**




## Op Art (optical art)

Another movement that emerged in the 1960's was **optical art** or "**op art**". Typically, they give the viewer the impression of movement, hidden images, flashing, and vibrating patterns, or of swelling or warping. In op art, lines spaces, and colors were precisely planned and positioned to give the illusion of movement. As the eye moves over different segments of the image, perfectly stable components appears to shift back and forth, sometimes slower as the brain responds to the optical data. Viewers experience sensations varying from discomfort to disorientation and giddiness.



**Bridget Riley**
*OP Art Artist*



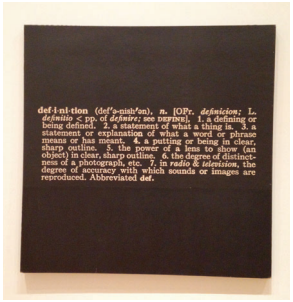
**Current**

## Conceptual Art

Conceptual art is art for which the idea (or concept) behind the work is more important than the finished art object. It emerged as an art movement in the 1960s and the term usually refers to art made from the mid-1960s to the mid-1970s.

**Joseph Kosuth**
*Conceptual Art Artist*






**Titled**
**(Art ad Idea as Idea)**
**The Word "Definition"**

## Contemporary Art

Contemporary art represents the arts of today. It is composed of wide variations of artworks ranging from the 20th century and early 21st century art styles.

Philippine Contemporary Art is an offshoot of social realism brought about by Martial Law. It has different art forms: visual arts, performing arts, textile art traditions, literature, dance, and pottery among others. Filipino artists play a role in presenting and educating the public about our history and identity.

## Installation Art

**Installation art** is a contemporary art form that uses sculptural materials and other media to modify the way the viewer experiences a particular space. Installation art is usually life size or sometimes even larger. It is not necessarily confined to gallery spaces. It can be constructed or positioned in everyday public or private spaces both indoor and outdoor.



**Roberto Villanueva**
*Installation Art Artist*



**Cordillera Labyrynth**

## PRACTICE

**Directions:** Create an optical illusion or a pop art. Take a picture of your artwork and submit it to your teacher.

Materials:

1. Short Bond Paper
2. Markers
3. Coloring materials

**Criteria for Grading**

| | |
|---|---|
| Neatness | 10 POINTS |
| Optical Illusion | 20 POINTS |
| Creativity | 20 POINTS |
| **TOTAL** | **50 POINTS** |

## EVALUATE

**Directions:** Identify the term described in the following sentence. Choose your answers from the word box. Write your answers on the space provided.

| | | | |
|---|---|---|---|
| Action Painting | Color Field Painting | Installation Art | Op Art |
| Pop Art | Conceptual Art | Contemporary Art | |

_____ 1. This is art for which the idea (or concept) behind the work is more important than the finished art object.

_____ 2. This is characterized primarily by large fields of flat, solid color spread across or stained into the canvas creating areas of unbroken surface and a flat picture plane.

_____ 3. Artists give the viewer the impression of movement, hidden images, flashing and vibrating patterns, or of swelling or warping.

_____ 4. This is a contemporary art form that uses sculptural materials and other media to modify the way the viewer experiences a particular.

_____ 5. Artists attacked their canvases with expressive brush strokes on huge canvases spread on the floor, splattering, squirting, and dribbling paint with no preplanned pattern or design in mind.

# PHYSICAL EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Identify the nature and background of Zumba fitness.
- Perform in a simple Zumba dance video.

## CHECK

**Directions:** Define the following terms. Write your answers on the space provided.

**Cardiovascular endurance**

_____

_____

**Flexibility**

_____

_____

## EXPLAIN

### Nature and Background of Zumba Dance

Zumba was created unintentionally by Alberto "Beto" Perez in the mid-1990's. Zumba is an improvised dance with steps and music from salsa and merengue. Alberto Perez used this mixture of sounds because he forgot the music that is supposed to be taught in his fitness school. The dance steps he created were a mix of aerobic and modern dance steps which his students enjoyed.



He started introducing the new dance and got a positive response from the participants of the dance.

Zumba is designed to be simple, low-impact, intense, and efficient calorie burning workout suitable for all ages and levels of fitness.

## Health Benefits of Zumba

1. **Fun activity for all** – This is an exercise that is enjoyed by all age groups and fitness levels. Participants tend to dance and exercise at the same time.
2. **Weight loss** – Zumba is a low-impact exercise but great in burning calories.
3. **Tones the body** – Zumba targets a lot of different muscle groups at once making your body toned and fit.
4. **Heart friendly** – Zumba develops your cardiovascular and respiratory system to its best condition.
5. **Fights stress** – Zumba is a good way to combat stress.
6. **Improves body coordination** – Zumba teaches your body, arms, legs and body move with coordination.
7. **Makes a happy self** – After every session, happiness will be felt since exercise can release endorphins.



## PRACTICE

**Directions:** Its Zumba time! Perform a Zumba dance routine with your family. Record this fun and exciting activity and submit it to your teacher.

**Criteria for Scoring**

| | |
|---|---|
| Enthusiasm | 20 POINTS |
| Coordination | 20 POINTS |
| Family Participation | 5 POINTS |
| Costume | 5 POINTS |
| **TOTAL** | **50 POINTS** |



# EVALUATE

**Directions:** Write at least three (3) benefits of Zumba and explain it in your own words using your experiences. Write your answers on the space provided.

1. _____

   _____

   _____

2. _____

   _____

   _____

3. _____

   _____

   _____

# HEALTH EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Identify the different government agencies involved in consumer protection.
- Make a video advocating consumer protection.

## CHECK

**Directions:** Write the different sources of information for consumers in relation to health. Place your answers on the space provided.

| RELIABLE SOURCES | UNRELIABLE SOURCES |
|---|---|
| | |
| | |
| | |
| | |
| | |

## EXPLAIN

### Government Agencies Involved in Consumer Health

**Republic Act 7394 (RA 7394)** is the "Consumer Act of the Philippines" which was enacted on July 15, 1992. It is the policy of the State to protect the interest of the consumer, promote his or her general welfare, and to establish standards of conduct for business and industry.

Here are the agencies which implements the consumer act:

### Department of Trade and Industry (DTI)

DTI handles the following areas:

- Consumer Products and Service Warranties
- Consumer Product Quality and Safety
- Deceptive, unfair, and unconscionable sales acts and practices
- Price Tag
- Weights and measures (metrication)
- Labeling and Packaging
- Advertising and sales promotion
- Liability for Products and Services
- Service and repair shops

### Department of Agriculture

DA handles the following areas:

- Agricultural Products
- Quality and Safety
- Labeling and Packaging

### Department of Education

DepEd handles the following area:

- Consumer Education and information

### Department of Health

DOH handles the following area:

- Consumer credit transactions extended by banks and other financial intermediaries.

### Securities and Exchange Commission (SEC)

SEC handles the following area:

- Supervises the corporate sector and provides information on the status of companies.

# PRACTICE

**Directions:** Make a 2-minute video advocating the importance of RA 7394 and the role of the different government agencies tasked to help the consumers. Submit the recorded video to your teacher.

**Criteria for Scoring**

| | |
|---|---|
| Relevance to the topic | 20 POINTS |
| Clarity of explanation | 20 POINTS |
| Posture and Appearance | 10 POINTS |
| **TOTAL** | **50 POINTS** |

# EVALUATE

**Directions:** Identify the term being described by the following sentences. Write your answers on the space provided.

_____ 1. It is also known as the Consumer Act of the Philippines.

_____ 2. They give consumer education and information.

_____ 3. They deal with deceptive, unfair, and unconscionable sales acts and practices.

_____ 4. They deal with the quality and safety of agricultural products.

_____ 5. They supervise the corporate sector and provides information on the status of companies.

# UNIT 2

# Lesson 01

## MUSIC EDUCATION

### OUTCOME

At the end of the module, you are expected to:

- Identify the different features and uses of African, Latin-American, and Pop Music genres.

### CHECK

**Directions:** Match the composer's names in **Column A** to their compositions in **Column B**. Write the letter of the correct answers on the space provided.

| COLUMN A | COLUMN B |
|---|---|
| _____ 1. Claude Debussy | A. Rhapsody in Blue |
| _____ 2. Maurice Ravel | B. The Rite of Spring |
| _____ 3. Igor Stravinsky | C. Bolero |
| _____ 4. Arnold Schoenberg | D. Claire de Lune |
| _____ 5. George Gershwin | E. Verklarte Nacht |

### EXPLAIN

#### African Music



African music has been part of the lives of the African people for a very long period of time. They used music in almost all parts of their traditions and culture whether for work, religion, ceremonies, and even daily communication. Singing, dancing, and playing of different drumbeats are essential to their ceremonies like birth ceremonies, tribal initiation, marriage, death, and funerals. African music can also be used for political and religious expressions.

The influence of African music crossed other nations and reached the shores of the Americas and Europe. This led to diversification in their musical culture thus giving birth to new musical styles like jazz music.

African music is comprised of more than 50 different ethnic divisions. These different musical cultures resulted to the diverse and rich music culture and traditions of Africa.

## Latin-American Music

The music of Latin-America is a product of three major influences, the Indigenous, the Spanish-Portuguese, and the African Music. These music were produced due to the colonization of European countries and other socio-historical circumstances that led to the development of the Latin-American music culture.





## Indigenous Latin-American Music

Before the colonization of Spain, Portugal and other European countries, indigenous music, and instruments were already present in Latin America. These were used for their cutltural and traditional ceremonies like harvest, war and even religious ceremonies asking their deities for protection.



## Afro-Latin American Music

The influence of African music on Latin-American music is mostly heard in rhythms produced by drumbeats and other percussion instruments. Fast-paced tempo are widely used and deep-chested voice were practiced in their performances.



## Euro-Latin American Music

European musical elements and characteristics can also be heard in Latin American music. Renaissance melodies were used in parts of Southern Chile and the Pacific coasts of Colombia. The step-wise melodies were mostly heard in Valenzuela and Colombia and other European influences were seen in the texture of Euro-Latin American music.

## Popular Music

Popular music or Pop music is a well-known genre of music which florished and developed in the 20th century. It means "music of the populace" which resembles the folk music from the past. It consists of various music made to entertain a large number of people, whether in radio, television, or on live performances.



## PRACTICE

**Directions:** Match the genre of music in Column A to its characteristics in Column B. Write the letter of the correct answers on the space provided.

| | COLUMN A | | COLUMN B |
|---|---|---|---|
| _____ | 1. African Music | A. | Music for large number of people |
| _____ | 2. Latin American Music | B. | Ceremonies for protection |
| _____ | 3. Popular Music | C. | Used Renaissance characteristics |
| _____ | 4. Euro Latin American Music | D. | Product of 3 influences |
| _____ | 5. Indigenous Latin American Music | E. | Drum beats |

# EVALUATE

**Directions:** Choose the answers from the word box below. Write your answers on the blanks provided.

| | | |
|---|---|---|
| African Music | Latin American Music | Popular Music |
| Afro-Latin American Music | Euro-Latin American Music | |

_____ 1. This music is produced due to the colonization of European countries.

_____ 2. This music uses fast-paced tempo and deep-chested voice in their music.

_____ 3. This music influenced the birth of jazz music.

_____ 4. This is also called the music of the populace.

_____ 5. The use of European insipired music was heard in this kind of music.

# ARTS EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Recognize the different technology-based art.
- Create a simple artwork using available applications.

## CHECK

**Directions:** Identify the following artworks. Choose from words inside the box and write your answers on the blanks provided.

| | | |
|---|---|---|
| Popular art | color field painting | conceptual art |
| Action painting | optical art | |

1. 

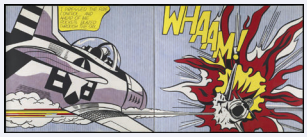
**MAGENTA, BLACK, GREEN ON ORANGE**

_____

2. 

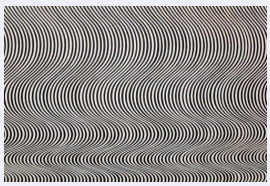
**AUTUMN RHYTHM**

_____

3. 


**WHAAM!**

_____

4. 

**FALL**

_____

5. 

**ONE AND THREE CHAIRS**

_____

EXPLAIN

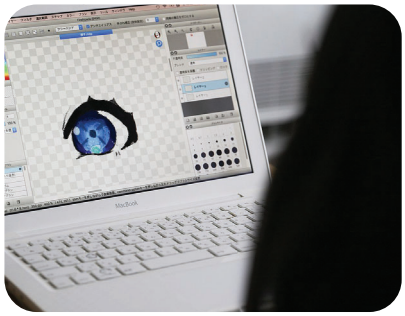
# Technology-Based Art

21st century technology has taken over almost all aspects of human life including visual arts. Artists nowadays enjoys the luxury of digital media in creating and presenting their artworks to the world. Although we still value the traditional artworks that are hand-painted by different artists, we now embrace the technology-driven artworks.

**Technology-based art** are artworks created and/or manipulated using technology. Artists may use digital brushes and palettes, a wide variety of colors, inks, and pigments and the choice of different sizes of canvasses. Artists may also enjoy the wide reach of audiences through the Internet.

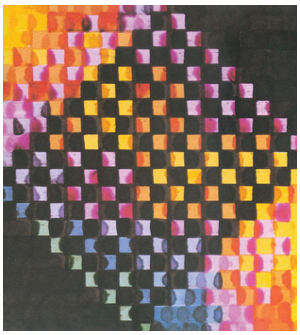


**Computer/Digital Arts** is type of technology-based art created and presented using digital technology. These technologies may include computers, tablets, and even mobile phones. Computer or digital arts may also be done by scanning hand-drawn image or painting and enhancing it using software applications or programs.

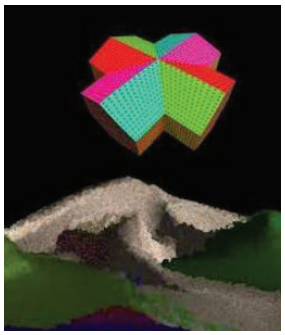


**Digital Arts** started in the early 1960's. This is due to constant technological breakthroughs and development. Experimental digital arts were created by engineers and scientists who first laid hands on computers. They explored the possibilities a computer might have and experimented on some of its applications in arts.

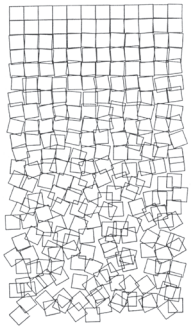
These are the sample artworks:



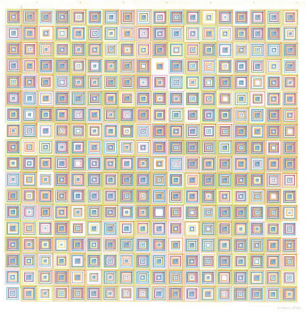
**POLYGON DRAWINGS**
BY: FRIEDER NAKE, 1965



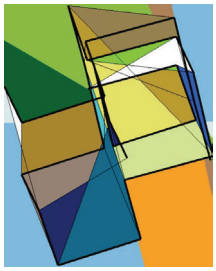
**MOUNTAIN AND STAUROLYTE**
BY: RONALD DAVIS, 1997



**SCHROTTER (GRAVEL)**
BY: GEORG NEES, 1965



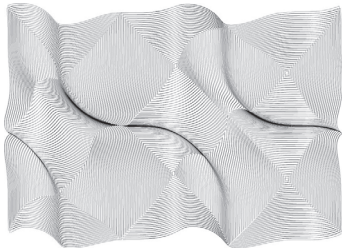
**(DES) ORDRES**
BY: VERA MOLNAR, 1974



MANFRED MOHR, 1999



OLGA KISSELEVA, 2012



JEAN-PIERRE HEBERT, 2007

## PRACTICE

**Directions:** Using your mobile phones, create a simple artwork using available applications. You may edit old photos or create a new one. Save your work and share it to your teacher.

**Criteria for Scoring**

| | |
|---|---|
| Creativity | 20 POINTS |
| Use of Application | 20 POINTS |
| Overall appearance | 10 POINTS |
| **TOTAL** | **50 POINTS** |

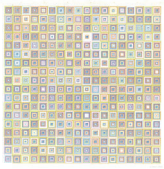
## EVALUATE

**Directions:** Name the following artworks below. Write your answers on the blanks provided.

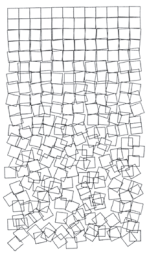
_____ 1.



_____ 2.



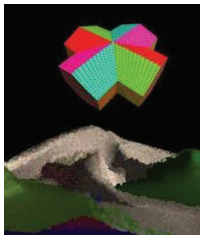
_____ 3.



_____ 4.



_____ 5.



# PHYSICAL EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Identify healthy lifestyle practices.
- Explain the importance of healthy lifestyle.
- Engage in moderately intense physical activities at home.

## CHECK

**Directions:** Enumerate and give at least 5 health benefits of Zumba. Write your answers on the space provided.

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

## EXPLAIN

### Healthy lifestyle

**Lifestyle** reflects the manner by which a person lives. This includes the everyday routines at home, school, and even at work. This also entails eating habits, sleeping patterns, the daily habits you observe, the choices you make as a consumer, and your physical activities.

Managing your lifestyle entails making modifications that reduces health risks. Below are some of the tips to live a better lifestyle:

1. Avoiding too much fatty food.
2. Get objects by yourself if you can, rather than asking someone to get it for you.
3. Walk briskly and walk more often.

## Concept of Weight Management

**Energy Expenditure**

- This is the amount of exerted energy during and after a physical activity.

**Energy Consumption**

- This is the amount of energy you gain through food intake.

**Weight gain**

- Taking more energy from consumed food than energy expended through physical activities.

**Weight loss**

- Taking less energy from consumed food than the energy expended through physical activities.

**Weight maintenance**

- The ratio of energy gain from consumed food is equals to energy spent.

## Methods of Managing Weight

1. Eat high protein food for breakfast. This is better than eating food high in carbohydrates and fats.
2. Smaller plates can help you consume less and smaller portions of food. It will eventually lead to less calorie intake.
3. Eat more soup. Soup can decrease the amount of energy intake.
4. Eat more vegetables. It contains high amount of water and fiber that is good for digestion. It also increases satisfaction and decreases hunger.
5. Exercise regularly. Walk more often and do simple exercises for at least 30 minutes a day.



## PRACTICE

**Directions:** Engage in simple physical activities at home. List down the time spent for every activity you perform and write a narrative describing how it felt. Record your activity schedule and share it with your teacher.

| ACTIVITY | TIME SPENT | NARRATIVE |
|---|---|---|
| 1. Sweeping the floor (morning and evening) | | |
| 2. Washing the dishes (breakfast, lunch and dinner) | | |

| | | |
|---|---|---|
| 3. Brisk walking around the house | | |
| 4. Jogging in place | | |
| 5. Getting 8 hours of sleep | Bedtime:<br>Wake Up Time: | |



## EVALUATE

**Directions:** Match the terms in **Column A** to its meaning in **Column B**. Write the letter of the correct answers on the blanks provided.

| COLUMN A | COLUMN B |
|---|---|
| _____ 1. Weight Loss | A. The ratio of energy gain from consumed food is equals to energy spent. |
| _____ 2. Weight Gain | B. This is the amount of exerted energy during and after a physical activity. |
| _____ 3. Weight Maintenance | C. Taking less energy from consumed food vs. the energy expended or spent. |
| _____ 4. Energy Expenditure | D. Taking more energy from consumed food vs. energy expended or spent. |
| _____ 5. Energy Consumption | E. This is the amount of energy you gain through food intake. |

# HEALTH EDUCATION

## OUTCOMES

After going through this module, you are expected to:

- Identify different health related laws.
- Create a slogan advocating protection of children from child abuse.

## CHECK

**Directions:** List down the 5 government agencies who help protect consumers. Write your answers on the space provided.

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

## EXPLAIN

In our modern world, we follow rules and regulations for us to live a better life within our communities. However, we cannot avoid circumstances where we are put into danger by people or risky activities. Such activities may either endanger our health and lives.

Here are some of the laws that will protect us and help us live a better quality of life:

### Reproductive Health Law

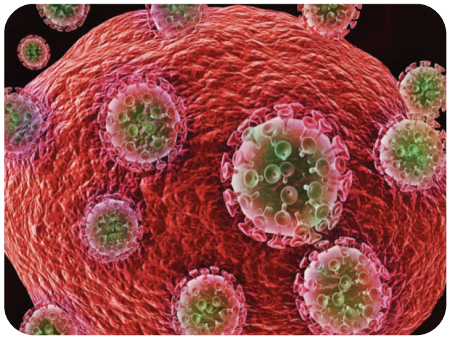
**Republic Act No. 10354** or the Reproductive Health Law (RH Law). This law guarantees universal access to methods on contraception, fertility control, sexual education, and maternal care. It mandates all private and public institutions to disseminate information and distribute family planning devices such as condoms, birth control pills, and IUD's.

### Philippine Aids Law

**Republic Act 8504** is also known as the Philippine AIDS Law. This law shall:



1. Promote public awareness about HIV/AIDS through various methods, this includes integration to the curriculum of basic education, tertiary, and vocational curriculums, and providing education to workplaces as well.
2. Ensure safety in processes like blood, organ, and/or tissue donations.
3. Comprehensive approach to HIV/AIDS prevention and control in the Philippines.



## Comprehensive Dangerous Drugs Act of 2002

**Republic Act No. 9165** otherwise known as the "Comprehensive Dangerous Drugs Act of 2002". According to this law, the following are considered as unlawful acts and are subjected to penalties and fines:

1. Importing of dangerous drugs and/or controlled precursors and essential chemicals.
2. Selling, trading, administering, dispensing, and delivering.
3. Maintaining drug den, dive, or resort.
4. Manufacturing of dangerous drugs and/or controlled precursors and essential chemicals.
5. Manufacturing or delivery of equipment, instrument, apparatus, or other paraphernalia for dangerous drugs and/or controlled precursors and essential chemicals.
6. Possessing dangerous drugs, equipment, instrument, apparatus, or other paraphernalia.
7. Possessing dangerous drugs during parties, social gatherings, or meetings.
8. Cultivating or culturing plants classified as dangerous drugs or sources of such.
9. Unnecessary prescribing dangerous drugs.

## Child Pornography

**The Republic Act 9775** or The Anti-Child Pornography Act of 2009 is an act defining the crimes of child-pornography. The law states that any representation, whether visual, audio, or written combination thereof, by electronic, mechanical, digital, optical, magnetic or any means, of a child engaged or involved in real or simulated explicit sexual activities is considered a criminal act. (Official Gazette, 2009).



## PRACTICE

**Directions:** Make a slogan on how you can prevent child abuse in your community. Make sure to use appropriate words and phrases. Use an oslo paper for your activity. Take a picture of your slogan and share it to your teacher.

**Criteria for Scoring**

| | |
|---|---|
| Creativity | 10 POINTS |
| Relevance | 20 POINTS |
| Appeal | 10 POINTS |
| Impact | 10 POINTS |
| **TOTAL** | **50 POINTS** |

## EVALUATE

**Directions:** Choose the answers from the choices below. Write the letter of the answer on the space provided before the number.

A. RA 9165 B. RA 9775 C. RA 8504 D. RA 10354

_____ 1. Possessing dangerous drugs during parties, social gatherings, or meetings.

_____ 2. Defining the crimes of child-pornography.

_____ 3. Unnecessary prescribing dangerous drugs.

_____ 4. Ensure safety in processes like blood, organ, and/or tissue donations.

_____ 5. This law guarantees a universal access to methods on contraception, fertility control, sexual education, and maternal care.

# Lesson 02

## MUSIC EDUCATION

### OUTCOME

At the end of this module, you are expected to:

- Identify the different African vocal and instrumental music.
- Create an improvised African Traditional instrument.

### CHECK

**Directions:** Identify the term described in each sentence. Write your answers on the space provided.

_____ 1. This music led to the birth to new musical styles like jazz music.

_____ 2. These music were produced due to the colonization of European countries.

_____ 3. Fast-paced tempo were widely used and deep-chested voice were practiced in their performances.

_____ 4. It consists of various music made to entertain a large number of people, whether in radio, television, and on live performances.

_____ 5. Singing, dancing and playing of different drumbeats are essential to their ceremonies like birth ceremonies, tribal initiation, marriage, death, and funerals.

### EXPLAIN

## Traditional African Music

1. **Afrobeat** – is a music that is created by combining West African music and African American music.
2. **Apala (Akpala)** – is a music from Nigeria. This is used to wake up the worshippers after fasting during the holy feast of Ramadan.
3. **Axe** – a music that came from Salvador, Bahia, and Brazil. This is a combination of Afro-Caribbean styles of reggae, calypso, and marcha.

4. **Jit** – is a fast Zimbabwean dance that is played on drums with guitar as an accompaniment.
5. **Jive** – is a popular music and dance style from South Africa with a lively variation of a swing dance called jitterbug.
6. **Kwassa Kwassa** – a music and dance style from Zaire showing the movements of the hips moving forward and backward along with the arms.

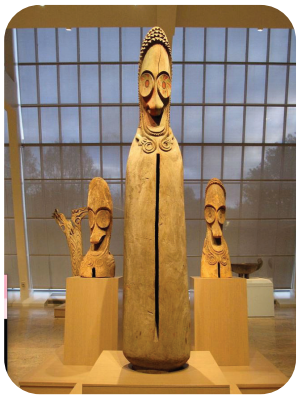
## Vocal Forms of African Music

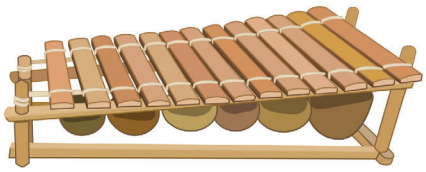
1. **Maracatu** – this is a combination of strong rhythms of African and Portuguese melodies.
2. **Blues** – this is a musical style from Africa which is rooted from the African American communities carrying expressive and soulful sound.
3. **Soul** – is a combination of African American gospel music, rhythm and blues, and sometimes jazz.
4. **Spiritual** – this has deep roots from the black communities in America. This was used as an outlet to express anger, loneliness, sadness, and helplessness from slavery. This is mostly associated with religion.
5. **Call and Response** – this is a unique type of music where a musical succession happens. The leader will call out and the group will respond. It is brought to America by enslaved Africans.

## Instrumental Forms of African Music

A. **Idiophones** – these are percussive instruments that are hit with a mallet or with one another.

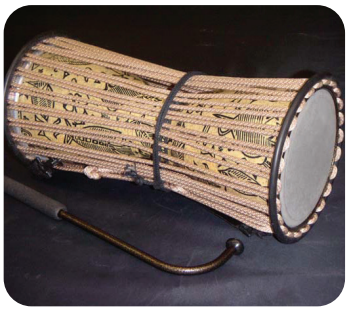






B. **Membranophones** – these are instruments with a membrane made of animal skin. The skin vibrates when hit, thus creating a sound. The shape of the drums can be conical, cylindrical, hourglass, barrel, globular, or kettle.





C. **Lamellaphones** – these are set of thin metal or wooden plates called tongues mounted on a sound board.



D. **Chordophones** – these are instruments that has strings on it. The strings are plucked or bowed to vibrate. It includes bows, harps, lutes, zithers, and lyres.



E. **Aerophones** – these are wind-blown instruments made of horns and wood.



## PRACTICE

**Directions:** Create an improvised African traditional instrument from any of the classifications of instruments discussed. Record a video of the process of making the instrument and submit it to your teacher.

**Criteria for Scoring**

| | |
|---|---|
| Creativity | 10 POINTS |
| Improvised materials used | 20 POINTS |
| Overall appearance | 10 POINTS |
| **TOTAL** | **30 POINTS** |

## EVALUATE

**Directions:** Match the instruments in **Column A** to its classification in **Column B**. Write the letter of the correct answer on the space provided.

| COLUMN A | COLUMN B |
|---|---|
| _____ 1. Horns | A. Chordophones |
| _____ 2. Talking drum | B. Idiophones |
| _____ 3. Atingting kon | C. Membranophones |
| _____ 4. Kora | D. Lamellaphones |
| _____ 5. Mbira | E. Aerophones |

# ARTS EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Identify the different mobile phone applications used for digital arts.
- Create a digital art using one of the applications available.

## CHECK

**Directions:** Define the following terms below. Write your answers on the space provided.

1. Technology-based Art

_____

_____

2. Computer Arts / Digital Arts

_____

_____

3. Digital Arts

_____

_____

## EXPLAIN

### Mobile Phone Art

**Mobile Phone Art** is a technology-based art that uses mobile phones to produce digital arts. These mobile phones are powerful enough to hold applications that can be used as a tool to create or recreate an artwork digitally.

Here are some of the mobile phone applications that you can download and use:



**Pixlr** – an online photo editor.



**Pic Collage** – an application where you can arrange your pictures in a collage and decorate them with stickers, texts, and frames.

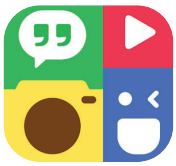


**Photo Grid** – an application you can download to collate your photos from your gallery.



**Doodle Booth** – an application for Apple users that will allow you to doodle on your photos and brighten them with stickers.



**Photo Booth** – an application for Apple users used for taking photos and videos using iPad and iPad Mini and iPhone (simple booth application).



**Pic Monkey** – is a free online photo editor tool that uses filters and effects to manipulate the image.



**Flipagram** – this application will allow you to bring photos back to life with a short music background of your choice.



**Picsart** – a free image editor and drawing tool used to social media platforms for sharing purposes.



**Snapseed** – an image editor that enhances, transforms, and share your photos across social media platforms.



**Instagram** – a fast and fun way to edit your photos and share it with others. It uses a variety of filters for editing and options to share photos to Facebook, Twitter, Tumblr, and other social media platforms.

# PRACTICE

**Directions:** Using your mobile phones, create a digital artwork using the applications discussed. You may also download any application which is available or you are more knowledgeable about. Use your old photos and edit them. Save your work and share it with your teacher.

**Criteria for Scoring**

| | |
|---|---|
| Creativity | 20 POINTS |
| Use of Application | 20 POINTS |
| Appeal | 10 POINTS |
| **TOTAL** | **50 POINTS** |

# EVALUATE

**Directions:** Name the given logos below. Write your answers on the space provided.

_____ 1. 

_____ 2. 

_____ 3. 

_____ 4. 

_____ 5. 

# PHYSICAL EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Identify basic stretching and warm up exercises.
- Perform basic stretching and warm up exercises.

## CHECK

**Directions:** Identify the term described in the following sentences. Write the letter of your answer on the blanks provided.

A. Energy Expenditure B. Weight Gain C. Weight Maintenance

D. Weight Loss E. Energy Consumption

_____ 1. The ratio of energy gain from consumed food is equal to energy spent.

_____ 2. Taking more energy from consumed food than energy expended.

_____ 3. This is the amount of exerted energy during and after a physical activity.

_____ 4. This is the amount of energy you gain through food intake.

_____ 5. Taking less energy from consumed food than the energy expended.

## EXPLAIN

# Basic Stretching and Warm up Exercises

### Stretching and Warm up Exercises

Flexibility is the ability to move the joints effectively in complete range of motion. Flexibility can be gained through stretching. Proper stretching can make our muscles flexible, healthy, and strong. This can help our joints to move with ease. Without proper stretching, we can experience joint pains, strains, and even muscle damage.

For example, tight hamstring at the back of your thigh is caused by sitting in a chair all day. This can make you extending your leg and knees more difficult. Likewise, when tight muscles

are suddenly called on for a strenuous activity that stretches them, such as playing tennis, they may become damaged from suddenly being stretched. Injured muscles may not be strong enough to support the joints, which can lead to joint injury.

**Stretching** is a physical exercise where a specific point of a muscle or muscle group called tendon is stretched and flexed to improve elasticity and muscle tone. The results of stretching are increased muscle control, flexibility, and range in motion.

**Warm Ups** are preparations for our body to do physical work. It prepares our bodies beforehand to avoid possible muscle and joint damage. These are set of active exercises such as hops, jogs, rotations, jumps, etc.

It is important to remember that doing stretching and warm up exercises you have to be careful and consider these things:

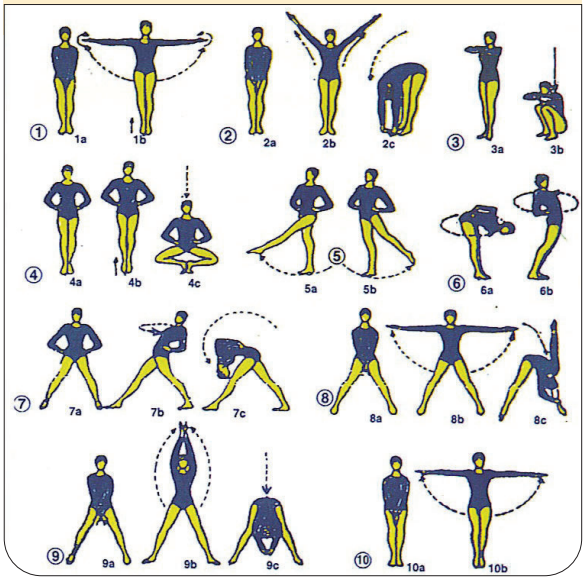
## Stretching Don'ts

- Avoid stretching an injured body part. You should feel a gentle pull or mild discomfort when you stretch, but not pain.
- Avoid stretching for long intervals of time.
- Do not do ballistic stretching on your own. Ballistic stretching is done when a muscle is stretched with a bouncing type of movement. Some athletes will incorporate ballistic stretching as part of their warm-up routine. However, is best done under the guidance of a coach or qualified exercise professional.
- Do not lock your joints.

Here's what you can follow with guidance and care:

- Do make sure you stretch your muscles when they are warm, not cold (after your warm-up or work out).
- Do breathe deeply all the way through each stretch.
- Do listen to your body and how far to push yourself.
- Do hold each stretch for at least 10 seconds (But holding a stretch for more than 30 seconds does not provide any additional benefit.)
- Stretch after being physically active. Muscles respond best to lengthening when they are warm and have blood flow.
- Do mild stretches daily.
- Take precautions if you have a health condition. If you have a health conditions, like osteoporosis, you can still stretch but certain precautions are recommended.

Here are some of the example stretching and warm up exercises:





# PRACTICE

**Directions:** Let us warm your body up and create a simple video on basic stretching and warm ups you can do at home! Make a 3 to 5-minute routine of your basic stretching and warm up exercises. Save your work and share it with your teacher.

**Criteria for Scoring**

| | |
|---|---|
| Basic Stretching | 10 POINTS |
| Basic Warm Up | 10 POINTS |
| Music | 10 POINTS |
| Use of information | 10 POINTS |
| Appeal | 10 POINTS |
| **TOTAL** | **50 POINTS** |



# EVALUATE

**Directions:** Write **TRUE** if the statement is correct and **FALSE** if not. Write your answers on the space provided before each number.

_____ 1. Make sure you stretch your muscles when they are warm, not cold.

_____ 2. Do not take precautions if you have a health condition.

_____ 3. Do not lock your joints.

_____ 4. You may stretch around an injured area.

_____ 5. Do not listen to your body and push yourself further.

# HEALTH EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Identify different health related laws.
- Create a simple advertisement about the current health problems of the society.

## CHECK

**Directions:** Write **TRUE** is the statement is correct and **FALSE** if not. Write your answers on the space provided.

_____ 1. Republic Act No. 9156 is known as the Comprehensive Dangerous Drugs Act of 2002.

_____ 2. Republic Act 9757 is known as The Anti-Child Pornography Act of 2009.

_____ 3. Republic Act 8540 is known as the Philippine AIDS Law.

_____ 4. Republic Act No. 10345 is known as the Reproductive Health Law.

_____ 5. Unnecessary prescribing dangerous drugs is accepted by the law.

## EXPLAIN

### Anti Hazing Law

**Republic Act 8949** also known as the Anti Hazing Law extends its protection to the younger generation. It is created to protect the youth from harmful initiations such as hazing. The law states that physical hazing is prohibited. All fraternities, sororities, and other organization are required to inform the school authorities regarding the initiation rituals that would take place and the school will send actual witnesses to the rites to fully check that hazing will not be practiced. Severe pscyhological and emotional initiation rites are also prohibited by this law.



## Blood Donation Act



**Republic Act No. 7719** or the National Blood Service Act of 1994 aims to promote and encourage voluntary blood donation by citizenry to provide adequate, safe, and affordable and equitable distribution of blood and blood products. Donor screening is a vital part in dealing with this kind of donation. Medical history is checked to ensure that no harm will come to the donor and that the blood donated will in no way harm the receiver or recipient.

## National environmental awareness and education act

**The Republic Act 9512** or the National Environmental Awareness and Education Act of 2008 promotes environmental awareness through education. DSWD, DOST and DENR and other agencies shall integrate environmental education in their circulars. It shall encompass the concepts and principles of environmental protection which includes best practices, threats of degradation and its impacts to human well-being, responsibilities of humans in conservation, protection and rehabilitation of resources, and sustainable development through the environment. In addition, environmental education shall also be part of the National Service Training Program (NSTP).



# PRACTICE

**Directions:** Create a poster to promote awareness about a health issue discussed in this module. You may use digital platforms if available. If not, you may use oslo paper and drawing and coloring materials. Save your work and share it with your teacher.

**Criteria for Grading**

| | |
|---|---|
| Creativity | 20 POINTS |
| Relevance | 20 POINTS |
| Neatness | 10 POINTS |
| **TOTAL** | **50 POINTS** |

# EVALUATE

**Directions:** Write **TRUE** if the statement is correct. If not, write **FALSE** and change the word/s that made the statement incorrect. Write your answers on the space provided.

_____ 1. The Republic Act 9521 or the National Environmental Awareness and Education Act of 2008 promotes environmental awareness through education.

_____ 2. Donor screening is a vital part in dealing with blood donations.

_____ 3. The RA 8849 also known as the Anti Hazing Law extends its protection to the younger generation.

_____ 4. Severe psychological and emotional initiation rites are not prohibited RA 8949.

_____ 5. Republic Act No. 7719 or the National Blood Service Act of 1994 aims to promote and encourage voluntary blood donation by citizenry, provide to adequate, safe and affordable and equitable distribution of blood and blood products.

# Lesson 03

## MUSIC EDUCATION

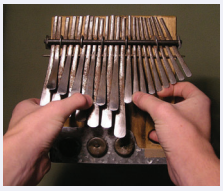
### OUTCOME

At the end of the module, you are expected to:

- Identify different traditional instruments of Latin America.
- Create an improvised Latin American traditional instrument.

### CHECK

**Directions:** Name the following African traditional instruments. Write your answers on the space provided.

1. 

_____

2. 

_____

3. 

_____

4. 

_____

5. 

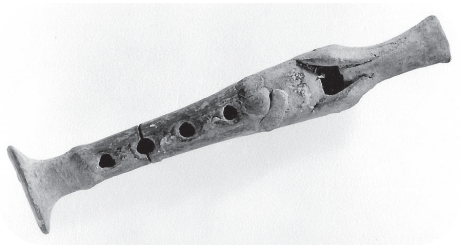
_____

# EXPLAIN

The rich history of Latin American traditional instruments dated back to its prehistoric cultural groups such as the Aztec, Mayan, Andean, and the Incan.

## Aztec and Mayan Instruments

**Tlapitzalli** – this is made of clay with abstract decorations and designs. Common designs are the images of their deities.



**Teponaztli** – This is a slit drum from Mexico. It is a hollow drum carved from a piece of hardwood.



**Conch** – this is made of a large sea snail shell. It is a wind instrument that is prepared by cutting a hole near the apex so the air can be blown like a trumpet.



**Whistles** – these are small instruments made of bones from dead animals.



**Rasp** – this is a hand percussion notched instrument that is played by scraping a stick to create a rattling effect.



**Huehueti** – this is a Mexican tubular upright drum used by the Aztecs.



## Incan Instruments

**Ocarina** – this is a vessel clay/ceramic flute with 4 to 12 fingerholes and a mouthpiece. This is a wind instrument used by the ancient Incan civilization.



**Zampoñas** – these are ancient instruments tuned to different scales. It is played by blowing the instrument across the tube top.

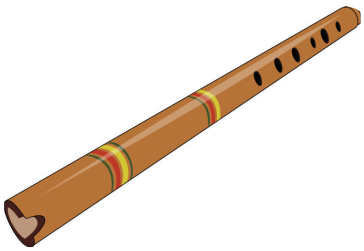


## Andean Instruments

**Wooden Tarka** – these are rainy season flutes. These are vertical duct flutes that is similar to a recorder.



**Quenas** – these are dry season flutes. These are made of bamboo with an end-notch.



**Charango** – The charango is a ten-stringed Andean guitar from Bolivia. It is a smaller version of a mandolin and just the same size as the ukulele. This imitates the early guitars from Spain.



**Pitus** – the pitus are cane flutes that are blown sideways and it can be played all year round.



# PRACTICE

**Directions:** Create an improvised musical instrument using available materials at home. You may choose any of the instruments discussed in this module. Take a picture of you holding the instrument and send it your teacher.

**Criteria for Scoring**

| | |
|---|---|
| Creativity | 20 POINTS |
| Improvisation | 20 POINTS |
| Appeal | 10 POINTS |
| **TOTAL** | **50 POINTS** |

# EVALUATE

**Directions:** Identify the civilization where the instrument belonged to. Write your answers on the space provided.

_____ 1. Wooden Tarka

_____ 2. Huehueti

_____ 3. Ocarina

_____ 4. Charanggo

_____ 5. Teponaztli

# ARTS EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Explain what digital photography is.
- Create a self-portrait or a portrait of choice.

## CHECK

**Directions:** Match the application name in Column A to its icon in Column B. Write the letter of the correct answer on the space provided.

| COLUMN A | | COLUMN B | |
|---|---|---|---|
| _____ 1. | Pixlr | A. |  |
| _____ 2. | Instagram | B. |  |
| _____ 3. | Picsart | C. |  |
| _____ 4. | Photobooth | D. |  |
| _____ 5. | Pic Collage | E. |  |

## EXPLAIN

Digital photography is an art using technology that evolved from the earlier types of photography using light-sensitive photo films. Digital photography uses electronic devices in capturing, editing, and processing an image.



## There are two main types of devices used in digital photography:

1. **Point-and-shoot** – This type of photography automatically makes the adjustments in lighting, zoom actions, focus, and the removal of "red eye". It uses devices classified as digital cameras or "digicam".

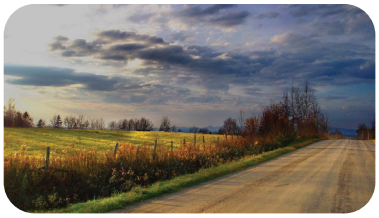



2. **Digital Single Lens Reflex (DSLR)** – This type of camera provides a film-less and instant review of the images captured. It gives the artist more artistic freedom and control via the settings embedded to create the final output of the image.




## Here are some tips in taking a good photograph:

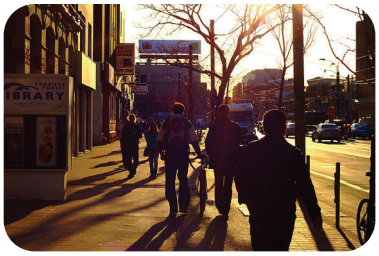
1. Choose the best location. Whether at home or outside, find a spot where the subject will be noticed.



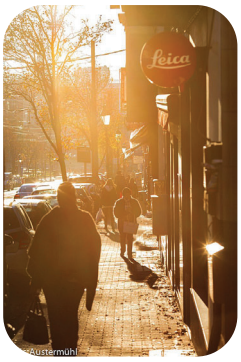
2. Check the background. It should not be cluttered and it should be simple.



3. Find a natural light source. Taking photos outside is the best way to get a natural light source. However, if it's not possible, use artificial lighting where the subject will be on focus.



4. Do not take photos facing the light source. It will make the subject dark and will be lost at shadows.




5. Fix your posed shot. Make sure that the good points of the subject like the height, face, and body will be highlighted using proper angles to light source.





6. For candid shot or stolen shot, position your camera where you can get the most interesting, amusing, or touching moment of the shot.



7. Take a lot of shots. Make use of a variety of angles, light source, and poses so you can pick the best shot.

# PRACTICE

**Directions:** Using the tips you have learned in this module, take your own portrait shot. You may do it by yourself or you may ask somebody to help you capture the best photograph. You may edit the photograph using some application but use it just right to preserve the beauty of the original image. Save your work and submit it to your teacher.

**Criteria for Scoring**

| | |
|---|---|
| Creativity | 20 POINTS |
| Followed the guidelines | 20 POINTS |
| Appeal | 10 POINTS |
| **TOTAL** | **50 POINTS** |

# EVALUATE

**Directions:** Read each statement below. Write **TRUE** if the statement is correct and **FALSE** if not.

_____ 1. Use cluttered background if possible for your photos.

_____ 2. You should keep in mind the direction of your light source.

_____ 3. Capture as many shots as possible, then choose the best one.

_____ 4. Your camera angle should be away from the source of light.

_____ 5. Do not find natural light source. It is good for photos.

# PHYSICAL EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Identify the benefits of Yoga exercise.
- Perform simple yoga exercise.

## CHECK

**Directions:** Read the following statements below. Write **DO** if the statement is correct and **DON'T** if not.

_____ 1. Stretch around an injured area.

_____ 2. Stretch for long intervals.

_____ 3. Do mild stretches daily.

_____ 4. Breathe deeply all the way through each stretch.

_____ 5. Take precautions if you have a health condition.

## EXPLAIN

**Yoga** is a spiritual discipline which focuses on bringing harmony to the body and mind. It is considered an art and science of healthy living. The word Yoga came from the Sanskrit root word "yuj" which means to join, to yoke, and to unite.

Below are some of the benefits of Yoga exercise:

1. It increases respiratory efficiency.
2. Improves balance and posture.
3. It improves endurance and increases energy.
4. Great for memory, concentration, mood, and self- actualization.
5. It is a great way to reduce anxiety and depression.
6. It is relaxes the body.
7. It has low risk of body injury.
8. It increases flexibility.

9. It is one of the best core exercises.
10. Great for mental and physical endurance.
11. Good for meditation and clearing of the mind.

# 5 basic Yoga Poses/Exercises



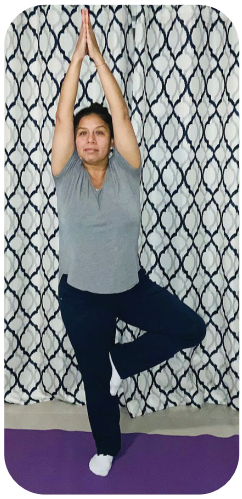
**Easy pose (sukhasana)**

1. Sit in a crossed - leg position on a yoga mat with your hands on your knees, palms up.
2. The spine should be kept straight as possible.
3. Push the bones you are sitting down into the floor - your "sit bones" in yoga speak.
4. Close your eyes then inhale and exhale.

**Cat-cow pose (awakening the spine and eases back pain)**

1. On all fours, place your hands directly below the shoulders and knees directly below the hips.
2. Balance the weight by distributing it equally on both hands and arms, spread the fingers wide.
3. Round your back as you inhale, making an arch while placing your chin to your chest.
4. Lower your back down all the way as you exhale to a scoop shape as you lift your head up and back.





**Tree pose (virksasana)**

1. Stand straight.
2. Put your hands in prayer position aligned with the chest and slowly lift them up over your head.
3. As your lift the hand, balance your body with one foot on the ground while the other foot is bent sideways and pressed with the inner thigh of the other leg.
4. Hold this position for 30 seconds and repeat with the other leg.

**Downward-facing dog pose (adho mukha svanasana)**

1. Place both hands on the mat, palms down. Hands should be slightly above the shoulder line.
2. Place your knee on the ground directly under the hips. Lift your knees slowly off the ground as you exhale. Lift your buttocks and hips up.
3. Keep your head down and aligned with your back and arms.
4. Hold this position for 30 seconds and repeat with the other leg.



**Child's pose (balasana)**

1. Start with a downward facing dog t position, but knees are bent, and buttocks are lowered, heels touching the buttocks.
2. Chest should be towards the floor.
3. Head and shoulders should be lowered as well towards the floor.
4. Place your arms on your sides, palms down, or you can support your head by folding your arms under your forehead. Breathe and relax for as long as you need to.



# PRACTICE

**Directions:** Perform the 5 basic yoga poses discussed earlier. Use calming music for your Yoga vlog. Your video should be 2-3 minutes long. Discuss the directions while doing the poses and make sure to follow the directions properly. Be careful and do not go beyond your body's capacity. Record your Yoga vlog and send it to your teacher.

**Criteria for Scoring**

| | |
|---|---|
| Yoga Poses | 25 POINTS |
| Followed Directions | 10 POINTS |
| Music | 5 POINTS |
| Clear Instructions | 10 POINTS |
| **TOTAL** | **50 POINTS** |

# EVALUATE

**Directions:** Name the following Yoga poses below. Write your answers on the space provided.

_____ 1.



_____ 2.



_____ 3.



_____ 4.



_____ 5.



# HEALTH EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Identify pressing issues related to community health.

## CHECK

**Directions:** Give the title of each republic acts below. Write your answers on the space provided.

_____ 1. Republic Act No. 9775

_____ 2. Republic Act No. 10354

_____ 3. Republic Act No. 9512

_____ 4. Republic Act No. 7719

_____ 5. Republic Act No. 9165

## EXPLAIN

### Other Existing Laws Concerning Public Health

**Republic Act 6969** or the Toxic Substances and Hazardous and Nuclear Wastes Control Act of 1990 states that there will be a strict regulation on importation, manufacturing, processing, distributing, usage and disposing of chemical substances and mixtures that may pose risk or injury to health or the environment. It also prohibits the entry, or in-transit, of hazardous and nuclear wastes to the Philippine territorial limits for whatever purpose. It also provides advancements and facilitates research and studies on toxic chemicals.



**Republic Act 8172** or the Act for Salt Iodization Nationwide (ASIN). This act declares the policy of the state to promote health among the Filipinos in maintaining effective food regulatory system and to provide the entire population most especially women and children with proper nutrition. In this regard, the state shall promote fortification of food to combat deficiency in nutrients needed by the country. The act addresses iodine deficiency through less expensive way and can reach to every household, thus, the creation of iodized salt.




**Republic Act 7277** or the Magna Carta for Disabled Persons supports the improvement of the total well-being of disabled persons and their integration to society. The state will assure the disabled persons' rehabilitation, self-development and self-reliance, honing their skills, and potentials for them to compete for opportunities in the community. The act also states the equal rights of disabled persons to everyone in the society. They should live freely and independently as possible guided by equality among the community.



**Republic Act 9994** or the Expanded Senior Citizen Act recognizes senior citizens as one of the primary concerns of the family, our society, the government for they are considered as integral part of the Philippine community. This act will provide a comprehensive approach to health development which shall be used in purchase of essential goods, health and social services at an affordable price.





# PRACTICE

**Directions:** Answer the question below. Present your answer in a poster form using either traditional paper and color or digital painting. Write a short explanation of your work. Save your poster and share it with your teacher.

As a student, how can you help your community achieve equality?

**Criteria for Scoring**

| | |
|---|---|
| Creativity | 20 POINTS |
| Relevance | 20 POINTS |
| Neatness | 10 POINTS |
| **TOTAL** | **50 POINTS** |



# EVALUATE

**Directions:** Read each statement below. Write **True** if the statement is correct and if not, replace or omit the incorrect term/s to make the statement true. Write your answers on the blank before the number.

_____ 1. Senior citizens should be the least priority of the State, community and family.

_____ 2. Persons with disabilities have equal rights like other people.

_____ 3. Dumping of toxic wastes within the Philippine territory is prohibited under few circumstances.

_____ 4. Iodized salt can combat micronutrient deficiencies.

_____ 5. There are rehabilitation programs for the disabled persons.

# Lesson 04

## MUSIC EDUCATION

### OUTCOME

At the end of the module, you are expected to:

- Identify different genres of popular music.
- Sing and perform example songs from the selection.

### CHECK

**Directions:** Name the following Latin American traditional instruments. Write your answers on the space provided.

_____ 1.



_____ 2.



_____ 3.



_____ 4.



_____ 5.



# EXPLAIN

Different genre of music were developed at the advent of the 20th century. One genre that enjoyed by many is **popular music**. Pop music or the "music of the populace" generally consists of entertainment music made for large number of people. It can be heard and seen in many different platforms like televisions, movies, radios, and live performances. From ballad songs to rock and disco music, popular music is now shared by many across the globe.

## Ballads

These are expressive narrative songs which came from folk music with lyrics typically dealing about love. It came from the medieval French term "chanson ballade" which means a piece of music to accompany a song. Today, the term ballad is now referred to as love songs in a pop or slightly rock style.

## Types of ballads:

1. **Blues Ballads** – a fusion of Anglo-American and Afro-American styles of music that deals with anti-heroes resisting authority.

2. **Pop Standards and Jazz Ballads** – this is an AABA form of song. AABA means that the melody (A) will be repeated throughout the song, while the chorus or refrain (B) will be in another tune. It is composed of two stanzas at first followed by a chorus or refrain and sometimes a it ends in a brief coda (C). The theme of the song is usually a love story.

   The Man I Love by George Gershwin
   https://www.youtube.com/watch?v=ut4YnJ5Ebr0

   Always by Irvin Berlin
   https://www.youtube.com/watch?v=Biv0-jBYscU

   In a Sentimental Mood by Duke Ellington
   https://www.youtube.com/watch?v=7UKGc8J463k

3. **Pop and Rock Ballads** – the music of pop and rock ballads has elements of folk music with an emotional love story theme.

   The Ballad of John and Yoko by The Beatles
   https://www.youtube.com/watch?v=v-1OgNqBkVE

   The Ballad of Billy the Kid by Billy Joel
   https://www.youtube.com/watch?v=-svCimWJNDc

   American Pie by Don McLean
   https://www.youtube.com/watch?v=7yHTpGog0IY

## Standards

Standards type of music are the most popular and enduring song. These are songs that are mostly in a slow or moderate tempo with a relaxing mood or feeling. The melodies are easy to remember, and song have lyrics that is easy to follow.

My Way by Frank Sinatra
https://www.youtube.com/watch?v=qQzdAsjWGPg

Unforgettable by Nat King Cole
https://www.youtube.com/watch?v=JFyuOEovTOE

Portrait of My Love by Matt Monroe
https://www.youtube.com/watch?v=WIJN03lBdBo

## Rock and roll

Rock and Roll is a combination of Afro-American music and Western swing and country music. The instruments at first were piano and saxophone and were later replaced by modern instruments like electric guitars and drums.

Blue Suede Shoes by Elvis Presley
https://www.youtube.com/watch?v=Bm5HKlQ6nGM

I Saw Her Standing There by The Beatles
https://www.youtube.com/watch?v=mwBdWVTR-o8

## Disco

Disco is a kind of rock music that has a more danceable tune. The term disco is from the French word "discotheque" which means a place where people can dance to a live or recorded music with sophisticated sound system, lighting, and effects.

Dancing Queen by ABBA
https://www.youtube.com/watch?v=xFrGuyw1V8s

September by Earth Wind and Fire
https://www.youtube.com/watch?v=Gs069dndIYk

Last Dance by Donna Summer
https://www.youtube.com/watch?v=vqZY8P42pLo

## Hip hop and rap

This genre is stylized with highly rhythmical patterns of music that includes rapping or chanted words along with the music. Hip hop started with the Black American communities in Bronx, New York, and it spread across America and many countries around the world.

Lose Yourself by Eminem
https://www.youtube.com/watch?v=_Yhyp-_hX2s

Heartless by Kanye West
https://www.youtube.com/watch?v=Co0tTeuUVhU

## Alternative music

This is a defiance to the mainstream rock music. Alternative music is known for its unconventional practices like using distorted guitar sounds, oppressive and defiant lyrics and attitudes.

Numb by Linkin Park
https://www.youtube.com/watch?v=kXYiU_JCYtU

Welcome to the Black Parade by My Chemical Romance
https://www.youtube.com/watch?v=RRKJiM9Njr8



# PRACTICE

**Directions:** Choose one song from any genre discussed in this module. Study the chosen song and perform it. Record your performance and send it to your teacher.

**Criteria for Scoring**

| | |
|---|---|
| Musicality (tone, pitch, tempo) | 20 POINTS |
| Expression | 20 POINTS |
| Overall Appeal | 10 POINTS |
| **TOTAL** | **50 POINTS** |



# EVALUATE

**Directions:** Match the songs in Column A to its genre in Column B. Write the letter of the correct answer on the space provided.

**COLUMN A**

_____ 1. September by Earth Wind and Fire

_____ 2. My Way by Frank Sinatra

_____ 3. Blue Suede Shoes by Elvis Presley

_____ 4. Numb by Linkin Park

_____ 5. Lose Yourself by Eminem

**COLUMN B**

A. alternative

B. rock and roll

C. ballad

D. hip hop and rap

E. disco

# ARTS EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Identify the use of technology-based art in video games, painting, and imaging videos.
- Create a video game character following the concepts of digital cartooning.

## CHECK

**Directions:** Name five (5) tips on how to produce a good photo. Write your answers on the space provided.

1. _____

_____

2. _____

_____

3. _____

_____

4. _____

_____

5. _____

_____

EXPLAIN

# Video games

Our generation is bombarded with technological breakthroughs and advancements. In many ways, technology cracks the minds of our young generation. These technological advancements are being used in most of our daily lives – from the moment we wake up until we go to bed, technology is around us, and lives with us.

The younger generation now enjoy these advancements especially in gaming. Video games are one of the many examples where technology is used for entertainment. Almost real-life graphics, movements, and colors are just some of the key factors why gaming entertains people.



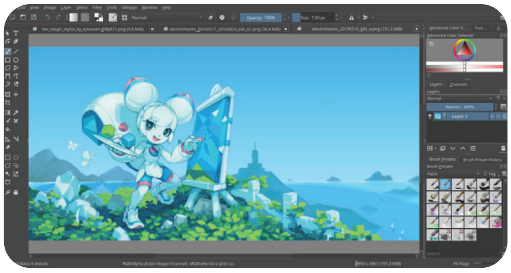

There are different types of video games. It may come as educational tools, mind games, puzzles, and even building and construction. It may also be virtual participation in sports, fitness, music, and dancing. Strategic games are popular these days as it tickles the minds of the players as they play the role of the character and navigate to win.

Here are some examples of games where technology-based art can be seen:



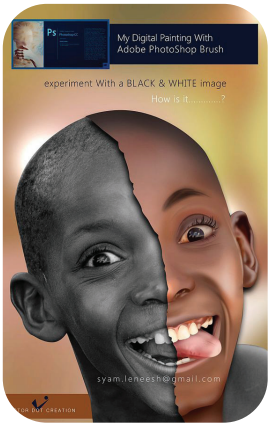


# Digital painting



Digital painting is a process of art where computer software and applications are used to create, manipulate, and present an artwork. It uses almost the same process as a traditional painting and the only difference is that digital paintings are done using a computer. Digital artists now enjoy an array of colors to be used and different paintbrush sizes and canvasses. You may download and use several applications and software like Adobe Photoshop, Corel Painter, Ibis X, and many more available applications.

Here are some examples of digital paintings:






# Imaging technology

Not only in the world of arts do we see technology being used. Digitally enhanced images can also be seen in the field of science and medicine. One example is MRI or Magnetic Resonance Imaging. MRI uses magnetic waves to look inside the organs and your body without open surgery. It can assess and diagnose various conditions like tumors. Another example is CT Scan or Computerized Tomography. These are used to scan your body for tumors and other problems. Aside from MRI and CT Scan, we also use technology-based art in ultrasound and Xray.









# PRACTICE

**Directions:** Make a cover poster of a video game that you wish to develop someday. Create your artwork using digital technology. Save your work and submit it to your teacher.

**Criteria for Grading**

| | |
|---|---|
| Creativity | 20 POINTS |
| Originality | 20 POINTS |
| Appeal | 10 POINTS |
| **TOTAL** | **50 POINTS** |



# EVALUATE

**Directions:** Read each statement carefully. Write **TRUE** if the statement is correct and **FALSE** if not.

_____ 1. Magnetic Resonator Incorporated is the meaning of MRI.

_____ 2. Digital paintings are artworks done in a computer.

_____ 3. X-ray and ultrasound are examples of imaging technologies.

_____ 4. Video games of today uses images and effects that are unpleasant to the eyes.

_____ 5. CT Scan or the Computerized Topography can diagnose certain illnesses.

# PHYSICAL EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Define Hip Hop Fitness.
- Perform an exercise following Hip Hop fitness.

## CHECK

**Directions:** Give at least five (5) health benefits of Yoga exercise. Write your answers on the space provided.

1. _____
_____

2. _____
_____

3. _____
_____

4. _____
_____

5. _____
_____

## EXPLAIN

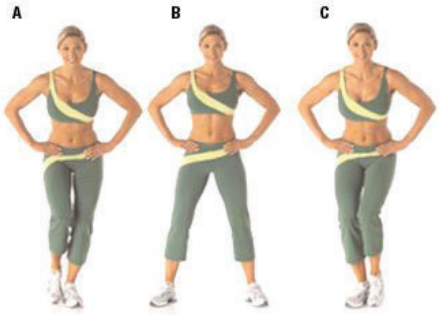
# Hip hop fitness

Hip Hop Fitness or Hip Hop aerobics is a fun way to burn your calories. This dance fitness exercise is a high-impact cardiovascular workout with movements that includes jumping and hopping. It helps you to build and tone your muscles. It will also increase your energy level and an improved overall physical fitness.



Here are the basic steps we can incorporate to hip hop dance steps:

| STEPS | PROCEDURE |
|---|---|
| **1. BASIC STEP**<br>  | 1. Place your feet side by side and hips distanced apart.<br>2. Right foot forward step.<br>3. Left foot forward step.<br>4. Right foot backward step to starting position.<br>5. Left foot backward step to starting position. |
| **2. THE V-STEP**<br>  | 1. Place your feet parallel to the distance of the hip.<br>2. Right foot step in a diagonal direction about 2 feet in distance.<br>3. Left foot on the parallel side, 2 feet in distance.<br>4. Right foot back to starting position.<br>5. Left foot back to starting position. |

| | |
|---|---|
| **3. STEP TOUCH**<br>  <br> | 1. Position your feet slight in line with your hips.<br>2. Right foot step sideward, followed by the left foot to close.<br>3. Repeat with the left. |
| **4. GRAPEVINE**<br>  <br> | 1. Place your feet in starting position and hip distanced apart.<br>2. Right foot side step.<br>3. Left foot cross at the back of the right foot.<br>4. Right foot to step on the side. again, then left will do the same.<br>5. Repeat the steps on the left foot. |

There are many benefits that we can gain from hip hop aerobics or hip hop fitness such as:

1. Increase of flexibility.
2. Improvement of balance.
3. Improvement of body coordination.
4. Build up of muscles.
5. Boosting self-confidence.
6. Creativity or artistic impression.
7. Overall physical fitness.



# PRACTICE

**Directions:** It's Hip Hop Aerobics Time! Choose a Hip Hop music that you like. Make a simple routine based on the basic hip hop aerobics dance steps and perform it. You may include simple hand gestures like clapping, raising of the arms, swinging, and many more while dancing. Record your video and submit it to your teacher.

**Criteria for Scoring**

| | |
|---|---|
| Posture | 10 POINTS |
| Enthusiasm | 10 POINTS |
| Routine | 10 POINTS |
| Coordination | 10 POINTS |
| Overall Appeal | 10 POINTS |
| **TOTAL** | **50 POINTS** |



# EVALUATE

**Directions:** Write **True** if the statement is correct and **False** if not. Write your answers on the space provided.

_____ 1. Hip Hop fitness is a fun way to burn calories.

_____ 2. Hip Hop fitness can boost your energy and physical fitness.

_____ 3. This dance aerobics can improve and tone your muscles.

_____ 4. Hip Hop fitness is designed primarily to learn how to dance hip hop only.

_____ 5. It does not have any physical benefits at all.

# HEALTH EDUCATION



## OUTCOMES

At the end of the module, you are expected to:

- Identify the different ways to manage national issues and concerns.
- Create a simple plan in solving community problems.



## CHECK

**Directions:** Give the name of the following Republic Acts. Place your answers on the space provided.

_____ 1. RA 6969

_____ 2. RA 8172

_____ 3. RA 7277

_____ 4. RA 9994



## EXPLAIN

### Health issues and concerns

1. AIDS / HIV
2. Drug use and Drugs of Abuse
3. Child Pornography
4. Hazing
5. Blood Donation
6. Environmental Awareness
7. Toxic and Hazardous Wastes
8. Salt Iodization
9. Disabled Persons
10. Senior Citizens Act

The list above tells us the different health issues and concerns that we need to address. There are many possible ways on how to act here's a few:

1. **Be an advocate** – being an advocate or a champion of certain issues and concerns can go a long way. You can provide useful information and educate other people to combat certain problems around the community.
2. **Start small** – You can start small by educating yourself on the harmful effects of different issues like illegal drugs, hazing, pornography, and others. In this way, you can share useful information to the people around you about ways to combat these issues and concerns.
3. **Be an example** – Becoming an example to others causes significant impact to people around you. They will see the advocacy you are carrying and will soon start to respect your advocacy and follow them.
4. **Use your social media platforms** – This is the best possible way to reach out to people to contribute meaningfully in building the nation. Post accurate information about ways on how to lessen or minimize the effects of the issues and concerns. Share tips that are informative and educative.
5. **Love and help yourself** – If you are experiencing a health issue or problem personally, try to help yourself first before helping others. Experience is always the best teacher and you can share ways on how to combat these issues on a personal level. The love that you will give to yourself will soon radiate to others. So don't lose hope and keep on fighting.



## PRACTICE

**Directions:** Choose one (1) issue or problem and make an advocacy video, poster, or pamphlet that will discuss the following:

1. Issue
2. Effects
3. Possible Solution

Save your work and submit it to your teacher.

**Criteria for Scoring**

| | |
|---|---|
| Content | 20 POINTS |
| Solution | 20 POINTS |
| Presentation | 10 POINTS |
| **TOTAL** | **50 POINTS** |



# EVALUATE

**Directions:** On a one whole sheet of paper, write an essay about an issue or problem that you want to discuss. In your essay you should be able to tackle the following:

1. Background of the issue.
2. Effects of the issue to students.
3. Effects of the issue to the community.
4. Possible ways to combat the issue.
5. Personal ideas on ways to solve the problem.

**RUBRIC**

| | 5 POINTS | 3 POINTS | 1 POINT |
|---|---|---|---|
| **ISSUE** | The issue was discussed thoroughly with additional notes. | The issue was discussed using notes from the module. | The issue was presented as is. |
| **EFFECTS OF THE ISSUE TO STUDENTS** | The writer discussed the effects of the issue to the students thoroughly with additional notes. | The writer discussed the effects of the issue to the students with limited information. | The writer presented the effect as is. |
| **EFFECTS OF THE ISSUE TO THE COMMUNITY** | The writer discussed the effects of the issue to the community thoroughly with additional notes and examples. | The writer discussed the effects of the issue to the community with limited information. | The writer presented the effect as is. |
| **POSSIBLE SOLUTIONS** | The writer gave at least 5 with a minimum of 3 ways to combat the issue. | The writer gave less than 3 but not 1 way to combat the issue. | The writer gave 1 way to combat the issue. |
| **PERSONAL IDEAS** | The idea was presented in a clear and informative manner. | The idea was presented with limited information. | No idea was presented. |

# UNIT 3

# Lesson 01

## MUSIC EDUCATION



### OUTCOME

At the end of the module, you are expected to:

- Identify the different Filipino Traditional Composers of the 20th Century.
- Sing example songs made by the Filipino Composers.



### CHECK

**Directions:** Match the terms in Column A to its corresponding meaning in Column B. Write the letter of the correct answer on the space provided.

| COLUMN A | COLUMN B |
|---|---|
| _____ 1. HIP HOP AND RAP | A. This music is known for its unconventional practices like using distorted guitar sounds, and oppressive and defiant lyrics and attitudes. |
| _____ 2. DISCO | B. This is a stylized music with highly rhythmical patterns of music that includes rapping or chanted words along with the music. |
| _____ 3. BALLADS | C. This came from the French word "discotheque" which means "library of phonograph (music) records." It is played in places where people can dance to a live or recorded music with sophisticated sound system, lighting and effects. |
| _____ 4. ALTERNATIVE | D. These are songs that are mostly in a slow or moderate tempo with a relaxing mood or feeling. |
| _____ 5. STANDARDS | E. These are expressive narrative songs which came from folk music with lyrics typically dealing about love. |

## EXPLAIN

Contemporary music in the Philippines are compositions that came from the ideas and elements of the 20th Century music and arts of the Western countries. The modern Philippine music were developed from the styles of Impressionism, Expressionism, and Neo Classicism.

# Traditional Filipino Composers

## Francisco B. Buencamino Sr. (1883 – 1952)



- He founded the Conservatory of Music in Centro Escolar University.
- He established the Buencamino Music Academy.
- He ventured into musical directing and scoring, and started composing film music for popular film producers such as LVN Films, Sampaguita Pictures, and Excelsior.

Some of his famous songs include:

1. Pandanggo ni Neneng - https://www.youtube.com/watch?v=xFrGuyw1V8s
2. Himig ng Nayon - https://www.youtube.com/watch?v=u_IG5haxyyc

## Francisco S. Santiago (1889 – 1947)



- He is known as the Father of Kundiman and a member of the Triumvirate of Filipino Composers. The triumvirate is composed of 3 great Filipino Composers namely Francisco Santiago, Nicanor Abelardo, and Antonio Molina.
- He was known to use Romantic music styles incorporating folk and traditional music of the Philippines.
- He became the first Filipino Director of the UP Conservatory of Music

Here are some of his famous works:

1. Pakiusap – https://www.youtube.com/watch?v=x0cOB6Zn3Z8
2. Madaling Araw – https://www.youtube.com/watch?v=pNo_u_MmTqE
3. Kundiman (Anak Dalita) – https://www.youtube.com/watch?v=OnEiZx-YPfY

## Nicanor Abelardo (1893 – 1934)



- Nicanor Abelardo was one of the members of the Triumvirate of Filipino Composers.
- His styles were influenced by the musical styles of Schoenberg, Hindemith and Stravinsky. He developed a style that combined European romanticism with chromaticism (the twelve-tone scale where all the keys of the piano were used). This resulted to hazy tones, dissonance, and unusual chordal combinations.
- He composed the University of the Philippines' official anthem, U.P Naming Mahal. The U.P College of Music building (N Abelardo Hall) and the main theater of the Cultural Center of the Philippines (Tanghalang Nicanor Abelardo) were named in his honor.

Here are some of his famous works:

1. Mutya ng Pasig – https://www.youtube.com/watch?v=1JIC7mCi24E
2. Nasaan Ka Irog – https://www.youtube.com/watch?v=W8-NqGJYkeE

## Antonio J. Molina (1894 – 1980) National Artist for Music



- Antonio Molina was the first Filipino artist to receive the National Artist for Music award and one of the members of the Triumvirate of Filipino Composers.
- He became the Dean of the Conservatory of Music at the Centro Escolar University and a faculty of the UP College of Music
- His styles include both Romanticism and Impressionism. He was fascinated by the dynamics and harmonies of Debussy, but retained much of the Romantic style in his melody.

Here are some of his famous works:

1. Hatinggabi – https://www.youtube.com/watch?v=ltDUVprcxbE
2. Pandangguhan – https://www.youtube.com/watch?v=rM_21XZuy3E

## PRACTICE

**Directions:** Choose one song composed by great Filipino composers discussed above. Study and perform the song and record it. Submit your output to your teacher

**Criteria for Scoring**

| | |
|---|---|
| Musicality (Pitch, Tempo) | 20 POINTS |
| Expression | 20 POINTS |
| Appeal | 10 POINTS |
| **TOTAL** | **50 POINTS** |

## EVALUATE

**Directions:** Match the title of the composition in Column A to its composer in Column B. Write the letter of the correct answer on the space provided.

**COLUMN A**

_____ 1. Hatinggabi

_____ 2. Nasan ka Irog?

_____ 3. Pakiusap

_____ 4. Himig ng Nayon

_____ 5. Madaling Araw

**COLUMN B**

A. FRANCISCO BUENCAMINO

B. FRANCISCO SANTIAGO

C. NICANOR ABELARDO

D. ANTONIO MOLINA

# ARTS EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Identify the different aspects of photography.
- Recognize the different Filipinos who excel in Photography.

## CHECK

**Directions:** Unscramble the letters below to match the description given. Write your answers on the space provided.

_____ 1. IDEOV MESGA – These are one example of technological advancements the young generation now enjoys.

_____ 2. GITLAID INATPGIN – These are artworks created with the use of computer applications or software.

_____ 3. MGAINGI CHETOGOLYN – These are technological advancements in medical technology where images can be used to diagnose diseases.

_____ 4. IMR – This is used to look inside the organs of the body without surgery.

_____ 5. TC CANS – This is used to scan the bones of your body for tumors and other joint problems.

## EXPLAIN

### Photography

Photography is defined as the art and science of creating images by recording light and other electromagnetic radiations and producing it electronically (digital) or chemically (photographic film). It is viewed as a technical process that creates images. It came from two Greek words photos and graphos meaning light and writing. Photography started in the late 19th century but it was not yet viewed as an artform at that time.

## Photography as a Process

As mentioned above, photography is viewed as an artwork. Artists make use of cameras to capture real and live emotions and memorable moments. With this kind of approach, photography becomes an artwork. Photographers can also capture art forms and elements like colors, light, shadow, and texture.

## Photography as Communication

Photography is considered to be one of the most powerful means of communication. It tells a story, an emotion and even relating information to others. Images captured can transcend into many languages, cultures, and traditions. Photography are also vital tools in the fields of journalism, advertising, and education.

# Filipino Photographers

## George Tapan

- He is an award-winning travel photographer.
- He won in several photography contests like the Pacific Asia Tourism Association, ASEAN Tourism Association, and the National Geographic Photo Contest.

You can see his National Geographic award-winning photograph by accessing the link below:

**Weight loss**

https://awesome.blog/2011/12/george-tapan-national-geographic-winner-2011.html

## John K. Chua

- He is known as a commercial and advertising photographer.
- He established the studio AdPhoto which was the first digital photography studio in the Philippines.
- He founded Photography with a Difference, a foundation for persons with disability that gives free photography and other workshops to children with special needs.

You can see his famous photographs by accessing the links below:

**Snake Island**

https://greatgreths.wordpress.com/2012/03/03/philippines-the-beautiful-by-john-k-chua/

**Gulf of Davao**

https://greatgreths.wordpress.com/2012/03/03/philippines-the-beautiful-by-john-k-chua/

## Manny Librodo

- He is a full-time teacher at an international school in Thailand.
- He loves working with glamour, fashion, and travel photographs.
- His work graced numerous UNICEF calendars, commercials, international magazines, and other publications such as the Asian Geographic and Digital Photographer magazines.

You can see his famous photographs by accessing the links below:

**Tristeria-Liburnae**

https://www.youtube.com/watch?v=t3LaVgyuZ9s

**Dark Beauty**

https://www.pinterest.ph/pin/95983035785461104/



## PRACTICE

**Directions:** From the choices listed below, choose which kind of photography you want to work in. Present a photo that will justify the chosen field of photography you wish to portray.

Here are your choices:

1. Travel Photography
2. Commercial and Advertising Photography
3. Fashion Photography

**Criteria for Scoring**

| | |
|---|---|
| Creativity | 20 POINTS |
| Editing Skills | 20 POINTS |
| Appeal | 10 POINTS |
| **TOTAL** | **100 POINTS** |



## EVALUATE

**Directions:** List three famous Filipino photographers and describe what they are known for in the field of photography. Then, research at least one photograph taken by these famous photographers and attach the link. Make sure to cite your references for your image.

| Filipino Photographer | Characteristics and Achievements | Famous Photograph |
|---|---|---|
| 1. | | |
| 2. | | |
| 3. | | |

# PHYSICAL EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Identify the different activities in the Filipino Pyramid Activity Guide.
- Perform simple activities from a given selection.

## CHECK

**Directions:** Write seven (7) benefits of hip hop dance fitness. Write your answers on the space provided.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

## EXPLAIN

Just like how the food pyramid suggest food to eat in varying quantities, the activity pyramid works the same wherein it suggests certain physical activities to be done with varying intensity, frequency and duration. It is a guide to improve your health and fitness. This activity pyramid recommends various activities you should be doing to live a more active lifestyle. Take a look at the pyramid activity guide:




Reference: Jasul, Gabriel & Sy, Rosa. (2011). Obesity Treatment Recommendations in the Philippines: Perspective on their Utility and Implementation in Clinical Practice. Journal of the ASEAN Federation of Endocrine Societies. 26. 122-128. 10.15605/jafes.026.02.07.

We can observe that the base of the pyramid consists of activities which we can classify as easy activities and can be performed by almost everyone. These activities are already part of our daily routines and if done habitually for even a minimum of 10 minutes daily, it can increase our metabolic efficiency to make our body healthy and strong.

The next level of the pyramid includes activities like aerobic exercises, jogging, brisk walking, swimming, aerobic dancing, ballroom dancing, badminton, and tennis. It is advisable to perform these activities for 3 to 5 times a week regularly. It increases our cardiovascular endurance in a significant manner.

The leisure activities like bowling, playing golf or mall-strolling are not recommended to be part of routine activities. Although these activities are enjoyable and associated with energy expenditure, they are not recommended to be part of our daily activity routines and should be done seldomly.

Flexibility and strength exercises on the other hand will help you improve bone and muscle strength; however, this should be also done seldomly for it may cause damage to muscles if we overdo the exercises. Performing these activities for 2 to 3 times a week is sufficient to get its maximum benefits.

The top of the pyramid are the activities which we need to do minimally. These activities are intended purely for leisure with low chances to burn calories. These activities should be done only a few times in a month.



# PRACTICE

**Directions:** Study the pyramid of activities. Choose activities that you can perform and place them in the table below. Perform the chosen activities and record it in a video blog.

| ACTIVITY PYRAMID | FREQUENCY | TIME | ACTIVITY |
|---|---|---|---|
| HABITUALLY | | | |
| REGULARLY | | | |
| OFTEN | | | |
| MINIMALLY | | | |



# EVALUATE

**Directions:** Write **TRUE** if the statement is correct and **FALSE** if not. Write your answers on the space provided.

_____ 1. The topmost portion of the activity pyramid should be done frequently.

_____ 2. Activities closer to the base of the pyramid should be done less frequently.

_____ 3. Leisure activities should be done for at least 2 to 3 times a week only.

_____ 4. Regular activities in the pyramid should be done for at least 3 to 5 times a week.

_____ 5. Doing aerobics can boost your cardiovascular endurance.

# HEALTH EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Identify the different millennium development goals of the United Nations.
- Create a simple video advocacy addressed to the community to promote awareness of millennium development goals.

## CHECK

**Directions:** List down the five (5) different ways to manage health issues and concerns in our community. Write your answers on the space provided.

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

## EXPLAIN

Global health issues and concerns arose as globalization become more significant. These issues and concerns affect people around the globe. The United Nations is constantly helping nations which are deeply affected by health issues and concerns and thus created eight (8) millennium targets to combat these problems.

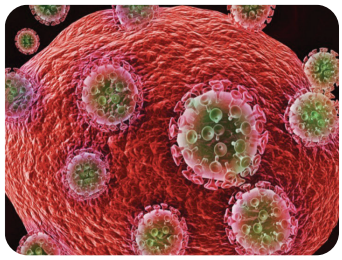
### 8 Millennium Development Goals




1. **Eradicate extreme poverty and hunger** – This is the first goal that the United Nations wanted to end. Eradication of extreme poverty and hunger can make the economy better. This will result to fewer children suffering from malnutrition and other physical and mental disorders which may affect the growth of the economy in time.



2. **Achieve universal primary education** – Primary education must be given to everyone especially those who are in need. Universal access to quality education can lessen mortality rate for children because parents are educated with knowledge pertaining to vaccines and immunizations and can make more informed decisions about health and wellness. In return, children will have better survival, with lesser hospitalization and thus causing long-term improvement to the economy.



3. **Gender equality and women empowerment** – This means that there will be equal representation of men and women in terms of job opportunities, education, finances, and other aspects of life which may help improve the growth of the economy.



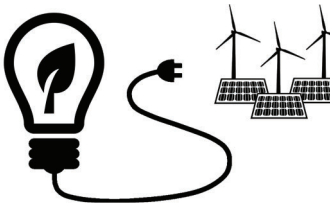
4. **Reduce child mortality** – This involves improving the nutritional intake of women during pregnancy, strengthening the healthcare facilities and infrastructures, and improving the local and national health programs to help reduce instances of child death due to disease and other causes.



5. **Improvement of maternal health** – Improving the maternal health of women affects everyone. It entails the health and wellness of all families. It involves adequate knowledge on family planning, pre-natal care, improvement of healthcare facilities, and social support for would be.



6. **Combat HIV/AIDS, Malaria and other diseases** – Fighting against these illnesses and viruses can increase work productivity and growth to our economy.



7. **Ensuring environmental sustainability** – Using renewable energy resources can make a big impact to our economy. It can generate more opportunities for growth and development by creating businesses. Also, it can ensure a healthy and sustainable environment for everyone.



8. **Global partnership for development** – The United Nations, World Health Organization, the World Bank and all the developed countries concerned will ensure fair and just trade among the deeply indebted countries. They will provide opportunities to developing countries to assure economic growth and development by funding programs for better education and social welfare. They will also help poorer countries to combat of HIV/AIDS, Malaria and other diseases.

## PRACTICE

**Directions:** Choose one (1) developmental goals of the United Nations and make an advocacy video about it. Your video must not exceed 3 minutes. Follow the instructions listed below:

1. State the chosen developmental goal.
2. Provide a brief but informative background information about the chosen goal.
3. Explain how you can help as a student.

Save your video and share it to your teacher.

**Criteria for Scoring**

| | |
|---|---|
| Creativity | 10 POINTS |
| Relevance | 20 POINTS |
| Appeal | 10 POINTS |
| **TOTAL** | **40 POINTS** |

## EVALUATE

**Directions:** Identify the term described by each sentence. Write your answers on the space provided.

_____ 1. This goal will help the poorer countries gain progress by means of funding different programs for economic growth.

_____ 2. This goal is intended to address the need to lessen the infections caused by different viruses such as HIV and Malaria.

_____ 3. This goal enables all to secure a formal education that will help to create a healthy and livable community.

_____ 4. This goal involves helping the community tap the available renewable resources in order to live a better life.

_____ 5. This goal is aimed to create an equal opportunity for men and women.

# Lesson 02

## MUSIC EDUCATION

### OUTCOME

At the end of this module, you are expected to:

- Identify the different contemporary Filipino composers of the 20th century.
- Perform a musical composition from a Filipino composer of the 20th century.

### CHECK

**Directions:** Name the composer described in each sentence. Write your answers on the space provided.

_____ 1. His style was influenced by the musical styles of Schoenberg, Hindemith, and Stravinsky and he developed a style that combined European romanticism with chromaticism.

_____ 2. He was known to use Romantic music styles incorporating folk and traditional music of the Philippines.

_____ 3. He founded the Conservatory of Music in Centro Escolar University

_____ 4. His styles incorporates both the Romantic and Impressionistic styles. He was fascinated by the dynamics and harmonies of Debussy, but retained much of the Romantic style in his melody.

### EXPLAIN

## Contemporary Filipino Composers

**Col. Antonino Buenaventura (1904 – 1996) National Artist for Music**



- Col. Antonio Buenaventura was a well-known composer, conductor and music teacher. He led the UPROTC band and created the UP Junior Orchestra which was the first college orchestra in the country.
- He restored the Philippines Constabulary Band (Philippine Army Band) which is considered as one of the best military bands in the world.
- He was known for using folk materials in his music.

Here is an example of his work:

Pandanggo sa Ilaw – https://www.youtube.com/watch?v=y9Xp7w8xwzE

**Felipe Padilla De Leon Sr. (1912 – 1992) National Artist for Music**



- Felipe De Leon Sr. was a fine arts major at the University of the Philippines in 1927 but he had to stop due to poverty. He managed to work as a trombone player in cabarets, circuses, and vaudevilles.
- He also worked as an assistant conductor for the school orchestra of Nueva Ecija High School.
- He decided to study music under the guidance of Col. Antonio Buenaventura and Antonio Molina.
- He also studied at the prestigious Julliard School of Music in New York City, USA.
- His music was associated with nationalism.

Here is an example of his work:

Pasko Na Naman – https://www.youtube.com/watch?v=kWSAuDyU7M0

**Lucio San Pedro (1913 – 2002) National Artist for Music**



- Lucio San Pedro was known as a romantic nationalist composer.
- He incorporated Philippine folk elements with Western music forms and harmony and his chordal patterns displayed a rich expressive tonality.

Here is an example of his work:

Sa Ugoy ng Duyan – https://www.youtube.com/watch?v=PpdAzjYwGss

**Alfredo Buenaventura (1929)**



- Dr. Alfredo Buenaventura is known for his contemporary harmonies with simple and understandable melodies.
- His music is based on Filipino culture and traditions, heroes, legends, and other epics.
- He incorporates native songs, tribal, and folk music with a contemporary approach.
- At present, he still teaches young musicians and imparts his knowledge and skills to them.

Here is an example of his music:

Lakambini (Violin Concerto) – https://www.youtube.com/watch?v=y6A0mzEsrUw

**Cipriano "Ryan" Cayabyab (1954) National Artist for Music**



- Ryan Cayabyab is a popular contemporary composer with a classical touch.
- He uses syncopation, extended chords, and chromatic harmonies in his compositions.
- He became a faculty member of the UP College of Music after obtaining his music degree at the same school.
- He became the artistic director of San Miguel Philharmonic Orchestra and San Miguel Master Chorale.
- Today, Ryan Cayabyab still continues to inspire more musicians to reach for their dreams.

Here is an example of his music:

Kay Ganda ng Ating Musika – https://www.youtube.com/watch?v=ajaydlAKu-o

## PRACTICE

**Directions:** Study the song K*ay Ganda ng Ating Musika* by Ryan Cayabyab and perform it. Record your performance and send it to your teacher.

**Criteria for Scoring**

| | |
|---|---|
| Musicality (Pitch, Tempo, Dynamics) | 20 POINTS |
| Enthusiasm | 10 POINTS |
| Expression | 10 POINTS |
| Appeal | 10 POINTS |
| **TOTAL** | **50 POINTS** |

## EVALUATE

**Directions:** Fill in the table below. Write your answers on the space provided.

| Composer | Composition |
|---|---|
| Col. Antonio Buenaventura | 1. |
| 2. | Pasko na Naman! |
| 3. | Lakambini (Violin Concerto) |
| Lucio San Pedro | 4. |
| Ryan Cayabyab | 5. |

# ARTS EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Identify different film genres.
- Recreate a scene from a movie using improvised materials

## CHECK

**Directions:** Fill the table below with either the name of the famous Filipino photographer or their characteristics/descriptions of their work.

| Photographer | Description |
|---|---|
| George Tapan | 1. |
| 2. | He established the studio AdPhoto which was the first digital photography studio in the Philippines. |
| Manny Librodo | 3. |

## EXPLAIN

Film or motion picture is a series of still images that is projected using light in a fast or rapid succession.

The early projection of motion pictures was done in a device with a large cabinet pierced with an eye hole called kinetoscope. The **kinetoscope** has a motor inside that makes the film strip move along in a loop, supported by an electric bulb for illumination. People who would watch the motion picture needs to look into the peephole and watch as the still images move.



Kinetoscope

## The Art of Film Making

1. **Film Directing** – The director controls the dramatic idea and artistic concept of a film. He controls the artistic and dramatic aspects of a production. He also visualizes the screenplay and guides the emotions on every set or take.
2. **Acting** – This is the ability to convey the screenplay or the script's emotions and make it come to life.
3. **Cinematography** – This is the director's vision captured in each scene through camera angles and movements, lighting, and other effects that will make the vision a reality.
4. **Editing** – This is an art of selecting the good shots in a film and carefully weaving the chosen cuts to achieve the director's vision and effects.
5. **Production and Set Design** – People involved in these tasks are responsible for the physical terms of the production such as the location, props, costumes, lights, and other things the director needs to fulfill the vision of the film.

## Different Film Genres

**Animated Films** – These are digitally-made films using 2-dimensional or 3-dimensional animations

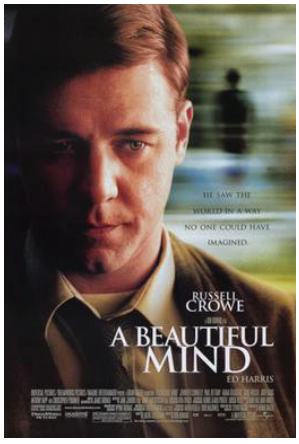






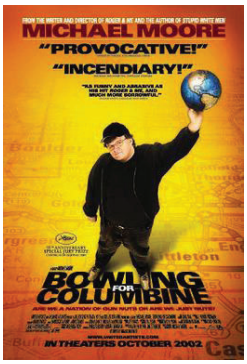
**Biographical Films** – These are films that depicts the life of a real person. These are based on historical facts and figures.



**Documentary Films** – These are non-fiction films and short productions about real-life situations or phenomena. These are often used to present, investigate, and promote awareness about a case, a scenario or an issue.




**Epic Films** – These are films made to depict the life, works, and adventures of a heroic character based on literature.




**Fantasy Films** – These are films set to fantasy themes which mostly involves magic, supernatural phenomenon, or mythical creatures from the fantasy world.






**Science Fiction Films** – These are films set to themes about science and technology such as, space explorations, futuristic technology, cloning, cybernetics, time travel, and many more.




**Horror Films** – These are films that gives fear to the audience for entertainment purposes.




**Musical Films** – These are films where songs are included as part of their narrative or script and musical and dance performances are used to advance the plot.




**Thriller Films** – This is a broad film genre where audience can experience thrill, suspense, and excitement.




**War Films** – These are mostly historical-based films depicting battles and warfare and the lives and experiences of soldiers and families during wartime.



# PRACTICE

**Directions:** Choose one (1) genre of film discussed in this lesson. Select one (1) film which belongs to this genre and recreate one of your favorite scenes in the film. Make sure to use improvised costumes and props. After your recording, answer the following questions and submit your video and written activity to your teacher.

1. What is the importance of the film industry to our culture as Filipinos?
2. If given a chance to become a film director, what genre of film will work on and why?

**Criteria for Scoring**

| | |
|---|---|
| Creativity | 20 POINTS |
| Use of improvised set and props | 20 POINTS |
| Acting skills | 20 POINTS |
| Overall appeal | 20 POINTS |
| Answers to guide questions | 20 POINTS |
| **TOTAL** | **100 POINTS** |

# EVALUATE

**Directions:** Identify the term described in each sentence. Write your answers on the space provided.

_____ 1. He controls the artistic and dramatic aspects of a film production.

_____ 2. This is the ability to convey the screenplay or the script's emotions and make it come to life.

_____ 3. This is the director's vision captured in each scene through camera angles and movements, lighting and other effects that will make the vision a reality.

_____ 4. This is an art of selecting the good shots in a film and carefully weaving the chosen cuts to achieve the director's vision and effects.

_____ 5. It involves the physical aspect of the production such as the location, props, costumes, lights, and other things the director needs to fulfill the vision of the film.

# PHYSICAL EDUCATION

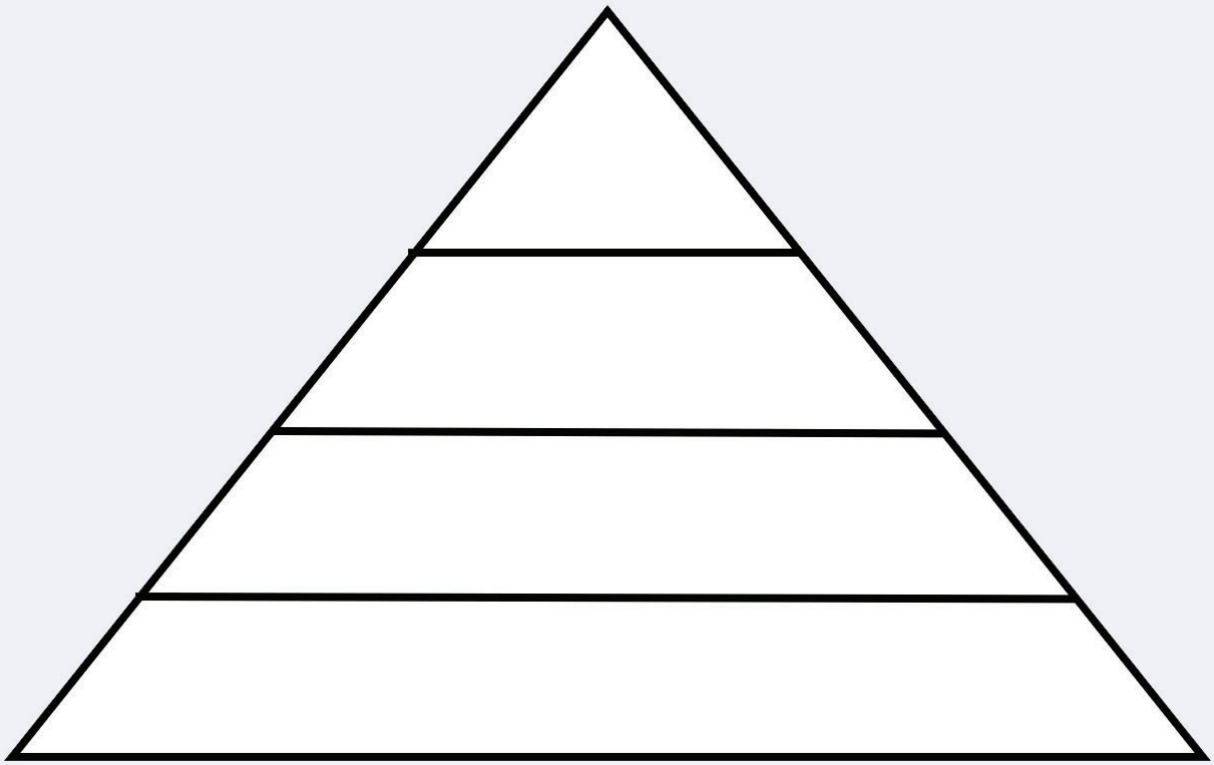
## OUTCOMES

At the end of the module, you are expected to:

- Explain the nature and background of street dance and hip-hop dance.

## CHECK

**Directions:** Complete the activity pyramid below by supplying least three (3) activities that belong to each level and their frequency.



# EXPLAIN

Keeping yourself healthy and fit is one of the most important things to keep in mind. Even during the pandemic, we should keep in mind the healthy habits and ways to make our bodies fit and healthy.

Dancing is one of the various activities we can do even if we are at home. It makes our bodies move, burn calories, and boost our cardiovascular endurance as well. But do you know the history and various styles of dancing? Let us find out.

Dancing is a recreational activity that can help develop our physical, mental, social, and emotional health. It can boost and sustain our fitness levels  if coupled with proper diet and healthy weight management.



## Understanding Dance

Dance is always paired with movements. Our bodies serve as a medium in expressing the message and significance of the dance. In order to understand dance, we must first understand its basic and complex movements. We need to observe that dance is a physical activity executed with musical patterns and accompaniment and we need to observe how our body move and interact with each dance step.

## Street Dance

Street dance, also known as  vernacular dance, started in New York in the 1970s. It is an improvised social dance outside the norms of  traditional high art dance. This dance started as a popular movement among the African-American communities in Bronx and Manhattan where it came from. This dance is used as an expression of resistance and cultural identity against formal dances.

Due to its popularity and because of its energetic and competitive dance moves, street dancing was introduced to a greater range of audiences. Today, street dancing can be seen and performed in the streets, dance parties, school yards or any available space because of its nature and encouraging dance steps.



## Hip-hop Dance

Hip-hop dance is a cultural dance that originated in Bronx, New York in the 1970s. Similar to street dance, hip-hop started in the African-American and Latin-American communities. The dance moves were inspired by African dancing, rhythms, and beating of drums. It also incorporates movements and steps with Latin-American origin such as tapping and swinging.

Hip-hop dance is a category of a street dance but they differ on the complexity of movements. In street dancing, the movements are likely to encourage greater participation, but due to hip-hop's complexity of movements, understanding and learning the dance routine is more difficult.





# PRACTICE

**Directions:** Watch short clips of Hip-hop dances and answer the following questions below. Write your answers on the space provided.

Check the video here:

**The VPEEPS**

https://www.youtube.com/watch?v=Q3crBSxoHis&list=RDasnmi1fbqlA&index=4

**Daddy Yankee and Snow**

https://www.youtube.com/watch?v=Wb2boZxfnrs&list=RDasnmi1fbqlA&index=5

GUIDE QUESTIONS:

1. Describe what you felt after watching the videos of a hip-hop dances.
2. Describe the music that was used in the dance video. What did you like about the music? What did you dislike? Does it have African or Latin-American influences? Explain your answer.
3. Compare the two videos. Which of the two do you like more? Explain.



# EVALUATE

**Directions:** Write **True** if the statement is correct and **False** if not. Write your answers on the space provided.

_____ 1. Hip-hop is a dance style originated from the streets of Bronx, New York.

_____ 2. Street dances have much more complex dance moves than hip-hop dances.

_____ 3. Street dance is a combination of African-American and Latin-American dance cultures.

_____ 4. Hip-hop and street dance both flourished in the 1970s.

_____ 5. Dance in general is not always paired with music.

# HEALTH EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Identify the different global issues that the United Nations combats.
- Create a poster for an awareness campaign about a global issue.

## CHECK

**Directions:** List down the eight (8) millennium development goals of the United Nations. Write your answers on the space provided.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

## EXPLAIN

The United Nations along with the different government organizations and non-government organizations around the globe are hand-in-hand fighting to stop global health issues and concerns that are affecting people and the global economy.

### Global Fight against Communicable Diseases

1. **Roll Back Malaria**

Roll Back Malaria is a global fight to reduce the number of causes and deaths from the infection around the globe. They initiated projects such as heightened malaria prevention tools, rapid response to outbreaks, development of new anti-malaria products and treatment of the infection.




2. **Stop TB**

This is a global effort to prevent further transmission of the TB virus or tuberculosis virus which is affecting a lot of people around the globe. Programs such as TB-DOTS (Directly Observed Treatment Strategy) will diagnose, treat, and control the spread of tuberculosis. It would also educate people about the disease and how to prevent it from happening.






3. **Global Alliance for Vaccines and Immunization**

This alliance is a global strategy for immunization particularly of children to help fight certain diseases and viruses. Vaccination programs can help reduce the number of deaths for children below 5 years of age. These vaccines may include hepatitis B, meningitis, yellow fever, influenza, and pneumonia vaccines.



4. **Global Fund to Fight HIV/AIDS**

This fund will help certain programs aimed to reduce the spread of HIV infections around the globe which in return contribute to one of the millennium goals of the United Nations of controlling HIV/AIDS.

## Global Prevention and Control of Tobacco Use

The World Health Organization Framework Convention on Tobacco Control or the WHO FCTC was created to combat the global epidemic on tobacco use. The treaty reassures the public of the following terms:

1. Protection from smoke exposure.
2. Regulation on the contents of tobacco products.
3. Regulations on product disclosure.
4. Packaging and labelling of tobacco products.
5. Education and public awareness of the causes of tobacco use and abuse.
6. Tobacco advertising, promotion, and sponsorship.





# PRACTICE

**Directions:** Draw a poster on how you can help spread awareness to your community about the prevention and control of cigarette smoking of minors. Use an oslo paper for your poster. Save your work and submit it to your teacher.

**Criteria for Grading**

| | |
|---|---|
| Creativity | 20 POINTS |
| Content | 20 POINTS |
| Appeal | 10 POINTS |
| **TOTAL** | **100 POINTS** |



# EVALUATE

**Directions:** Write **True** if the statement is correct and **False** if not. Write your answers on the space provided.

_____ 1. WHO FCTC is dedicated to lessen the global use of tobacco.

_____ 2. There will be funds to be used directly to combat HIV/AIDS and other communicable diseases.

_____ 3. TB or tuberculosis is a non-communicable disease.

_____ 4. Vaccines and immunization should be treated with less importance in our communities.

_____ 5. Roll back malaria is a global fight to reduce fatality from the infection.

# Lesson 03

## MUSIC EDUCATION

### OUTCOME

At the end of the module, you are expected to:

- Identify different Filipino composers.
- Perform a song from a famous Filipino composer.

### CHECK

**Directions:** Identify the composer described in each sentence. Write your answers on the space provided before the number.

_____ 1. He became the artistic director of San Miguel Philharmonic Orchestra and San Miguel Master Chorale.

_____ 2. His music is based on Filipino culture and traditions, heroes, legends, and other epics.

_____ 3. He incorporated Philippine folk elements with Western music forms and harmony and his chordal patterns displayed a rich expressive tonality.

_____ 4. His music was associated with nationalism.

_____ 5. He restored the Philippines Constabulary Band (Philippine Army Band) which was considered as one of the best military bands in the world.

### EXPLAIN

## Contemporary Filipino Composers

**Levi Celerio (1910 – 2002) National Artist for Literature and Music**



- Levi Celerio was a prolific lyricist and composer completing over 4,000 songs in his lifetime including songs used in the Philippine movies.
- He also wrote kundimans and laid words to some famous Filipino love songs like Dahil Sayo, Buhat, and Ang Pasko ay Sumapit.
- His achievements include a citation in the Guinness Book of World Records for being the only person to make music with a mouth-blown leaf.

- He will forever be remembered through his lyrics for songs such as Ang Pipit (music by Lucio D. San Pedro), Bagong Pagsilang (music by Felipe Padilla de Leon), and Sa Ugoy ng Duyan (music by Lucio D. San Pedro).

  Here is an example of his work:

  Ang Pipit (Original) by Mabuhay Singers – https://www.youtube.com/watch?v=Ve516YYr0c4

**Constancio De Guzman (1903 – 1982)**



- Constancio de Guzman was a law student but decided to pursue his passion in music.
- He was known as the Dean of Filipino Movie Composers and Musical Directors.
- De Guzman became the music director for movie productions like Sampaguita Films, LVN, Royal, Excelsior, Lea, and Tagalog Ilang-Ilang Productions.
- The songs he helped put melody into namely *Bayan Ko and Kung Kita'y Kapiling won* at the Paris International Fair. The song Bayan Ko was later used as the symbolic song of the People Power Movement of 1986.

  Here is an example of his work:

  Ang Bayan Ko by Mr. Freddie Aguilar – https://www.youtube.com/watch?v=n3tdVqGxspk

**Miguel "Mike" Velarde Jr. (1913 – 1986)**



- Mike Velarde Jr was a composer, conductor, movie actor, and musical director.
- He was a medicine student but later pursued music. He learned the basics of harmony and composition from Antonio Molina and Ariston Avelino and through self-study.
- Velarde created his own style as he composed romantic songs such as *Ikaw, Lahat ng Araw, Habang Buhay, Minamahal Kita, Ikaw ay Akin, and Dahil Sa Iyo.*
- His other compositions include *Buhat, Ikaw, Bituing Marikit, Minamahal Kita, Dating Sumpaan, Dalisay, Eternally Yours, and Gabi at Araw.*

  Here is an example of his work:

  Ikaw – https://www.youtube.com/watch?v=fifCdn-MkV4

**Restituto "Restie" Umali (1916 – 1998)**



- Restituto Umali was influenced by his father who taught violin and his exposure to his family's rondalla.
- Umali took lessons in harmony from Felipe Padilla de Leon.
- He continued his studies in composition and conducting while teaching at the UP Conservatory of Music.
- He was trained under the guidance of Lucrecia Kasilag, Antonio Buenaventura, and Ramon Tapales.
- He composed approximately 120 movie theme songs and more than 250 scores for movies.

Here is an example of his work:

Saan Ka Man Naroroon – https://www.youtube.com/watch?v=VaXWhDY1g2I

**George Canseco (1934 – 2004)**

- George Canseco is as a nationally acclaimed composer of numerous popular classics.
- He composed Ako ay Pilipino as a commissioned work from former first lady Imelda Marcos as a tribute hymn to the Filipinos.
- One of his best-known compositions was Freddie Aguilar's signature song Anak.
- He wrote songs for popular singers like Sharon Cuneta, Basil Valdez, Regine Velasquez, Zsa Zsa Padilla, Pilita Corrales, Martin Nievera, and Kuh Ledesma.
- He composed approximately 120 songs.

Here is an example of his work:

George Canseco Medley by Basil Valdez – https://www.youtube.com/watch?v=JWPi4zgeFFI

**Ernani Cuenco (1936 – 1988) National Artist for Music**



- Ernani Cuenco was a composer, film scorer, musical director, and music teacher.
- His works showed classical resemblance to kundiman.
- He was discovered by the former Philippine President Joseph Estrada who was then an actor while playing in a band at Makati City.
- Since then, his music career flourished along with his songs. To date, his compositions still remained popular.

Here is an example of his work:

Gaano Kita Kamahal – https://www.youtube.com/watch?v=PM-gE2GmoMA

**Leopoldo Silos Sr. (1925 – 2015)**



- Leopoldo Silos Sr was a composer, singer, and musical arranger.
- He composed number of romantic songs like Dahil sa Isang Bulaklak, and Hindi Kita Malimot.
- His music was sentimental in nature pairing lyrical melodies with exotic harmonies. He used extended chords (ex. CMaj7, CMaj9), diminished intervals (ex. CMajDim or Cdim), and secondary dominants (chord inversions).

Here is an example of his work:

Dahil sa Isang Bulaklak – https://www.youtube.com/watch?v=1vnLX5fjzfU

## PRACTICE

**Directions:** Study the song Anak by Freddie Aguilar composed by George Canseco and perform it. Record your performance and send it to your teacher along with a short reaction paper to the song's lyrics and music. Save your work and send it to your teacher.

**Criteria for Scoring**

| | |
|---|---|
| Musicality (Pitch, Tempo, Dynamics) | 20 POINTS |
| Enthusiasm | 10 POINTS |
| Expression | 10 POINTS |
| Appeal | 10 POINTS |
| **TOTAL** | **50 POINTS** |

## EVALUATE

**Directions:** Complete the table below. Write your answers on the space provided.

| Composer | Composition |
|---|---|
| Leopoldo Silos | 1. |
| 2. | Gaano Kita Kamahal |
| 3. | Anak |
| 4. | Ikaw |
| Restituto Umali | 5. |
| Levi Celerio | 6. |
| 7. | Ang Bayan Ko |

# ARTS EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Define animations as an artform.
- Identify Philippine-made animations.
- Define print media and its uses.
- Create a simple advertisement paraphernalia using printed media.

## CHECK

**Directions:** Identify the film genre described in each sentence. Write your answers on the space provided.

_____ 1. These are mostly historical-based films which depicting battles and warfare.

_____ 2. These are films where songs are included as part of the narrative or script.

_____ 3. These are films set to fantasy themes which mostly involves magic, supernatural phenomenon, or mythical creatures from a fantasy world.

_____ 4. These are films made to depict the life, works and adventures of a heroic character based on literature.

_____ 5. These are non-fiction films and short productions about real-life situations or phenomena.

## EXPLAIN

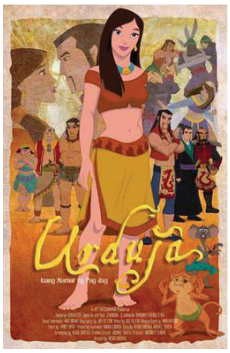
### Animation and Print Media

Animation came from the Latin word "*animatio*" which means the act of giving life. Animation is the process of creating moving images by means of rapid display of still images in series.

## Philippine Animations

**Urduja** (2008)

This is an adaptation of the legend of Urduja, the warrior princess of Pangasinan. This animation film was the first fully animated Filipino film created by Filipinos.




**Dayo: Sa Mundo ng Elementalia** (2008)

This is the country's first digital animated film and the first Filipino digital animation film to participate in the Metro Manila Film Festival in 2008. The film features Philippine mythical characters with heartwarming characteristics who help a young boy in his adventure in the land of elementalia.




**RPG Metanoia** (2010)

This is known as the first fully three-dimensional animated Filipino film.




## Print Media

Print media pertains to publications such as newspapers, magazines, books, posters, flyers, brochures, and the like. Print media's primary role is to spread information about current events like news because it is one of the fastest ways to reach the general public. It may also be in the form of a magazines that cover stories and articles which captures the interest of readers and can serve as entertainment as well.



## Advertisement

Advertising companies still rely on different print media to promote their products and services. Because it is one of the fastest ways to reach the general public, advertising companies used print advertisement in newspapers, magazines, brochures, posters, or flyers.



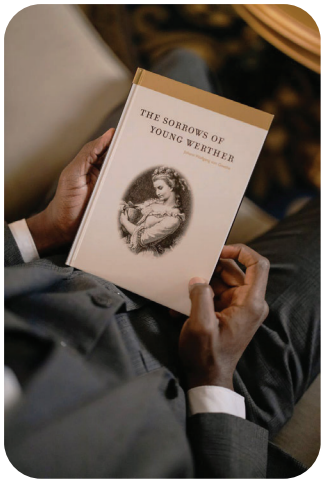




## Book Design and Illustrations

Print media can also come in form of printed book covers and book illustrations. These illustrations are used to attract young readers to indulge themselves in reading and it can be also be used as an informative guide to readers as well.





# PRACTICE

**Directions:** Create an informative brochure, flyer or poster about the prevention of the spread of coronavirus. Make your material colorful and fun but at the same time informative. Do not forget to cite your references for the information you include in your output. Submit your work to your teacher.

**Criteria for Scoring**

| | |
|---|---|
| Creativity | 20 POINTS |
| Relevance / Informative | 20 POINTS |
| Appeal | 10 POINTS |
| **TOTAL** | **50 POINTS** |



# EVALUATE

**Directions:** Identify the term described in each sentence. Write your answers on the space provided.

_____ 1. This is known as the first fully three-dimensional animated Filipino film.

_____ 2. This animation film is the first fully animated Filipino film created by Filipinos.

_____ 3. This is the country's first digital animated film.

_____ 4. This is come in the form of publications such as newspapers, magazines, books, posters, flyers, brochures, and the like.

_____ 5. This means the act of giving life.

# PHYSICAL EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Identify the safety precautions in dancing hip-hop and street dance.
- Explain the different benefits of dancing hip-hop and street dance.

## CHECK

**Directions:** Define the following terms in your own words. Write your answers on the space provided.

1. Street Dance

_____

_____

2. Hip-hop Dance

_____

_____

## EXPLAIN



Hip-hop and street dances are popular dances here and abroad. It requires fast movements, jerking motions, and sometimes acrobatic movements that can put your body into a lot of stress and can lead to minor and major injuries to the spine, hips, knees, ankles, and feet. Proper knowledge on preventing these injuries is important and should be considered when planning to dance.

Here are some of the basic things you need to know before and after a dance routine:

1. **Ask your doctor.**

   Always ask your doctor if your body is capable of handling vigorous activities such as hip-hop dancing. If your body cannot perform, you can always opt for a much simpler dance genre to keep you fit and healthy.

2. **Warm-up.**

   Always keep in mind that our body needs warming up before doing any physical activities such as dancing. Our muscles are still cold and tense and if not properly warmed up, it may lead to common injuries. Basic stretches for the spine, legs, thighs, calves, ankles, feet, arms, shoulder, neck, and wrists are advisable before jumping into the beat and dance.

3. **Learn the dance first.**

   Slowly learn the dance techniques needed for a hip-hop routine.

4. **Proper place or venue.**

   Dance in a proper place or venue where you can move with ease. Practicing in such places like streets, gutters, sidewalks, or polished tile floors can be dangerous if you are not paying attention. Also, a well-ventilated area can help maintain enough air and cooling for your body during dance practices.

5. **Proper attire.**

   Wear appropriate attire for dancing. Comfortable top clothing, stretchable pants, and proper footwear can make a difference in your practice routines. Do not wear clothes that can make your feel uncomfortable or limits your movements.

6. **Hydrate yourself.**

   Drinking water will help your body move and perform during your dance practices. Dancing requires a lot of movements and it will definitely burn your calories and shed water out of your body. It is best to hydrate yourself once in a while to keep the energy flowing.

7. **Cool down.**

   After your body exerts effort in dancing, it needs to cool down. Proper cool down stretches can prevent muscle strains after practices and slow down your heart rate back to normal.

**Benefits of Hip-hop and Street Dancing**

1. Helps tone and strengthen muscles.
2. Helps in weight maintenance and weight loss.
3. Increases cardiovascular strength and endurance.
4. Improves balance and coordination and increases agility.
5. Attain personal satisfaction and improve social skills.



# PRACTICE

**Directions:** Perform simple stretches for the legs, thighs, calves, ankles, feet, arms, shoulder, neck, and wrists to prepare your body for a hip-hop dance routine. Always keep in mind to not go beyond what your body can perform. List down the stretches that you plan to perform.

| BASIC STRETCHING | REPETITIONS |
|---|---|
| *Ex: Head Rotation* | *8 counts per repetition, 2 repetitions* |
| 1. | |
| 2. | |
| 3. | |
| 4. | |
| 5. | |
| 6. | |
| 7. | |
| 8. | |
| 9. | |
| 10. | |



# EVALUATE

**Directions:** Write **True** if the statement is correct and **False** if not. Write your answers on the space provided.

_____ 1. It is important to warm your body up after the dance practice routines.

_____ 2. Wear comfortable clothing when dancing hip hop.

_____ 3. Ask your doctor for professional advise if you can perform vigorous activities.

_____ 4. Hip-hop and street dancing can improve your balance and coordination.

_____ 5. Cool down after practice.

# HEALTH EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Identify the other global health initiatives of the United Nations.
- Promote awareness of the importance of mental health through poem.

## CHECK

**Directions:** List down four (4) communicable diseases that the United Nations are fighting eagerly. Write your answers on the space provided.

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

## EXPLAIN

### Global Strategy for the Prevention and Control of Non-communicable Diseases

The United Nations is always in pursuit to end global issues and health concerns. They are always in constantly moving to help the countries who are in need. Aside from communicable diseases that we have discussed on the previous module, non-communicable diseases are on top of the United Nation's priorities as well. These diseases can affect human lives and can contribute to a decline in economic growth. Diseases such as cardiovascular diseases, chronic respiratory diseases, cancer, and diabetes brought concern to the United Nations because of the rising number of people who are affected. Unhealthy diet, sedentary lifestyle, tobacco, and alcohol use or abuse are the major causes of these diseases.

The United Nations created an action plan to help reduce the number of people affected.

1. Prioritize non-communicable diseases happening in a national and global scale and include prevention and control of such diseases into the policies of all local governments.
2. Create national policies and plans for prevention and control.
3. Create programs to reduce and prevent risk factors such as unhealthy eating habits, physical inactivity, tobacco, and alcohol use or abuse.
4. Strengthen the research programs for prevention and control of non-communicable diseases.
5. Gain partnerships across all governments for the prevention and control of non-communicable diseases.
6. Monitor the causes of non-communicable diseases in local, national, and global scales.

## Global Initiative for Mental Health

The Comprehensive Mental Health Action Plan is created through extensive research and consultations by the stakeholders, partner nations, and academic and non-government centers across the globe. This action plan should be impartial, life-based, and preventive in nature and it covers the following:

1. To combat and lessen the negative trends in mental health.
2. Improvement of mental health services.
3. Safety of people with mental health problems from unjust treatments.



## PRACTICE

**Directions:** Write a poem with at least six (6) sentences about the mental health problems we are facing right now and perform it by reading and recording your performance using available video recorders. Save your work and submit it to your teacher.

**Criteria for Scoring**

| | |
|---|---|
| Creativity | 10 POINTS |
| Words and Phrases | 10 POINTS |
| Content | 20 POINTS |
| Appeal | 10 POINTS |
| **TOTAL** | **50 POINTS** |



# EVALUATE

**Directions:** List down the objectives of the action plans created by the United Nations on non-communicable diseases and mental health. Write your answers on the table provided below.

| Non-communicable Diseases | Mental Health |
|---|---|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |
| 4. | 4. |
| 5. | 5. |
| 6. | 6. |

# Lesson 04

## MUSIC EDUCATION

### OUTCOME

At the end of the module, you are expected to:

- Identify different Filipino music composers.
- Sing and perform example songs from the selection.

### CHECK

**Directions:** Match the composers name in Column A to their compositions in Column B. Write the letter of the correct answers on the space provided.

| COLUMN A | COLUMN B |
|---|---|
| _____ 1. Levi Celerio | A. Saan Ka Man Naroroon |
| _____ 2. Restituto Umali | B. Dahil sa Isang Bulaklak |
| _____ 3. Constancio De Guzman | C. Gaano Kita Kamahal |
| _____ 4. Leopoldo Silos Sr. | D. Ang Pipit |
| _____ 5. Ernani Cuenco | E. Ang Bayan Ko |

### EXPLAIN

## Filipino music composers

**Jose M. Maceda (1917-2004) National Artist for Music**



- Jose Maceda's music was inspired by the indigenous tribes of Mindoro in 1953. Since then, he dedicated his works to the preservation of Filipino traditional music.
- He started making music at the remote mountain villages and far-flung communities of the Philippines.
- Maceda's work has a touch of Western music combined with the sounds of the environment and ethnic tribal music.

- He composed Ugma-Ugma, a composition for voice and ethnic instruments, Agungan, a composition for six gongs, Pagsamba, a ritual music using several ethnic instruments, Cassettes 100, a composition for 100 pieces of cassette tape recorders and Ugnayan, an ethnic music composition played at the same time over 20 radio stations, each station were given a different piece to play.

  Here is an example of his work:

  Ugnayan – https://www.youtube.com/watch?v=uGY5wQ-WF7U

**Lucrecia R. Kasilag (1918-2008) National Artist for Music**



- Lucrecia Kasilag was known for her compositional style that fuses Eastern and Western styles in using instruments, melody, harmony, and rhythm.
- She was also known for incorporating indigenous Filipino instruments into her orchestral productions such as The Toccata for Percussion and Winds which was composed for indigenous Muslim instruments and Western instruments and The Legend of the Sarimanok which was composed for chamber orchestra and Philippine ethnic instruments.
- Her work entitled The Divertissement and Concertante was a composition for piano and orchestra combining Western and Eastern forms, harmonies, and intervals

  Here is an example of his work:

  Toccata for Percussion and Winds – https://www.youtube.com/watch?v=uW6xhD3c3XE

**Jerry A. Dadap (1935)**



- Jerry Dadap is the first Filipino composer to present his work at the Carnegie Recital Hall in New York City, USA.
- He taught composition, ear training, and orchestration at the Sta. Isabel College Conservatory of Music in Manila.
- He earned his degree at the UP Conservatory of Music with a major in composition and his post-graduate degree at Mannes College of Music in New York City, USA.

  Here is an example of his work:

  Anak Pawis – https://www.youtube.com/watch?v=uPTBCBrIjR0

**Fr. Manuel P. Maramba, OSB (1936 - 2020)**



- Fr. Manuel Maramba, OSB was one of the best musicians and liturgists in the Philippines during the 2nd half of the 20th century.
- At 14 years old, he became the official accompanist of the Las Piñas Boys Choir and the youngest participant and finalist in the National Music Competitions for Young Artists or NAMCYA in 1978.

- After completing high school, he received a scholarship grant to study music at the University for Music and Performing Arts in Graz, Austria.

  Here is an example of his work:

  Anak Pawis – https://www.youtube.com/watch?v=uPTBCBrIjR0



## PRACTICE

**Directions:** Fill in the missing terms to complete the sentences below. Write your answers on the space provided.

1. Jerry Dadap is the first Filipino composer to present his work at the _____ in New York City, USA.
2. Lucrecia Kasilag was known for her compositional style that fuses _____ styles in using instruments, melody, harmony, and rhythm.
3. The _____ was a composition of Lucrecia Kasilag for piano and orchestra combining Western and Eastern forms, harmonies, and intervals.
4. Jose Maceda's music was inspired by the _____ tribes of Mindoro in 1953.
5. _____ is an ethnic music composition of Jose Maceda played at the same time over 20 radio stations, each station was given a different piece to play.



## EVALUATE

**Directions:** Write **TRUE** if the statement is correct and **FALSE** if not. Write your answers on the space provided.

_____ 1. Jerry Dadap taught composition, ear training and orchestration at the Sta. Isabel College Conservatory of Music in Manila.

_____ 2. The Legend of the Sarimanok by Lucrecia Kasilag was composed for chamber orchestra using Philippine ethnic instruments.

_____ 3. Jose Maceda started making music at the remote mountain villages and far-flung communities of the Philippines.

_____ 4. Fr. Maramba was one of the youngest participants and finalist in the National Music Competitions for Young Artists or NAMCYA in 1978.

_____ 5. Lucrecia Kasilag was known for incorporating indigenous Filipino instruments into her orchestral productions.

# ARTS EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Define industrial and fashion design as one scope of art.
- Recognize  different Filipino industrial and fashion designers and their signature designs.
- Create an inspired design from the different Filipino designers

## CHECK

**Directions:** Name the primary use of print media and explain it in your own words. Write your answers on the space provided.

_____

_____

_____

_____

_____

## EXPLAIN

# Product and Industrial Design

Industrial design is the art and science of designing and manufacturing products that can be bought and used by the mass market. It ranges from architectural building designs down to household products. Fashion design on the other hand, deals with functionality and natural beauty of clothing and accessories. Both industrial and fashion designs are influenced by the cultural and social circumstances of a specific place in a given time. This means that the designs are credited and patterned to the culture of a specific place and time.

## Three Types of Fashion Designs

1. **Haute Couture** – these are high-end fashion garments designed and created especially for a single client.
2. **Mass market** – these are garments that are created and manufactured in large quantities and may come in different sizes.

3. **Pret-A-Porter** – these garments are also known as "ready-to-wear" garments. Usually in limited sizes or just one size.

## Filipino Industrial and Fashion Designers

### Kenneth Cobonpue



He is known for using indigenous materials such as bamboo, abaca, and rattan in his furniture creations.

He is the creative director of The Hive which is a design and manufacturing company for interior accessories and lighting

He was named the "Designer of the Year 2014" by Maison and Objet Asia.

He is known as the "Rattan's First Virtuoso" in 2007

Access the following links to view some of his famous works:

https://www.goodnewspilipinas.com/kenneth-cobonpues-peacock-easy-chair-wins-u-s-product-design-competition-in-las-vegas/

https://www.detail-online.com/blog-article/spring-sensation-bloom-chair-by-kenneth-cobonpue-25019/

https://www.designconnected.com/de/Sofas/2-seater/Yoda-Sofa_p2823

### Monique Lhuillier



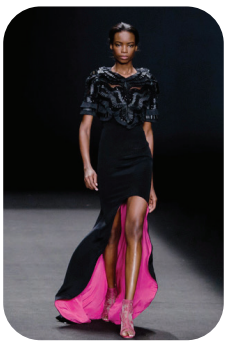
She studied at the Fashion Institute of Designs and Merchandising in Los Angeles, USA.

She is known to create "pret-a-porter" dresses which are wedding gowns.

Her collections were mostly bridal dresses, evening gowns, linens, and she also have home fragrances under her name.

Here are some of her famous designs:







**Josie Natori (Josefina Almeda Cruz Natori)**



She is known for her hand embroidered Filipino blouses and lingerie.

Her collection includes lingerie, eyewear, and fragrances.

The brand name Natori Company is considered as one of the most successful fashion brands in the world today.

Her style is a mixture of Eastern Culture and Western Culture (Asian-Western).

Access the following links to view some of her famous works:

https://wwd.com/runway/spring-ready-to-wear-2020/new-york/josie-natori/review/
https://www.pinterest.ph/leonaboone5/josie-natori-fashion-designer/
https://www.vogue.com/fashion-shows/resort-2017/josie-natori/slideshow/collection

**Rajo Laurel (Raymund Joseph Teves Laurel)**



He is a well-known Filipino designer here and abroad.

He was trained at the New York's Fashion Institute of Technology and Central Saint Martins in London.

His style maintains Filipino sensibility with embroidery, beadwork and hand-painted prints.

Access the following links to view some of his famous designs:

https://www.philstar.com/lifestyle/fashion-and-beauty/2018/12/12/1876188/rajo-laurel-high-fashion-heart
https://www.philstar.com/lifestyle/fashion-and-beauty/2017/12/08/1766464/miss-universe-2017-demi-leigh-nel-peters-wears-rajo-laurel-charity-gala
https://www.preview.ph/fashion/rajo-laurel-spring-2019-collection-a00191-20190322

**Lulu Tan Gan**



She is known for her fashionable knitwear.

She is considered the Queen of Knitwear of the Philippines.

Her creations are hand-made and hand-loomed by indigenous Filipino artisans.

Access the following links to view some of her famous designs:

https://www.gifted.ph/tan-gan-gift-certificates
https://www.preview.ph/tag/-lulu-tan-gan

**Dita Sandico Ong**



She is known as the "Wrap Artiste" of the Philippines.

She uses inabel, a locally produced fabric from Ilocos Sur, as an experiment in her creations.

She created her own fabric called banaca, which is an exotic type of abaca fiber, and piñalino which is a combination of piña fibers with Irish linen.

Her creations were mostly wraps or panuelos. She also designs boleros, jackets, and long tunics made from banana fiber and abaca.

Access the following links to view some of her famous designs:

http://www.positivelyfilipino.com/magazine/show-em-what-weave-got
https://dittachannel.com/journeys/2016/4/4/social-climber-dita-sandico-ong-unwraps-the-fabric-of-her-unique-style
https://www.flickr.com/photos/garib/360333675/



# PRACTICE

**Directions:** Choose one (1) designer discussed in this lesson. Create an artwork or design for either industrial design or fashion that is inspired by their works digitally or traditionally. Make sure to include a written explanation of your design discussing the following:

1. Describe the aesthetic or the look that you wanted to achieve.
2. List the materials you used and explain why you chose these.
3. Explain which element of Filipino culture did you get the inspiration for your work.

Save and submit your work to your teacher.

**Criteria for Grading**

| | |
|---|---|
| Creativity | 10 POINTS |
| Originality /inspiration | 10 POINTS |
| Resourcefulness with materials | 10 POINTS |
| Relevance to the Culture | 10 POINTS |
| Overall appeal and design | 10 POINTS |
| **TOTAL** | **50 POINTS** |



# EVALUATE

**Directions:** Identify the designer described in each sentence. Write your answers on the space provided.

_____ 1. She is known as the "Wrap Queen" of the Philippines.

_____ 2. His style maintains Filipino sensibility with embroidery, beadwork, and hand-painted prints.

_____ 3. Her style is a mixture of Eastern Culture and Western Culture (Asian-Western).

_____ 4. She is considered the "Queen of Knitwear of the Philippines."

_____ 5. She is known to create "pret-a-porter" dresses which is usually for her wedding gowns.

# PHYSICAL EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Identify different street and hip-hop dance moves.
- Perform a simple dance routine incorporating the dance moves learned.

## CHECK

**Directions:** Write down the five (5) benefits of hip-hop dance. Write your answers on the spaces provided.

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

## EXPLAIN

### Hip hop and Street Dance Steps

#### B-Boying or breakdancing

It is a style that includes body spins and rotations.

Access the following link to view a breakdance video:

https://www.youtube.com/watch?v=w6r6kp4KFcU



## Popping



It is a technique consisting of quick contraction and relaxation of muscles that causes jerking in the dancer's body.

Access the following link to view a popping dance video:

https://www.youtube.com/watch?v=Me88NIUGZJA

## Locking

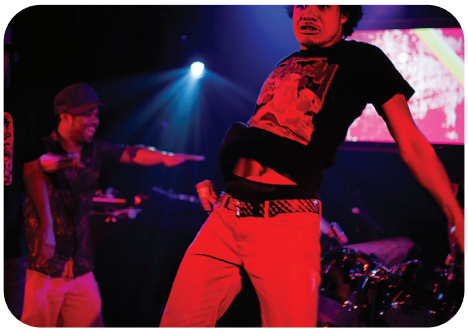


It is a technique where the body stops or holds the steps in a position, as if the body movements are frozen or hailed to a sudden pause and will quickly resume the movement frequently within a musical phrase.

Access the following link to view a locking dance video:

https://www.youtube.com/watch?v=AifQ64khhY4

## Krumping



It is a technique where the dancer is free to express their emotions in a high and energetic way possible. It is also coined as expressing-one's-anger dance style.

Access the following link to view a krumping dance video:

https://www.youtube.com/watch?v=wOk68RcviHU

## Tutting

It is a dance style where geometric shapes, angles, and other shapes are formed using the hands and other body parts.

Access the following link to view a tutting dance video:

https://www.youtube.com/watch?v=sP0BQRbOQ9s

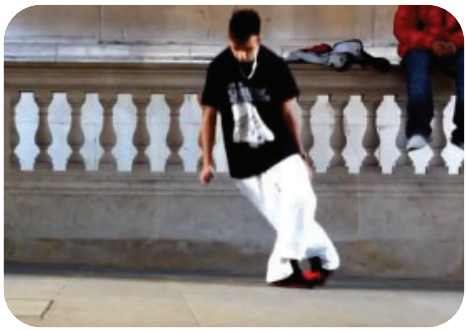


## Shuffling

It is a dance style with a fast heel-and-toe action suitable for various types of electronic music.

Access the following link to view a shuffling dance video:

https://www.youtube.com/watch?v=GIpy55mSPjE



## Waacking

It involves stylized posing and fast synchronized arm movements patterned to the beats of the music.

Access the following link to view a waacking dance video:

https://www.youtube.com/watch?v=3Tmh_JDhpxE



# PRACTICE

**Directions:** Create a simple hip-hop dance routine incorporating some of the dance steps in this module. Ask your family members to dance with you. Make sure to dress appropriately and choose a non-vulgar hip-hop music. Record your performance and share it to your teacher.

**Criteria for Scoring:**

| | |
|---|---|
| Creativity | 10 POINTS |
| Dance Routine | 10 POINTS |
| Enthusiasm and energy | 10 POINTS |
| Family involvement | 10 POINTS |
| Overall appeal and performance | 10 POINTS |
| **TOTAL** | **50 POINTS** |

# EVALUATE

**Directions:** Identify the dance style described in each sentence. Write your answers on the space provided.

_____ 1. This is a dance style where geometric shapes, angles, and other shapes are formed using the hands and other body parts.

_____ 2. This is a technique which involves contraction and relaxation of muscles that causes jerking in the dancer's body.

_____ 3. This is a technique where the dancer is free to express the emotions in a high and energetic way possible.

_____ 4. This is a dance style with a fast heel-and-toe action suitable for various types of electronic music.

_____ 5. This style uses posing and fast synchronized arm movements patterned to the beats of the music.

# HEALTH EDUCATION



## OUTCOMES

At the end of the module, you are expected to:

- Explain the United Nation's Quick Wins program.



## CHECK

**Directions:** Explain two global strategies of the United Nations to combat non-communicable diseases and address mental health. Write your answers on the space provided.

1. _____

_____

_____

_____

_____

2. _____

_____

_____

_____

_____

# EXPLAIN

The United Nations Development Program (UNDP) together with its partner countries developed intervention programs to help achieve the global developmental goals that the United Nations have set to attain. These programs are called Quick Wins. Quick Wins are actions that can immediately be used by any local government or communities to alleviate the issues and health concerns.

1. Education is free for all. No school fees will be solicited to access educational materials and school facilities. This will eliminate the long-running notion that education is a privilege.
2. Free school meals and take-home rations for children from locally produced food.
3. Annual deworming for school children to ensure proper health and improved education especially in poor areas.
4. Affordable supplies of soil, nitrogen, and other agricultural products and nutrients for farmers.
5. Sound nutrition programs for pregnant women, nursing mothers, and children below 5 years of age.
6. Skill-training programs in health, farming, technical-vocational, and infrastructure for community members.
7. Free basic health services.
8. Family planning programs, campaign, and education.
9. Free insecticide-treated bed nets to families in malaria and dengue prone areas.
10. Active programs for violence against women and children.
11. Reform and enforce laws protecting and empowering women and children's rights.
12. Empower women to monitor poverty reduction strategies, programs and policies.
13. Free electricity, water, sanitation, and internet access to government owned hospitals, schools, and other social institutions using renewable resources.
14. Planting endemic trees to communities to provide shade, watershed, windbreak, and produce timber.



# PRACTICE

**Directions:** From the given Quick Wins Programs of the United Nations, choose at least three (3) programs that can be seen in your community. List them down on space provided below and explain how these programs work in your community.

| UNITED NATIONS' QUICK WINS | MY COMMUNITY PROGRAMS |
|---|---|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |



# EVALUATE

**Directions:** Write **TRUE** if the statement is correct or **FALSE** if not. Write your answers on the space provided.

_____ 1. The Quick Wins program is designed for immediate action of local governments.

_____ 2. There will be no laws in this program that will empower women.

_____ 3. Under this program, education will be free for deserving students.

_____ 4. Free school meals and take-home rations for school children is encouraged by UN Quick Wins program.

_____ 5. Insecticide-treated bed nets will be sold in an affordable price to families.

# UNIT 4

# Lesson 01

## MUSIC EDUCATION



### OUTCOME

At the end of the module, you are expected to:

- Identify the different Filipino operas.



### CHECK

**Directions:** Name the composers of the following compositions. Write your answers on the space provided.

_____ 1. Anak Pawis

_____ 2. Toccata for Percussion and Winds

_____ 3. Ugnayan

_____ 4. Dahil sa Isang Bulaklak

_____ 5. Ang Bayan Ko



### EXPLAIN

Opera is a music and artform where singers and musicians combine spoken and sung dialogues and musical scores in one production. It incorporates many elements of theatre such as acting, scenery, costume and props, and may include dances.

The emergence of Philippine opera started during the middle of the 19th century when foreigners perform with virtuosity and grace through Spanish zarzuelas and other stage performances to Filipino audiences.

### Local Theatres and Early Philippine Opera

Italian Operas that would grace our country back then are held on local venues such as Zorilla, Principe Alfonso, Variedades, Quiapo, and Tondo Theaters. Later on, other venues like the Manila Grand Opera House and the Metropolitan Theater were established to accommodate the growing opera culture in our country.

The first Filipino opera created was the Sandugong Panaginip by Roman G. Reyes based on Pedro Paterno's La Alianza Soñada and it was staged at the Zorilla Theater in Malate, Manila on August 2, 1902.



The establishment of the CCP or the Cultural Center of the Philippines in 1969 paved the way for succeeding Filipino operas to be staged in an international theater standard.



## Noli Me Tangere: The Opera

This is a three-act opera composed by Felipe Padilla de Leon, with libretto by another National Artist Guillermo Tolentino. It was staged at the FEU Auditorium in 1957 and later at the CCP Theater under Ryan Cayabyab.

Here is an excerpt of the opera:
https://www.youtube.com/watch?v=dyWnPe4N3LQ

## El Filibusterismo: The Opera

This is another masterpiece of the National Artist Felipe Padilla de Leon with libretto by Anthony Morli. This is a three-act opera written in Filipino. It also followed the storyline of the Rizal's novel, El Filibusterismo.

Here is an excerpt of the opera:
https://www.youtube.com/watch?v=AzJX6CuN0KI

## La Loba Negra

The opera La Loba Negra (The Black She-Wolf) is a three-act Filipino opera. Acts I and II are based on history. Act III is based on a legend attributed to Fr. Jose Burgos. He was one of the three martyred priests (Gomez, Burgos, and Zamora) who were executed in Bagumbayan (now Luneta) in 1872. The music was composed by National Artist Francisco Feliciano, with libretto by soprano Fides Cuyugan Asensio.

Here is an excerpt of the opera:
https://www.youtube.com/watch?v=QDAo-e0w9zI



# PRACTICE

**Directions:** Choose one (1) opera from the selections above and write a short reaction/observation paper about it.

Here are your guide questions:

1. What is the title of the opera?
2. How did the style of singing different from the styles we hear from modern singers today?
3. Describe the emotions of the actors/actresses in the short video clips. Were they able to convey the emotions needed for the specific scene shown? Explain your answers.

Using the contents of your written reaction/observation paper, record a reaction video (similar to movie reaction videos in YouTube) and submit it to your teacher.

**RUBRIC**

| CATEGORY | BEGINNERS<br>5 | ELITE<br>10 | EXPERT<br>20 |
|---|---|---|---|
| **CONTENT** | Did not follow the instruction so that the idea of the output is very far from the topic. | Follow the instruction but some idea did not connect on the topic. | All of the idea and content are topic related and all the instructions are carefully followed. |
| **CREATIVITY** | Work is not unique, detailed, or interesting, and shows no original ideas or risk taken. | Work is generally unique, detailed, and interesting, explores some different options, and take some creative risk. | Work is generally unique, detailed, and interesting, explores several different options, and take some creative risk. |
| **TIME MANAGEMENT** | Did not finish the expected output. | Finished the output but exceed to the time limit. | Finished the output on time. |
| **ORIGINALITY/ UNIQUENESS** | The output was done but the derivative of the sample or other student's work. | The output was perfectly done but with some sample from other student. | The output was done and unique/originally made. |



# EVALUATE

**Directions:** Write **TRUE** if the statement is correct. If the statement is incorrect, write **FALSE**. Place your answers on the space provided.

_____ 1. The Cultural Center of the Philippines paved the way to international operas to be staged in the Philippines.

_____ 2. Opera is a music and artform where singers and musicians combine spoken and sung dialogues and musical scores in one production.

_____ 3. La Loba Negra is also known as The Black He Wolf.

_____ 4. Felipe Padilla De Leon created the two operas after Rizal's two novels, the Noli Me Tangere and El Filibusterismo.

_____ 5. The first opera was called Sandugong Pangarap by Pedro Paterno.

# ARTS EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Identify the different musical production companies of the Philippines.
- Create a simple poster Philippine theatre and performing arts.

## CHECK

**Directions:** Identify the term or person described in each sentence. Write your answers on the space provided.

_____ 1. Her creations were hand-made and hand-loomed by local indigenous Filipinos.

_____ 2. Her style of fashion is a mix of Eastern and Western cultures.

_____ 3. Her collections were mostly bridal dresses, evening gowns, and linens.

_____ 4. He is known for using indigenous materials such as bamboo, natural fibers, and rattan in his furniture creations.

_____ 5. This type of fabric is a local fabric found in Ilocos Sur.

## EXPLAIN

### Philippine Theater and Performing Arts

The Philippines possesses a rich and thriving theater culture that caters all ages. Philippine musical productions ranges from its own cultural traditions, stories, and themes to contemporary musicals from the Broadway or London's West End.

Theater is a major artform that brings together all other forms of art like painting, sculpture, installation arts, music, dance, literature, and even computer-generated arts all in one production.

## PETA or Philippine Education Theater Association

PETA was founded by Cecille Guidote-Alvarez in 1967 carrying the vision of a Philippine theater engaged in the development of people and society. The company uses theater as a means of empowerment and development of the disadvantaged sectors of the society by producing musical plays inspired by them.

Some examples of musical plays presented by PETA are:

1. Caredivas, 2011
2. Pamana, 2013
3. Haring Lear, 2012

https://en.wikipedia.org/wiki/Philippine_Educational_Theater_Association

## Tanghalang Pilipino

Tanghalang Pilipino is the resident theater company of the CCP founded in 1987. It trains actors and actresses, playwrights, and designers with special emphasis in original Filipino plays.

Here are some of the musical productions of Tanghalang Pilipino:

1. Himala, 2004
2. William, 2011
3. Ibalong, 2012

https://pressone.ph/tanghalang-pilipino-theater-surviving-despite-pandemic/

## Repertory Philippines

Repertory Philippines was established by Zenaida Amador and Baby Barredo in 1967. It stages both foreign and Filipino musical plays from conventional and contemporary classics to serious farces, deep drama, and magnificent musicals. One of their treasured gems is Lea Salonga who started as a company member of Repertory Philippines and later became one of the best international Broadway artist. She played main roles in Miss Saigon and Les Miserables.

Here are some of the musical productions of Tanghalang Pilipino:

1. Little Women, 2010
2. Alice in Wonderland, 2010
3. The Producers, 2010

https://en.wikipedia.org/wiki/Repertory_Philippines



# PRACTICE

**Directions:** Create an improvised costumes and props from the available materials you have at home. Find inspiration from one of the main characters from a Broadway production you like. Take a photo of yourself wearing the costume and create a new promotional poster from the musical that inspired your costume. Save your work and submit it to your teacher.

**Criteria for Scoring**

| | |
|---|---|
| Creativity, improvisation and props | 20 POINTS |
| Poster Layout | 20 POINTS |
| Overall appeal | 10 POINTS |
| **TOTAL** | **50 POINTS** |



# EVALUATE

**Directions:** Identify the term described or asked in each sentence. Write your answers on the space provided.

_____ 1. This production was founded by Cecille Guidote-Alvarez.

_____ 2. What does PETA stand for?

_____ 3. Lea Salonga came from what company?

_____ 4. This is the resident theater of the CCP.

_____ 5. This is a major art form that brings all other art form together.

# PHYSICAL EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Identify simple exercises for physical fitness.
- Engage in a self-prepared simple exercise routine.

## CHECK

**Directions:** List down at least five (5) different Hip Hop dance styles. Place your answers on the space provided.

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

## EXPLAIN

Physical activities and exercises are important activities everyone must practice. Simple daily tasks such as walking, household chores, and other things may add up to our physical activities and exercises.

### Physical Activity

Physical activity is defined as any movement created by the body using energy. This may include walking, running, jogging, household chores, and any physical movement in your normal day. Exercise is a type of physical activity but not all physical activity is an exercise. Exercise are structured repetitive activities which are performed to maintain the physical fitness of a person.

### Exercise

It refers to planned and structured physical activities performed to maintain and condition the body in good shape and health. The purpose of exercise is to improve the overall health

of a person. It is created to combat against certain illnesses and diseases such as obesity, hypertension, and other cardiovascular diseases.

Here are the five basic exercises that we can perform:

1. **Aerobic exercise**

This is a kind of exercise that targets the cardiovascular health of a person. It helps our heart, lungs, and circulatory system to function well. These exercises may include running, brisk walking, cycling, and swimming where breathing is an important factor.



2. **Strength building exercise**

These exercises are diverse in nature, meaning, any exercises that involve muscle building from low intensity to high intensity workouts. Low intensity exercises like pilates may strengthen your muscles overtime as long as it is regularly practiced.



3. **Balance Training**

These are exercises created to keep a person in an upright position to avoid sudden loss of balance. This may include core and leg training which can help improve the stability of a person.



4. **Endurance**

Endurance exercises are activities which can help our body sustain its energy for longer periods of time with little to no rest at all. Increase the intensity slowly to get your body acquainted with the exercise and then gradually increase until you reach your maximum endurance. An example of which is walking. You can set it to a 10-minute walk for several days then gradually increase the time as your body gets used to the exercise.



5. **Flexibility**

Flexibility training is most often overlooked but it is considered as one of the basic exercises we need to learn and remember. Flexibility is the ability to move our body without pain. Neglecting flexibility exercises like basic stretching may result to physical injuries. Yoga training, pilates, and basic stretching are some of the exercises you need to try in order for you to become flexible and stay healthy.





# PRACTICE

**Directions:** Create a simple exercise routine. Use the table below for your guidance. Perform the exercise routine you have prepared and record it in a video.

| **PHYSICAL ACTIVIY** | **FREQUENCY** (How Often) |
|---|---|
| Aerobic Exercise | |
| Strength Building Exercise | |
| Balance Training | |
| Endurance | |
| Flexibility | |



# EVALUATE

**Directions:** Identify the term described in each sentence. Write your answers on the space provided.

_____ 1. These are exercises created to keep a person in an upright position to avoid sudden loss of balance.

_____ 2. These activities can help our body sustain its energy for longer periods of time with little to no rest at all.

_____ 3. This is the ability to move our body without pain.

_____ 4. This is a kind of exercise that targets the cardiovascular health of a person. It helps our heart, lungs, and circulatory system to function well.

_____ 5. These exercises are diverse in nature, meaning, any exercises that involve muscle building from low intensity to high intensity work outs.

# HEALTH EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Identify the component and steps in making a career plan.
- Create a table for your career plan.

## CHECK

**Directions:** Give at least three (3) Quick Wins program by the United Nations. Write your answers on the space provided.

1. _____

_____

2. _____

_____

3. _____

_____

## EXPLAIN

Choosing a career is very important. It will be the basis of your survival in the real world and that is why choosing the best career is not an easy thing to do. There are many factors to consider in choosing a career path to take. You should keep in mind the salary (money), the security of tenure (stability of the company and the position in your chosen career), and the most important is your interest and passion.



A career or profession in health is one of the many career options you may consider. The demand for healthcare professionals and workers is very high in the Philippines and in other countries due to continuous advances and upgrades to medical technology and the increasing need for quality healthcare all over the world. Although pursuing a career in healthcare may seem expensive to some, it offers good salary and job security.



Making a career plan is important. It will be your guide in choosing the right career path to take in the near future. Whether in healthcare or in any other career, it is best to follow these steps:

1. **Self-Assessment**

Discover your personal strengths like your values, interests, personality, skills, and anything that sparks your passion. This is the first step in finding the right job for you.

2. **Career Exploration**

There are a lot of career options to consider. Explore and study them by researching, attending career caravans, alumni connections, and other professional resources. It is important that you should be the one doing this rather than relying on preconceptions and hearsay from other people. The goal is to create a bigger picture about your possible career options and see for yourself if you will succeed in these career paths.

3. **Decision-Making**

This is the hardest part of the plan. That is why it is important to narrow down the options you have through listing the pros and cons of the jobs you explored. Compare the list to your personal strengths and interests and decide which career is best for you.

4. **Plan of Action**

Make a list of achievable short-term and long-term goals and strategies on how to achieve them. Organize your goals, identify the actions, and utilize the resources you have like the people around you, finances, and the likes.



## PRACTICE

**Directions:** Make a table of your own career plan which includes the four (4) steps of planning. Save your work and share it to your teacher.

| Self-assessment | Career Exploration | Decision-making | Plan of Action |
|---|---|---|---|
| | | | |



## EVALUATE

**Directions:** Write **TRUE** if the statement is correct or **FALSE** if it is incorrect. Write your answers on the space provided.

_____ 1. Career plan should not be prioritized in choosing a career.

_____ 2. Listen to your peers when exploring the career you want to take.

_____ 3. Plan your short-term and long-term goals accordingly.

_____ 4. Health career options offers good to excellent salary compensation.

_____ 5. Healthcare careers are in demand due to technological advancements.

# Lesson 02

## MUSIC EDUCATION

### OUTCOME

At the end of this module, you are expected to:

- Identify the different ballet productions in the Philippines.

### CHECK

**Directions:** Give the title of the following operas. Write your answers on the space provided.

_____ 1. This is a three-act opera composed by Felipe Padilla de Leon, with libretto by another National Artist Guillermo Tolentino in 1957.

_____ 2. This is again another masterpiece of the National Artist Felipe Padilla de Leon with libretto by Anthony Morli.

_____ 3. This is a three-act Filipino opera. Acts I and II are based on history. Act III is based on a legend attributed to Fr. Jose Burgos. The music was composed by National Artist Francisco Feliciano, with libretto by soprano Fides Cuyugan Asensio.

### EXPLAIN

Ballet dance is an art form where body movements (dance) are used to interpret novels, folktales, and other stories. It provides visual excitement as the characters of each story come to life not in spoken dialogue but in expressive dances. The communication of the story line is brought by the expression of the movements rather than spoken dialogues and songs. Ballet performances are enhanced with colorful costumes, elaborate stage set-up, suggestive music, and synchronized choreography.



Filipino ballet productions present folktales and local fables such as the beloved and immortal stories of Philippines' most loved lola, Lola Basyang, and epics from our neighboring countries like India's Ramayana.

These ballet productions have evoked the enthusiasm of the Filipino audiences in all ages. These productions have become a part of Filipino repertoire for the performing arts.
https://tl.wikipedia.org/wiki/Ballet

## Tatlong Kwento ni Lola Basyang

This is a Filipino ballet adaptation of the Severino Reyes' folktales. The stories include good values meant to be instilled and rekindled the interest of Filipino youth in the richness and beauty of our literary heritage.

1. **Ang Kapatid ng Tatlong Marya** – This is a fantasy story about the journey of a hero to different kingdoms in pursuit of his bewitched sister. The music was made by Joey Ayala and choreographed by Lisa Macuja-Elizalde.
2. **Ang Mahiwagang Biyulin** – This is the local version of Pied Piper where the main character mesmerizes his followers to the tune of his violin. The Music was made by Ryan Cayabyab and choreographed by Tony Fabella.
3. **Ang Prinsipe ng mga Ibon** – This is a love story where princess fell in love with a bird. The music was from the chosen works of different National Artists arranged by Mon Faustino and choreographed by Ballet Manila dancer Osias Barroso.

Here is a clip of the ballet production for Mga Kwento ni Lola Basyang:
https://www.youtube.com/watch?v=bAUNF0UEQgs

## Rama Hari

Rama Hari translated as King Rama was a Philippine adaptation of the Indian epic Ramayana. It was originally presented on February 8 to 17, 1980 with the creative team of National Artists Ryan Cayabyab for music, Alice Reyes for the choreography, Bienvenido Lumbera for literature, and Salvador Bernal for theater design together with the CCP Philharmonic Orchestra.

The story revolves around Prince Rama, the eldest son of Dasaratha, King of Ayodha, who had three wives and four sons – Rama, Bharata, and the twins Lakshmana and Satrughna. Prince Rama was in line to the throne after his father decided to retire but his stepmother prevented this succession. She wanted her son Bharata to ascend to the throne and banished Prince Rama for 14 years to complete her master plan.

Watch a short video clip of the ballet production Rama Hari:
https://www.youtube.com/watch?v=JYbyyjnHtoU



# PRACTICE

**Directions:** From the video clip selections, write a short reaction/observation paper answering the guide questions given below.

**Guide Questions:**

1. What is the title of the ballet production you watched?
2. Describe the difference and similarities of ballet productions to operas.



# EVALUATE

**Directions:** Give what is being asked. Write your answers on the space provided.

_____ 1. This is an art form where body movements (dance) are used to interpret novels, folktales, and other stories. It provides visual excitement as the characters of each story come to life not in spoken dialogue but in expressive dances.

_____ 2. This is a fantasy story about the journey of a hero to different kingdoms in pursuit of his bewitched sister.

_____ 3. This is a love story where princess fell in love with a bird.

_____ 4. This is the Philippine adaptation of the Indian epic Ramayana.

_____ 5. This is the local version of Pied Piper where the main character mesmerizes his followers to the tune of his violin.

# ARTS EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Identify the different Philippine theater companies.

## CHECK

**Directions:** Give what is being asked. Write your answers on the space provided.

_____ 1. This was established by Zenaida Amador and Baby Barredo and staged both foreign and Filipino musical plays.

_____ 2. This theater is known to empower the disadvantaged sectors of the society.

_____ 3. This is the resident theater of the CCP since 1987.

_____ 4. What does PETA stands for?

_____ 5. Lea Salonga started from what theater company?

## EXPLAIN

The Philippines boasts thousands of talented people in music and arts. Through the adaptation of western culture, our theater have been constantly evolving, embracing the diverse culture and traditions of our neighboring countries and western countries as well.

### Trumpets

The Triumphant People's Evangelistic Theater Society or the Trumpets is the first professional gospel theater group that specializes in theater productions with bible and gospel messages included in the themes of their stories. It was founded by Audie Gemora in 1980 and found success afterwards. Trumpets provided a wholesome theater experience for Filipino youth while building good values to its audience. https://twitter.com/trumpetsph

Here are some of their musical productions:

1. Joseph the Dreamer
2. First Name
3. The Bluebird of Happiness

## New Voice Company




The New Voice Company was founded by Monique Wilson who is a former member of the Repertory Philippines in 1994. It is considered as the country's feminist theater group that deals with contemporary social issues such as women's rights, gender equality, sexual harassment, and other relevant issues of the modern age. https://www.tuugo.ph/Companies/new-voice-company/0220001453917

Here is one of the musical productions of the New Voice Company:

- Aspects of Love

## Philippine Opera Company

PHILIPPINE OPERA COMPANY

The Philippine Opera Company or the POC was founded by a group of dedicated classical singers led by Karla Gutierrez in 1999. The goal of the company is to normalize the audience to classical music performances both in Filipino and foreign languages through regular opera productions. https://primer.com.ph/event/2018/04/13/philippine-opera-company-summer-workshop/

Here is one of the musical production of Philippine Opera Company:

- Ang Bagong Harana, 2015

## Theater Down South

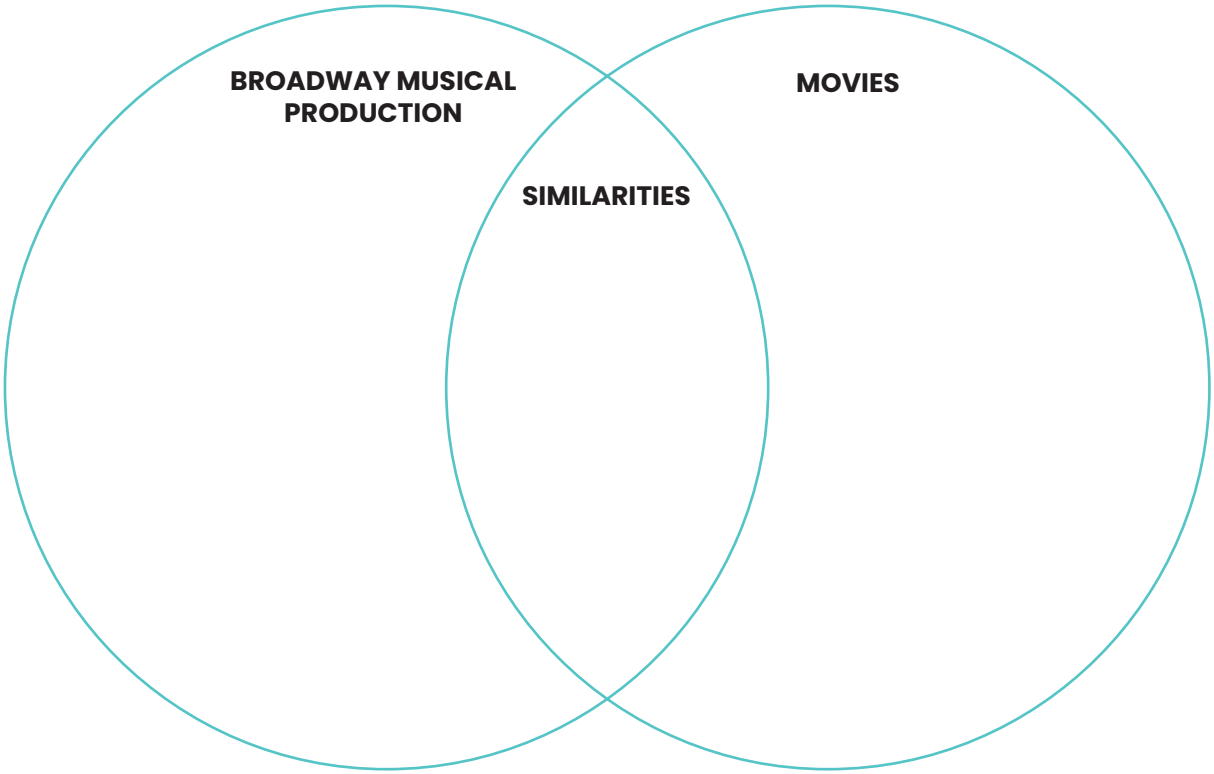
The Theater Down South was founded by Michael Williams in 2007. This theater were from the south of the metro, thus, getting its name from its origin. Theater Down South features performers from the south area of Metro Manila like Parañaque, Alabang, Las Piñas, and even down further to Cavite and Laguna. Its goal was to widen the reach of stage productions beyond the center stages of Metro Manila to people living in the south area, bringing theater experience closer to home. https://twitter.com/tds_tweets

Here are some of the musical productions of Theater Down South:

1. The Princess and the Red Carp
2. A Funny Thing Happened On The Way To The Forum
3. A Midsummer Night's Dream

# PRACTICE

**Directions:** Watch one video clip from the selection given above and make a simple comparison about the differences and similarities of broadway musical production to movies. Place your answers on the spaces below.




# EVALUATE

**Directions:** Read the musical productions in each number and choose the theater company from the pool below. Write the letter of the correct answers on the spaces provided.

A. TRUMPETS
B. THEATER DOWN SOUTH
C. PHILIPPINE OPERA COMPANY

_____ 1. The Princess and the Red Carp
_____ 2. Ang Bagong Harana
_____ 3. Joseph the Dreamer
_____ 4. Aspects of Love
_____ 5. The Bluebird of Happiness

# PHYSICAL EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Define recreation and leisure.
- Identify the benefits of recreation.

## CHECK

**Directions:** List down the different exercises that will help us to become physically fit and healthy. Write your answers on the space provided.

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

## EXPLAIN

As stated from our previous module, physical activities are movements of the body that requires energy. Other than exercise, physical activities may be classified as Recreational or Leisure.

### Recreation and Leisure

Recreation are activities done during a person's spare time for enjoyment, amusement and pleasure. These are activities that are most often planned or in a regular occurrence like exercises, reading, cooking, afternoon strolling, and the likes. Recreation activities are considered to be fun. Leisure on the other hand are free time in between work or studies or after a hard day's shift. Sometimes, leisure activities are offered by some companies to boost their production like company outings and gatherings, team/group luncheon, and many more.

There are two types of recreations:

1. **Active**

   Active recreation are activities which requires physical efforts and may range from low intensity like walking, strolling, social dancing to high intensities like cycling, mountain climbing, and swimming.

2. **Passive**

   Passive recreation are activities that does not require much physical effort like listening to music, board games, and reading.

**BENEFITS OF RECREATION**

There are many wonderful benefits of engaging to recreational activities. These benefits can affect a person's ability holistically. Here are some its benefits:

1. Personal development and growth
2. Boosting physical health
3. Increased confidence, self-esteem and reliance
4. Increased creativity
5. Enhances pleasure
6. Life satisfaction
7. Develop and promotes psychological well-being



## PRACTICE

**Directions:** Make a list of your leisure and recreational activities that you do during this pandemic. Include the benefits that you think you get from the leisure or recreational activities that you do.

| LEISURE AND RECREATIONAL ACTIVITIES | BENEFITS |
|---|---|
| | |
| | |
| | |
| | |
| | |

*Add more rows if needed.



# EVALUATE

**Directions:** Give what is being asked. Write your answers on the space provided.

_____ 1. These are recreation are activities which requires physical efforts and may range from low intensity like walking, strolling, social dancing to high intensities like cycling, mountain climbing, and swimming.

_____ 2. These are activities you do in your free time in between work or studies or after a hard day's shift.

_____ 3. These are activities that does not require much physical effort like listening to music, board games, and reading.

_____ 4. These are activities that are most often planned or in a regular occurrence like exercises, reading, cooking, afternoon strolling, and the likes.

_____ 5. These are activities done during a person's spare time for enjoyment, amusement, and pleasure.

# HEALTH EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Identify the different steps in preparing a health career.

## CHECK

**Directions:** List down the four (4) steps in choosing a career. Write your answers on the space provided.

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

## EXPLAIN

Health career will offer opportunities that can make a difference to people's lives. There are a wide range of healthcare job options to choose from which can provide you with opportunities to develop your personal and professional growth.

Here are the things to consider in preparing for a healthcare profession:

1. **Your motivation to pursue a healthcare career**

This is one of the most important things that you need to consider before taking a healthcare career. Your motivation should be able to withstand the stressors that comes with this profession. Health care profession requires a great deal of commitment, endurance, and hard work but rewarding in the end.

2. **Education**

It is best to ready yourself to schools which offers health-related courses and plan ahead of time. Having a degree in medicine-related courses will require a significant amount of finances and time. You and your family should be able to devote time and resources to fund your education. You can always apply for scholarships and financial assistance from the school and from the government.

3. **Skills and Strengths**

Are your skills and strengths fit for a health care career? A health care career requires set of skills and personality traits. Excellent interpersonal and communication skills are required to most of the roles in a health care profession. It also requires a great deal of maturity, responsibility, and good work ethics.

4. **Specific Roles to Perform**

You should know your passion and what you are good at. In a health care profession, roles are important as well. Example, you know how to deal with children, pediatrics could be the field for you.

5. **Workplace**

Your planned workplace is another factor to consider when taking a health care career. Hospitals, clinics, laboratories are some of the workplaces you can perform and do your job. The workplace will depend on your personality as a health care professional. Example, you love to work alone with less people interaction, laboratories might be a suitable place for you.



## PRACTICE

**Directions:** Create a table where you can clearly see the health care profession you might want to consider in the future. Answer the questions in each column and explain.

| MOTIVATION | EDUCATION | SKILLS AND PERSONALITY | SPECIFIC ROLE | WORKPLACE |
|---|---|---|---|---|
| 1. What are my motivations in choosing health care professions? | 1. Where do I intend to study?<br>2. How Am I going to finance my studies? | 1. What are the skills and personalities I have that can be considered fit in a health care profession? | 1. What role will I portray as a health care professional? | 1. What workplace do I prefer to work? |



# EVALUATE

**Directions:** Explain in your own words the terms in the table below. Write your answers on the space provided.

| | |
|---|---|
| **MOTIVATION** | 1. |
| **EDUCATION** | 2. |
| **SKILLS AND PERSONALITY** | 3. |
| **SPECIFIC ROLE** | 4. |
| **WORKPLACE** | 5. |

# Lesson 03

## MUSIC EDUCATION

### OUTCOME

At the end of the module, you are expected to:

- Identify the different Filipino musicals.

### CHECK

**Directions:** Enumerate and describe the three (3) stories of the *Mga Kwento ni Lola Basyang* ballet production. Write your answers on the space provided.

1. _____
   _____
   _____
2. _____
   _____
   _____
3. _____
   _____
   _____

### EXPLAIN

Musical plays in the Philippines evolved from the traditional operas and zarzuelas to modern and contemporary theater productions. Musicals have a wide variation of spoken dialogue and singing parts. It is a lighter drama set to music and stage with contemporary themes with songs that can be sung by an average singer.



## Andres Bonifacio: Ang Dakilang Anak-Pawis The Musical

This is a five-act production commissioned by Alfonso Puyat in 1979 depicting the life and works of revolutionary hero Andres Bonifacio. It was co-produced by the Cultural Center of the Philippines and the Andres Bonifacio Music Foundation, Inc., and was staged again at the CCP Main Theater on August 20 and 21, 1994 with Jerry Dadap as composer-conductor and the late Elmo Makil as Bonifacio.

You can watch a clip from the musical through the following link:

https://www.youtube.com/watch?v=OMDuIr5Srh0

## Atang: Dulang May Musika



Honorata dela Rama-Hernandez or popularly known as Atang dela Rama was a singer, vaudeville performer, and an actress. She performed a number of zarzuelas including Nabasag ang Banga and Dalagang Bukid. She promoted kundiman and Filipino zarzuela to Filipino audiences through performances with themes about Filipino values, traditions, and lifestyles. Her efforts made her the Queen of Kundiman and Zarzuela in 1979.

Atang – Dulang May Musika is a musical based on Atang dela Rama's life as the first superstar of the Philippines. It starred Ayen Munji-Laurel, Shamaine Centenera Buencamino, Frances Makil-Ignacio, Kalila Aguilos, Teroy Guzman, Greg de Leon, Mitoy Sta. Ana, Ricky Ibe, Meynard Peñalosa, Bituin Escalante, and the Dulaang UP Ensemble.

You can watch a clip from the musical through the following link:

https://www.youtube.com/watch?v=FePgMbtL3Sg

## Katy! The Musical

The musical is about the life of the Philippines' Queen of Bodabil Katy dela Cruz. This is a commissioned work for Ryan Cayabyab and Jose Reyes. It starred Mitch Valdes in the title role.




You can watch a clip from the musical through the following link:

https://www.youtube.com/watch?v=0i96zvHv4x8

## Florante and Laura

The musical Florante at Laura was presented by Tanghalang Pilipino at the CCP Little Theater (Tanghalang Aurelio Tolentino) from July 7 to 24, 1988 in celebration of the 200th birth anniversary of the author Francisco Balagtas-Baltazar. This was the official Philippine entry to the first ASEAN Theater Festival in August 1988. The musical arrangements were done by Nonong Buencamino, based on the book and lyrics of Tony Perez. Directed by Nonon Padilla, the production team included National Artist Salvador Bernal for set and costume design, Bobby Roces for lighting design, and Christine Blando for choreography.



# PRACTICE

**Directions:** Watch a clip from the Filipino musicals discussed. Reenact a short scene (one to two minutes long) and record your performance in a video.

**RUBRIC**

| CATEGORY | BEGINNERS 5 | ELITE 10 | EXPERT 20 |
|---|---|---|---|
| **CONTENT** | Did not follow the instruction so that the idea of the output is very far from the topic. | Follow the instruction but some idea did not connect on the topic. | All of the idea and content are topic related and all the instructions are carefully followed. |
| **CREATIVITY** | Work is not unique, detailed, or interesting, and shows no original ideas or risk taken. | Work is generally unique, detailed, and interesting, explores some different options, and take some creative risk. | Work is generally unique, detailed, and interesting, explores several different options, and take some creative risk. |
| **TIME MANAGEMENT** | Did not finish the expected output. | Finished the output but exceed to the time limit. | Finished the output on time. |
| **ORIGINALITY/ UNIQUENESS** | The output was done but the derivative of the sample or other student's work. | The output was perfectly done but with some sample from other student. | The output was done and unique/originally made. |



# EVALUATE

**Directions:** Identify the term described by each sentence. Write your answers on the space provided.

_____ 1. It is a lighter drama set to music and stage with contemporary themes with songs that can be sung by an average singer.

_____ 2. She was popularly known as Atang dela Rama.

_____ 3. This was the official Philippine entry to the first ASEAN Theater Festival in August 1988.

_____ 4. She was known as the Philippines' Queen of Bodabil.

_____ 5. She was known as the Queen of Zarzuelas and Kundimans.

# ARTS EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Identify the different roles in a stage production.
- Write a script for a play containing details about characters, plot, and stage set up design.

## CHECK

**Directions:** Identify the term being described in each sentence. Write your answers on the space provided.

_____ 1. This theater stages production that deals with women empowerment.

_____ 2. This is the first gospel theater group in the Philippines.

_____ 3. This theater is founded by a group of classically-trained singers in 1999.

_____ 4. This theater group features performers from the southern area of Metro Manila.

_____ 5. This theater was founded by a former Repertory Philippines member.

## EXPLAIN

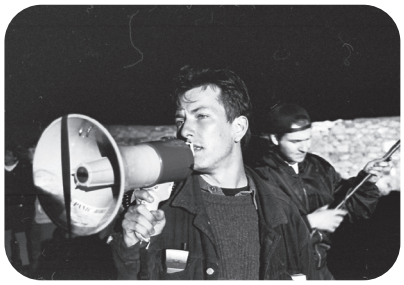
Most of the time, the actors and actresses are the only people we see in a theater production. However, behind the scene is an entire creative team whose work begins months before the actual performance. They are the ones who support the actors and actresses and enable them to truly bring the characters and the play into life. Below are the basic roles in most productions:

1. **Producer**

The producer is the person who takes the job of bringing the concept of the production to an actual stage performance. He or she is responsible in selecting the personnel who will be involved in the production and assigning their specific functions. The producer also oversees the major logistical matters like the location of the theater and most importantly, the finances.

2. **Director**

The director is the overall artistic coordinator of the entire production. He or she carries the vision of the desired total effect and impact of the performance. Technically, all aspect pertaining to the stage production are under the supervision of the director.



3. **Playwright**

The script is the basis of a production and a theater company cannot function without it. The script includes all the lines of dialogue and songs as well as instructions pertaining to emotions, expressions, movement, and blocking. It also provides a clear description of the details needed like lights, set, props, and costumes.



4. **Set Designer**

The set designer is responsible for the concept and creation of the physical stage set up. He or she conceptualizes and builds the stage according to the script and to the vision of the director. It must simulate the world that characters are supposed to live in. It also must be realistic and filled with authentic details to make it believable.



5. **Technical Director**

The technical director shadows the director throughout the entire production. From the planning stage, the technical director must be present to ensure that all the notes from the director is properly executed by the team.



# PRACTICE

**Directions:** Be the playwright of your own production! Write a simple script containing the description of the setting, the plot, and the main characters of your story.

**Criteria for Scoring**

| | |
|---|---|
| Character description | 20 POINTS |
| Setting or Plot description | 20 POINTS |
| Creativity | 10 POINTS |
| **TOTAL** | **50 POINTS** |



# EVALUATE

**Directions:** Write **TRUE** if the statement is correct and **FALSE** if not. Write your answer on the space provided

_____ 1. The script is not the basis of a production.

_____ 2. The director is the overall artistic coordinator in the entire production.

_____ 3. Technical director is considered the most important role in a production.

_____ 4. The producer is responsible for anything under finances and funds.

_____ 5. The set designer can create set other than the required script.

# PHYSICAL EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Identify the different guidelines of activities and recreations.

## CHECK

**Directions:** List down at least five (5) benefits of recreations and leisure. Write your answers on the space provided.

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

## EXPLAIN

Health guidelines in physical activities and recreation serves as our guide in order for us to achieve the maximum health benefits of both our physical activities and recreational activities.

The guidelines are organized based on the age of the person participating in such activities as listed below:

### Children Below 1 Year Old

1. Interactive floor-based plays.
2. Stroller and highchairs for not more than 1 hour or 60 minutes.
3. Reading and story telling.
4. No screentime.
5. Sleeping including nap time.
   a. 14 to 17 hours for 0-3 months old
   b. 12 to 16 hours for 4-11 months old



## Children 1-2 Years Old

1. Varieties of physical activities in any intensity throughout the day for 3 hours.
2. Strollers and highchairs for not more than 1 hour or 60 minutes.
3. Screen time for 2 years old should not be more than 1 hour or 60 minutes.
4. Storytelling and reading.
5. Sleeping including nap time for 11 to 14 hours.



## Children 3-4 Years Old

1. Varieties of physical activities for 3 hours spread throughout the day.
2. Strollers, high chair, and sitting for not more than 1 hour or 60 minutes.
3. Storytelling and reading.
4. Sleeping including nap time for 10 to 13 hours.



## Children and Youth 5-17 Years Old

1. Varieties of moderate intensity physical activities for 1 hour per day.
2. Activities to strengthen muscles and bones for 3 times a week.
3. Limit on sedentary activities especially recreational screen time.



## Adults 18 Years Old and Above

1. 3 to 5 hours of moderate intensity physical activities spread throughout the week.
2. Muscle-strengthening activities for at least 2 times a week.
3. Limit recreational screen time and being sedentary.





# PRACTICE

**Directions:** Complete the table below by listing activities which you can do at home for one whole day for a duration of one week. Make sure to include variations of activities and recreational activities and follow the guidelines discussed in the lesson. Afterwards, record yourself performing these activities and submit it to your teacher.

| Physical activity | Recreational activity | Sedentary activity |
|---|---|---|
| | | |

**RUBRIC**

| CATEGORY | BEGINNERS<br>5 | ELITE<br>10 | EXPERT<br>20 |
|---|---|---|---|
| **CONTENT** | Did not follow the instruction so that the idea of the output is very far from the topic. | Follow the instruction but some idea did not connect on the topic. | All of the idea and content are topic related and all the instructions are carefully followed. |
| **CREATIVITY** | Work is not unique, detailed, or interesting, and shows no original ideas or risk taken. | Work is generally unique, detailed, and interesting, explores some different options, and take some creative risk. | Work is generally unique, detailed, and interesting, explores several different options, and take some creative risk. |
| **TIME MANAGEMENT** | Did not finish the expected output. | Finished the output but exceed to the time limit. | Finished the output on time. |
| **ORIGINALITY/ UNIQUENESS** | The output was done but the derivative of the sample or other student's work. | The output was perfectly done but with some sample from other student. | The output was done and unique/originally made. |



## EVALUATE

**Directions:** Identify the age group where the following activities are recommended. Choose the answers from the pool of choices below. Write the letter of the correct answers on the spaces provided.

A. Children 1 Year Below
B. Children 1-2 Years Old
C. Children 3-4 Years Old
D. Children and Youth 5-17 Years Old
E. 18 years old and above

_____ 1. Sleeping including nap time for 11 to 14 hours.
_____ 2. 3 to 5 hours of moderate to intensity physical activities spread throughout the week.
_____ 3. Interactive floor-based plays.
_____ 4. Sleeping including nap time for 10 to 13 hours.
_____ 5. Varieties of moderate intensity physical activities for 1 hour per day.

# HEALTH EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Identify the different pathways to a health career.

## CHECK

**Directions:** List down five (5) things to consider in choosing a health career profession. Write your answers on the space provided.

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

## EXPLAIN

Health career pathways are occupations that are clustered under a set of shared skills and responsibilities. These occupations require different levels of education, skills, and even specialized training.

1. **Disease Prevention and Control**

People who fulfill this occupation specializes in communicable and non-communicable diseases. The scope of their work includes immunization, public health, screening of newborns, breastfeeding promotions, infant diseases prevention, and community sanitation.



2. **Personal Health Care**

These are occupations which include monitoring of patients, personal health care, and hygiene as well as house-keeping duties.

3. **Maternal and Child Care**

These healthcare professions deal with issues that affects family, children, and women. It also includes providing information on reproductive health, family planning, and pregnancy through education and research.

4. **Mental Health Care**

These medical professionals deal with interpersonal and intrapersonal relationships and life skills, psychosocial and cognitive development, anger management and educating patients on warning signs of learning disorders, mood disorders, anxiety, and stress.



5. **Community Health Care**

These are medical professionals that deal with the maintenance, improvement, and protection of health in the community.

6. **Environmental Healthcare Management**

These are health care professionals that deals with the chemical, biological, social, and psychosocial factors of the environment. They monitor the quality of environmental impact of human activities as well as strategies on environmental restoration.

7. **Drug Prevention and Control**

These are health workers who seek to reduce community and individual problems related to alcohol and drugs of abuse through programs and advocacy.

8. **Nutrition**

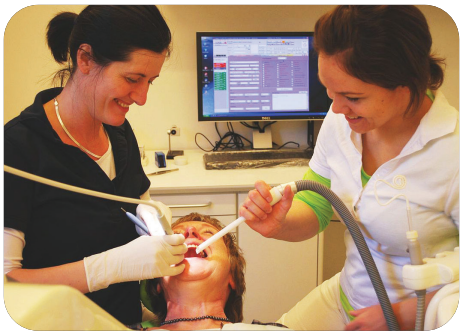
These are specialists in food and nutrition programs for individual health. It includes meal planning, food preparations, and even economics.

9. **Health Education**

These are professionals who are tasked to promote health care through educating the community. The work involves individual assessments, community needs, planning, implementation and monitoring of health programs, as well as health awareness and promotion.

10. **Dental Health**

These professionals deal with oral health of an individual. They treat various oral diseases and conditions such as tooth decay, tooth loss, mouth and jaw pains, mouth sores, and gum diseases. They also promote healthy lifestyle to avoid oral problems through educating their patients.



11. **Occupational Safety**

The careers in this pathway are all about safety, welfare, and health of people involved in work or employment.

12. **Emergency Medical Services**

Professionals in this area specialize in out-of-hospital medical care. It includes first aid applications, emergency treatments, and transport of patients to and from the hospital.



# PRACTICE

**Directions:** Choose a healthcare pathway which you prefer to the most. Conduct research regarding the occupations which falls under this group and answer the following guide questions:

1. What training or education is required for your chosen healthcare pathway?
2. What career opportunities are present in our country for your chosen healthcare pathway? What is the average compensation and benefits?
3. How can your chosen healthcare pathway help in the various social and health problems in our country?
4. Why do you prefer this healthcare pathway? Explain.

Record your answers in vlog and submit your output to your teacher.

**RUBRIC**

| CATEGORY | BEGINNERS<br>5 | ELITE<br>10 | EXPERT<br>20 |
|---|---|---|---|
| **CONTENT** | Did not follow the instruction so that the idea of the output is very far from the topic. | Follow the instruction but some idea did not connect on the topic. | All of the idea and content are topic related and all the instructions are carefully followed. |
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| **TIME MANAGEMENT** | Did not finish the expected output. | Finished the output but exceed to the time limit. | Finished the output on time. |
| **ORIGINALITY/ UNIQUENESS** | The output was done but the derivative of the sample or other student's work. | The output was perfectly done but with some sample from other student. | The output was done and unique/originally made. |



# EVALUATE

**Directions:** Match the occupations in **Column A** to its healthcare pathway in **Column B**. Write the letter of the correct answers on the space provided.

| COLUMN A | COLUMN B |
|---|---|
| _____ 1. Nutritionist | A. Dental Health |
| _____ 2. Health Teacher | B. Health Education |
| _____ 3. Paramedics | C. Drug Prevention and Control |
| _____ 4. Dentists | D. Emergency Medical Services |
| _____ 5. Drug Enforcer | E. Clinical Dietetics |

# Lesson 04

## MUSIC EDUCATION

### OUTCOME

At the end of the module, you are expected to:

- Identify different Philippine musicals.

### CHECK

**Directions:** Identify the term being described by each sentence. Write your answers on the space provided.

_____ 1. This is a musical based on the life of the first superstar of the Philippines.

_____ 2. This was presented by Tanghalang Pilipino at the CCP Little Theater (Tanghalang Aurelio Tolentino) from July 7 to 24, 1988 in celebration of the 200th birth anniversary of the author Francisco Balagtas-Baltazar.

_____ 3. This musical is about the life of the Philippines' Queen of Bodabil Katy dela Cruz.

_____ 4. This is a five-act production commissioned by Alfonso Puyat in 1979 depicting the life and works of revolutionary hero Andres Bonifacio.

_____ 5. She promoted kundiman and Filipino zarzuela to Filipino audiences through performances with themes about Filipino values, traditions, and lifestyles.

# EXPLAIN



Philippine musicals adapted the contemporary approach of the West. The themes of Filipino musicals centered mostly about Filipino icons, traditions, cultures, and even myths and legends.

## Daragang Magayon

The musical play Daragang Magayon is a stage adaptation of the myth surrounding the majestic Mount Mayon. It tells the immortal tale Magayon and her lover, Ulap, as they proved that love is beyond death. Their love to each other was so strong that part of the earth where they were laid to rest mourned their death by rising into a perfect volcano which we now call Mount Mayon.

Daragang Magayon was presented at the CCP Loading Dock on March 1991. It is a production for poetry and mixed media for male and female narrators, female voice, two percussionists, two pianists, and two dancers. The music was composed by the National Artist Ramon P. Santos.

You can watch a clip from the musical by accessing the following link:

https://www.youtube.com/watch?v=5haN3qsF-V4

## Noli Me Tangere: The Musical

El Filibusterismo: The Musical is a two-act play staged at the CCP Main Theater on August 8 to 10, 1997 by the Tanghalang Pilipino. The musical play is an adaptation of the novel written by Dr. Jose Rizal. It is a revolutionary continuation of the previous novel, Noli Me Tangere, where it tells the hardships of the Filipinos under the Spanish colony.

You can watch a clip from the musical by accessing the following link:

https://www.youtube.com/watch?v=AzJX6CuN0KI&t=243s

## Magsimula Ka, The Musical

Magsimula Ka, The Musical is a story of young dreamers whose ambitions and goals slowly fade in life's harsh realities. It teaches the young generation that however hard life may be, there is always hope and a way to achieve the lost dreams and ambitions.

Magsimula Ka, The Musical was first staged at the CCP main theater from April 7 to 24, 1988. It is considered as the longest running musical at the CCP. It has gone through a series of revivals in the following years after it has been first staged with some of its original cast included in those revivals.

You can watch a clip from the musical by accessing the following link:

https://www.youtube.com/watch?v=tG59p1CdQR0



# PRACTICE

**Directions:** Watch a clip from the Filipino musicals discussed. Reenact a short scene (one to two minutes long) and record your performance in a video.

**RUBRIC**

| CATEGORY | BEGINNERS 5 | ELITE 10 | EXPERT 20 |
|---|---|---|---|
| **CONTENT** | Did not follow the instruction so that the idea of the output is very far from the topic. | Follow the instruction but some idea did not connect on the topic. | All of the idea and content are topic related and all the instructions are carefully followed. |
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| **ORIGINALITY/ UNIQUENESS** | The output was done but the derivative of the sample or other student's work. | The output was perfectly done but with some sample from other student. | The output was done and unique/originally made. |



# EVALUATE

**Directions:** Identify the term being described by each sentence. Write your answers on the space provided.

_____ 1. This is a musical that tells about the myth of the famous Mount Mayon in Bicol.

_____ 2. This musical tells the story of young dreamers whose ambitions were lost because of the harsh realities of life.

_____ 3. These are the names of the two lovers who believed to be immortalized by Mount Mayon.

_____ 4. This is a musical that centered about the revolt against the Spanish regime.

_____ 5. This is a musical that describes the abuses of the Spaniards during their colonization of the Philippines.

# ARTS EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Identify the other roles in a stage production.

## CHECK

**Directions:** Write the five (5) roles in a stage production. Place your answers on the space provided.

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

## EXPLAIN

Roles in a stage production are not limited to the actors and actresses that we see in center stage. Any production, may it be a live performance or recorded, needs a creative team. In our last module, we have learned about different roles and its description such as that of a director, playwright, producer, set designer, and technical director. Now let us look at the other roles present in a stage production.

1. **Lighting Designer**

Lighting designer creates the mood of each scene in a play through different lighting effects. He or she must be closely working with the set designer to plan the mood needed in each scene. These lighting effects greatly affect the entire stage production because it set the emotions of the stage as well as the audiences.



2. **Costume designer**



For an actor and actress to become believable in their roles, their costumes must be as realistic and authentic as possible. The costume designer is responsible for giving the audience a clear sense of the setting as well as the personality and qualities of the characters.

3. **Sound Designer**

The sound designer also helps in creating the mood of each scene. It enhances the atmosphere and the mood for each scene. The sounds include music from both stage and background music. The sound designer must know when to play each music that suits each scene. Special sound effects like chirping of birds, thunder, rushing water, gunfire, passing cars, footsteps, and the likes may be included as needed. A separate musical director will be involved in a large-scale production where live orchestra is included.

4. **Production Manager**

The production manager is responsible for coordinating all the complex details of a production. He or she oversees certain people who handles set and props, sounds and music, lighting, and costumes. The production manager must ensure that all the things needed are present and are in good condition.

5. **Choreographer**

The choreographer is responsible for the dance scenes (if there is) of a production. He or she rehearses the stage actors and actresses until the dance is perfected. If there are fight scenes included, he or she will program the moves to be executed so the fight scenes will be believable and safe.





6. **Makeup Designer**

The makeup artists are responsible for making the characters look natural for their roles. They can also transform an actor to a more complex look like mythical creatures, animals, or futuristic beings.



# PRACTICE

**Directions:** Choose one role in a stage production discussed in this lesson. Record a video blog explaining their role and responsibilities and include people who are engaged in this role from local or international stage productions.

**RUBRIC**

| CATEGORY | BEGINNERS<br>5 | ELITE<br>10 | EXPERT<br>20 |
|---|---|---|---|
| **CONTENT** | Did not follow the instruction so that the idea of the output is very far from the topic. | Follow the instruction but some idea did not connect on the topic. | All of the idea and content are topic related and all the instructions are carefully followed. |
| **CREATIVITY** | Work is not unique, detailed, or interesting, and shows no original ideas or risk taken. | Work is generally unique, detailed, and interesting, explores some different options, and take some creative risk. | Work is generally unique, detailed, and interesting, explores several different options, and take some creative risk. |
| **TIME MANAGEMENT** | Did not finish the expected output. | Finished the output but exceed to the time limit. | Finished the output on time. |
| **ORIGINALITY/ UNIQUENESS** | The output was done but the derivative of the sample or other student's work. | The output was perfectly done but with some sample from other student. | The output was done and unique/originally made. |



# EVALUATE

**Directions:** Complete the table. Write your answers on the space provided.

| Roles | Description |
|---|---|
| Production Manager | 1. |
| 2. | Creates the mood of each scene in a play through different lighting effects. |
| 3. | The one responsible for the dance scenes. |
| Sound Designer | 4. |
| Costume Designer | 5. |

# PHYSICAL EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Define contemporary dance and cheer dance.
- Create a short routine following the different cheer dance gestures.

## CHECK

**Directions:** Write at least two (2) health guidelines for the given age group.

Below 1 year old

_____

_____

1 to 2 years old

_____

_____

3 to 4 years old

_____

_____

5 to 17 years old

_____

_____

18 and above

_____

_____

# EXPLAIN



**Contemporary dance** is a dance that goes away from the traditional and structured dance styles. These dances exhibit more on the expression and freedom of movements. The performers focus more in connecting their minds and bodies through fluidity of movements. This allows them to explore their emotions and use it to portray personal expression in their performance.

Contemporary dances do not have rules and standards to follow. It may include variety of different dance styles like ballet, jazz, modern, hip hop, and even pilates and yoga movements.

**Cheerdance** came from two words cheer, meaning to shout words or phrases to help motivate and boost the morale of the playing team, and dance, which means movements accompanied by music with lively rhythm and beats.

Cheerleading is the performance of the whole cheerdance routine. Cheerleading is usually dominated by gymnastic skills like tumbling skills, jumping skills, lifts, and tosses accompanied by a dance routine and team yell to increase the excitement of the playing team and the supporting audiences.



Basic Hand Movements / Gestures of Cheerdance:



Front Lunge



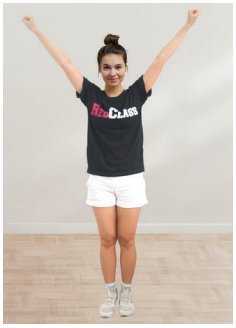
Broken T



Left Half High V



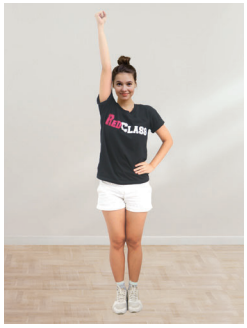
Right Bow & Arrow



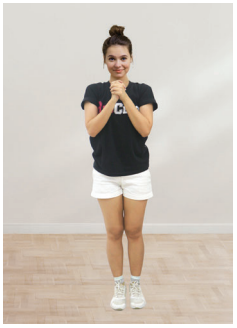
High V



Daggers



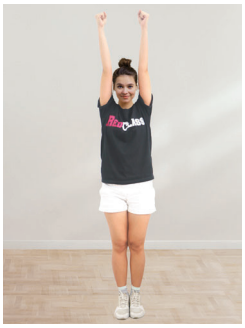
Right Punch Up



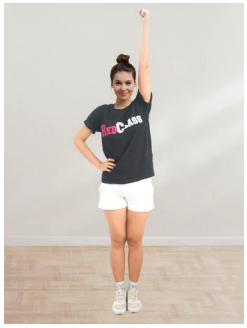
Clasp



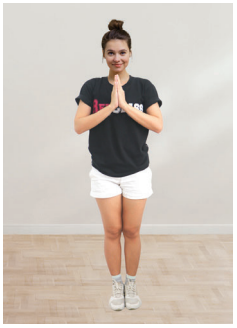
Low V



Touchdown



Left Punch Up



Clap



Right Half High V



Left Bow & Arrow



Right Low V



T

## PRACTICE

**Directions:** Create a 2-minute video showing simple cheer dance gestures. Use any upbeat music. Record your performance and share it to your teacher.

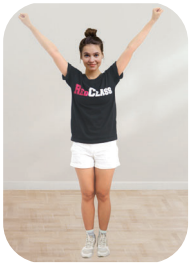
**Criteria for Scoring**

| | |
|---|---|
| Variation of gestures | 20 POINTS |
| Creativity | 20 POINTS |
| Overall Performance / appeal | 10 POINTS |
| **TOTAL** | **50 POINTS** |

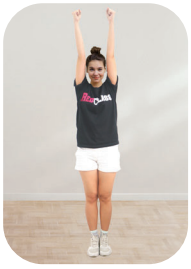
## EVALUATE

**Directions:** Identify the given hand gestures in cheer dancing / leading. Write your answers on the space provided.

_____ 1.



_____ 2.



_____ 3.



_____ 4.



_____ 5.



# HEALTH EDUCATION

## OUTCOMES

At the end of the module, you are expected to:

- Create an action plan in relation to a chosen health care pathway or career.

## CHECK

**Directions:** Write down the twelve (12) healthcare pathways on the table below and choose the top 3 careers you wish to take in the future.

| Health Career Pathways | |
|---|---|
| 1. | 7. |
| 2. | 8. |
| 3. | 9. |
| 4. | 10. |
| 5. | 11. |
| 6. | 12 |

Top Three (3) Careers

1.
2.
3.

# EXPLAIN

Pursuing a career in health care or in any other fields requires planning, goal setting, and implementation. These are vital for success in any chosen field you will enter in the near future. It is important for you to understand that planning is the most basic step in achieving your goals and hitting the standards you will encounter in the real world.

In this module, you will learn how to properly make an action plan geared towards your desired career.

## Creating a SMART Goal

SMART is an acronym for specific, measurable, attainable, relevant, and time-bound. By creating a SMART goal, you will be able to see the whole picture of what your goals will be and the steps to reach it.




**S** - Your goal must be specific and must be clearly defined.

**M** - It should be measurable. Start with short-term goals then eventually create long-term goals.

**A** - Identify the resources needed to achieve your goals and the resources that is available to you. It will be your guide in knowing whether your goals are attainable or not.

**R** - Relevance of the goal is one key to a successful endeavor. It should be aligned with your plans in life.

**T** - Set a date. Make sure that your goal must be achieved within the time frame you created.



# PRACTICE

**Directions:** Create your own action plan table.

**Action Plan Table**

| Health Career Path | My Goals | My Actions | My time frame | Track |
|---|---|---|---|---|
| *Choose a specific career in health care | *Set the SMART goal | *Create a "to-do" list | *Set the date you want to finish your goal | *List the milestones or the achievements in reaching your goals |

**Your Action Plan Table**

| | | | | |
|---|---|---|---|---|
| | | | | |



# EVALUATE

**Directions:** Write **True** if the statement is correct and **False** if not. Write your answer on the space provided.

_____ 1. Try not to set time and date to accomplish your goals.

_____ 2. It is best to have goals that are measurable.

_____ 3. The goal must be specific and must be defined clearly.

_____ 4. The relevance of your goals is not important.

_____ 5. You should know your resources to make your goals attainable.