

MundiTek 8

Appreciating Music, Arts, Physical Education, and Health

EDITION 1

Author Jonathan S. Valles



***MundiTek* 8**

Appreciating Music, Arts, Physical Education, and Health

Jonathan Sabado Valles

Author



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Author Jonathan Sabado Valles

Cover Design Gilbert Lavides

Layout and Design Regina Zapata-Punsalan and Gilbert Lavides

Content and Editorial Vincent Isidro

Donna Sabido

Mabeth Magandingan

Dyea Dolot

Creatives Jiyas Suministrado-Morales

Gilbert Lavides

Christian Andrew Sabado

Joseph Timothy Bago

Justine Eliza Fontanilla

Kaye Ann Peñaverde

Aren Dela Cruz

Exclusively distributed by TechFactors, Inc.
101 V. Luna Road, Sikatuna Village
Quezon City 1101 Philippines

Telephone number: (632) 8929 6924
E-mail address: info@techfactors.com
Website: www.techfactors.com

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.

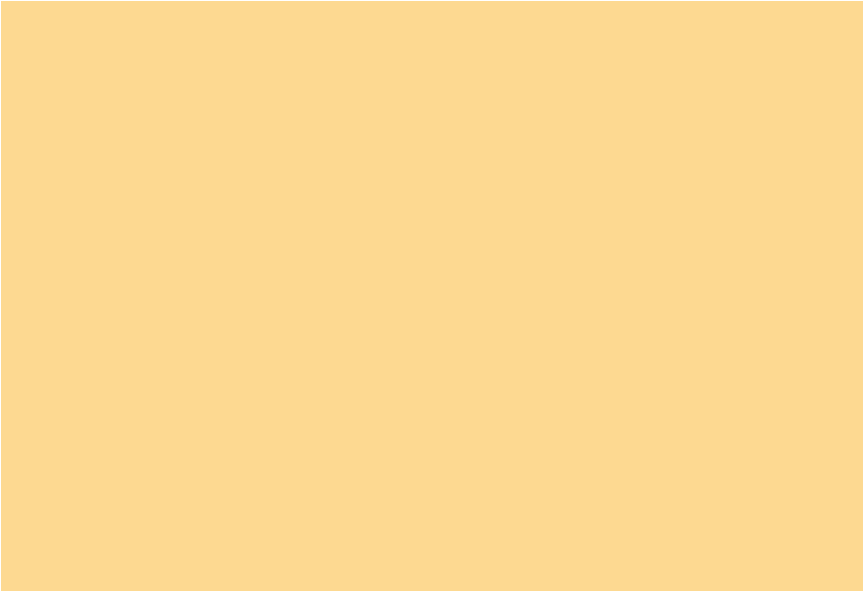
Music, Arts, Physical Education, and Health (MAPEH) aims to teach our learners the value and richness of our culture within and beyond our borders through songs, dances, artworks, and different physical activities.

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

Jonathan Sabado Valles

Jonathan is a graduate of Bachelor in Physical Wellness, Major in Sports from University of Makati.

He was a former varsity and captain of UMAK Sepaktakraw Team, and while studying he excel in sports officiating that help him to gain more experience in different sports.

He worked for 2 years in a Private school at Pasig City, handling MAPEH subjects from elementary to highschool.

He is currently employed at the Department of Education National Capital Region – Sta. Lucia High School Division of Pasig and handling MAPEH Grade 8. He is the head coach of Pasig City Sepaktakraw Team and also the Vice Chairman of Pasig Sepaktakraw Club.



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



OUTCOMES

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

- Recognize the music of Cambodia.
- Create an improvised Cambodian musical instrument.



CHECK

Directions: Identify the following Philippine Festivals. Choose your answer from the box below.

Sinulog Festival
Panagbenga Festival

Ati-atihan Festival
Masskara Festival





EXPLAIN

The roots of the music of Southeast Asia can be traced back to the 2nd – 3rd Century BC. Music is an important part of the lives of the people in the region because it is used for rituals, ceremonies, courting, and entertainment.

The music of Southeast Asia is diverse because of the different geographical, historical, and cultural influences in the region. Thailand, Burma, Laos, and Cambodia have Chinese influences, while Indonesia, Malaysia and Brunei have Hindu and Arabic Influences. A musical division also exists between the urban and rural areas of Southeast Asia.

Cambodia

- Is also known as Kampuchea. It was the center of the Khmer (Cambodian) Kingdom of Angkor, a great empire that dominated Southeast Asia for 600 years.
- Cambodian music gained world-wide recognition in the 1960s, but this was halted with the dramatic political problems in Cambodia in the 1970s. Cambodian music is highly influenced by ancient indigenous as well as Hindu forms of music.
- The court music of the country is similar to that of Java, Indonesia. This kind of music features choruses with large orchestras which are based on struck keys and gongs.

PINPEAT

- The largest sized traditional Cambodian musical orchestra or ensemble whose music most commonly accompanies ceremonies held in royal courts and temples.



Instruments of the *Pinpeat* Ensemble



CHINGG – small or finger cymbals.



SAMPHOR – played with both hands. It is a double headed barrel drum, with one drumhead larger than the other.



SKOR THOM – two big drums played with a pair of wooden drum sticks.



KONG VONG – similar to the kulintang of Indonesia and Malaysia. It consists of a set of gongs which are fitted into a circular rack.



ONEAT – has 21 thick bamboo bars that are suspended from strings near the middle and attached to the front and back sides of the bench. It is essentially a xylophone.



PRACTICE

Directions: Create your own improvised instruments of a *pinpeat* using recycled materials. Follow the criteria to get a good grade.

CRITERIA:

Neat	25 POINTS
Uniqueness	25 POINTS
Materials Used	25 POINTS
Quality	25 POINTS
TOTAL	100 POINTS



EVALUATE

Directions: Encircle the letter of the correct answer.

- A great empire that dominated Southeast Asia for 600 years.
 - Khmer Empire
 - Angkor Empire
 - Kingdom of Angkor
 - All of the above
- Which of the following is the largest-sized traditional musical ensemble of Cambodia?
 - Pinpeat
 - Piphat
 - Pinpeat
 - Pilpha
- A musical instrument of Cambodia which is essentially a xylophone.
 - Oneat
 - Kong Vong
 - Chingg
 - Samphor
- A circular formation set of gongs, similar to the Malay kulintang.
 - Oneat
 - Kong Vong
 - Chingg
 - Samphor
- A double headed barrel drum played with both hands.
 - Oneat
 - Kong Vong
 - Chingg
 - Samphor

ARTS EDUCATION



OUTCOMES

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

- Analyze how the elements of art and principles of design are applied in Southeast Asian arts.
- Create your own artwork using elements of art and principles of design.



CHECK

Directions: Identify the element of Arts applied on the following Festival props and costumes.



Elements of Arts Applied:



Elements of Arts Applied:



EXPLAIN

Elements of Arts

Line – a shape that is made on a surface, which is defined by a point moving in a space and whose length is greater than its width.

Shape – an enclosed area which always has two dimensions – length and width.

Form – an object always has three dimensions – length, width, and height.

Color – it is the product when light strikes an object and is reflected into our eyes. It has hue, value, and intensity.

Value – refers to how light or how dark a color is.

Texture – refers to the quality of a surface and also refers to the way a picture is made to look rough or smooth.

Space – refers to the feeling of depth or three dimensions. It can also mean the way an artist uses the area within a picture.

Principles of Design

Balance – the arrangement of the visual weight of any objects, colors, texture, and shape in a composition.

Contrast – refers to the arrangement of opposite elements, such as light and dark colors, rough and smooth textures, large and small shapes, in a composition to create visual interest.

Movement – it is the path made by a viewer's eye across a work of art.

Emphasis – also called focal point. It is used to make certain parts of an artwork stand out.

Pattern – the regular repetition of specific visual elements.

Rhythm – it is the regular repetition of shapes which are arranged to suggest movement or action.

Unity – it is the wholeness or completeness of a picture or an art, where all of the elements are harmonious and visually pleasing.

SOUTHEAST ASIAN ARTS

Indonesian Batik Design



Elements of arts applied: shapes and color.
Principles of design applied: rhythm and emphasis.

Thai Silk Fabrics



Elements of arts applied: color, texture, and shapes.
Principles of design applied: contrast and unity.

Malaysian Wau Kite



Elements of arts applied: color, value, form, and shape.
Principles of design applied: pattern, emphasis, balance, and movement.

Cambodia's Angkor Wat



Elements of arts applied: form and shape.
Principles of design applied: balance, rhythm, and contrast.

Singapore's Merlion



Elements of arts applied: form and shape.
Principles of design applied: balance and emphasis.



PRACTICE

Directions: Draw your own fabric design inside the box, using elements of arts and principles of design.

My Fabric Design



EVALUATE

Directions: Identify the elements of arts and principles of design used in the picture below.

Indonesian *Wayang Kulit* Puppet



Elements of arts applied:

Principles of design applied:

PHYSICAL EDUCATION



OUTCOMES

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

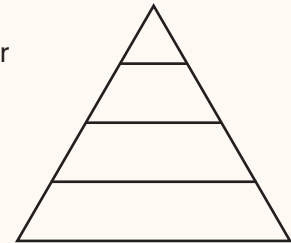
- Identify what physical fitness is, and what its components are.
- Assess how ready you are to participate in physical activities by answering the Physical Activity Readiness Questionnaire (PAR-Q).



CHECK

Remember your past lesson in PE by supplying the activities needed for your Physical Activity Pyramid below.

1. _____
2. _____
3. _____
- 4.. _____



EXPLAIN

Physical Fitness is the ability of a person's body to perform physical tasks and activities without undue fatigue. These activities include those which are done both at home and in the workplace.

Two of the components of physical fitness are health-related fitness and skill-related fitness.

Skill-Related Fitness refers to improving a specific skill. Different skills require different types of training; the training needed to become a sprinter, for example, would be different from the training needed to become a long-distance runner. The components of skill-related fitness are agility, balance, power, speed, coordination, and reaction time.

1. Agility – refers to how effectively the body can be moved, can be made to change direction or to change position while keeping control of it.
2. Balance – ability of the body to maintain a particular position, either when still or when moving.
3. Coordination – refers to using the right muscle at the right time, with the right amount of force or energy, to create a desired action.
4. Power – ability of the muscle to release an explosive burst of force. It is composed of speed and strength.
5. Reaction time – how quickly a body can respond to a stimulus.
6. Speed – ability to move the body in a straight line, as quickly as possible.

Health-Related Fitness refers to the body's ability to become and stay physically healthy.

1. Cardiovascular fitness – how capable the heart and blood vessels are when supplying oxygen to working muscles during sustained physical activities.
2. Body composition – the relative percentage of body fat compared to non-fat body mass.
3. Flexibility – how far the body's joints can move freely and without pain.
4. Muscular strength – how much force the muscle can exert, or the amount of weight that can be lifted.
5. Muscular endurance – the ability of a muscle or muscle group to exert force over a length of time, repeatedly and consistently. This comes into play with push-ups and sit-ups.



PRACTICE

NAME: _____ AGE: _____

HEIGHT: _____ WEIGHT: _____

Direction: 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 physical activity recommended by a doctor? - Do you feel pain in your chest when you do physical activity? - In the past month, have you had chest pain when you were not doing physical activity? - Do you lose your balance because of dizziness or have you ever lost consciousness? - 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? - Is your doctor currently prescribing drugs for your heart condition? - 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 take start participating in physical activity.



EVALUATE

Directions: Encircle the letter of the correct answer.

1. This is the ability of a person to perform task without undue fatigue.
 - a. Physical fitness
 - b. Skill-related fitness
 - c. Health-related fitness
 - d. Physical education

2. This component of physical fitness aims to improve one's performance in athletic or sports events.
 - a. Physical fitness
 - b. Skill-related fitness
 - c. Health-related fitness
 - d. Physical education

3. This relates to how quickly a muscle can release a great deal of force.
 - a. Flexibility
 - b. Power
 - c. Speed
 - d. Body composition

4. The relative percentage of body fat compared to lean body mass.
 - a. Flexibility
 - b. Power
 - c. Speed
 - d. Body composition

5. The ability to move quickly from one point to another in a straight line.
 - a. Flexibility
 - b. Power
 - c. Speed
 - d. Body composition

HEALTH EDUCATION



OUTCOMES

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

- Recognize Gender and Human Sexuality.
- Identify sexuality as an important component of one's personality.



CHECK

Directions: How much you know about sexuality? Put a check on the box below if the statement describes sexuality.

- ☐ 1. It is everything about being a male or female.
- ☐ 2. It involves the name given at birth, the toys played with, the clothes worn, the friend played with, the roles and responsibilities at home.
- ☐ 3. It is the most important aspect in masculine or feminine identification.
- ☐ 4. It provides a sense of self-worth when sexual understanding is positive.
- ☐ 5. A natural and healthy part of life.



EXPLAIN

Sex – It is assigned at birth based on the appearance of external anatomy.

Gender – It refers to femininity and masculinity of a person's role and behavior. A social concept on how male or female should feel, act, and think.

Sexual preference – A term that describes what a person prefers or likes to do in a sexual context. Sexual preference denotes a conscious choice to express and enjoy sexuality in a particular way rather than a genetic inclination.

Gender identification – is one's innermost concept of self as male, female, and blend of both or neither how individuals perceive themselves and what they call themselves. One's gender can be the same or different from their sex assigned at birth.

Bisexual – is a sexually attracted not exclusively to people of one gender, attracted to both men and women.

Homo-sexual – is romantically or sexually attracted to people of their own gender. The term gay is frequently used as a synonym for homosexual; female homosexuality is often referred to as lesbian.

Transgender – is an umbrella term that describes people whose gender identity or expression does not match the sex they were assigned.

Sexuality – refers to your total self.

PHYSICAL – The way you look as a man or woman.

MENTAL – The way you think as a man or a woman.

SOCIAL – The way you interact with others.

EMOTIONAL – The way you feel about yourself and others.

ETHICAL – The way you value your self-relationship.

Dimension of Sexuality

1. **BIOLOGICAL** – this involves our physical appearance especially the development of physical sexual characteristics.
(Gender, Genetics, Reproduction, Fertility control, Physical appearance, Growth, and development)
2. **PSYCHOLOGICAL** – often include the cognitive and emotional factors underpinning sexual response, personality and psychopathology related variables, socio-cognitive variables, interpersonal/relationship variables, and cultural aspects influencing sexual functioning and behavior.
(Emotions, Experiences, Self-concept, Motivation, Expressiveness, Learned attitudes and behaviors)
3. **SOCIO-CULTURAL** – is the sum of the cultural and social influences that affect our thoughts and actions.
(Religious influences, Multicultural influences, Socioeconomic influences, Political influences)



PRACTICE

Directions: Create a spoken poetry video about the importance of Gender and Human Sexuality.



EVALUATE

Directions: **FACT** or **BLUFF**.

- _____ 1. Sex is a social concept on how you should feel, think, or act.
- _____ 2. Dimension of sexuality compose of biological, psychological, and emotional.
- _____ 3. Mental sexuality is the way how you feel about yourself and others.
- _____ 4. Homosexual is sexually attracted to both men and women.
- _____ 5. Psychological is the sum of the cultural and social influences that affect our thoughts and actions.

Lesson 02

MUSIC EDUCATION



OUTCOMES

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

- Recognize the music of Indonesia.
- Perform a traditional song of Indonesia.



CHECK

Directions: Identify each picture to answer the PictoArt puzzle.

1.  +  =

2.  +  + **Dia** =

3.  + **4** =



EXPLAIN

The Music of Indonesia

Indonesia is the fourth most populous country in the world. Due to the country's interaction with other cultures, such as those of India, Arabia, China and Europe, Indonesian music has a wide range of musical styles. Today the contemporary music of Indonesia is popular not only in the region but also in neighboring countries.

Irama – Indonesian term for tempo.

Two Basic Kinds of Indonesian Music Scales

Slendro – uses a five note scale. It is an older scale than the pelog.

Pelog – uses a seven note scale.

Gamelan

- This is the most popular form of traditional music in Indonesia.
- It is used to accompany songs, dances, and wayang kulit.
- The musicians which play in an ensemble bow before playing their instruments. Stepping over the instrument of the orchestra is a sign of disrespect, because their instruments are sacred.
- A gamelan ensemble uses a variety of instruments, such as metallophones, xylophones, bamboo flutes, bowed and plucked strings, *kendang*, and gongs.

Two Types of Gamelan Ensembles



Javanese Gamelan – the musical style tends to be formal. The music played accompanies dances, dramas, and festivals.



Balinese Gamelan – the music style is less formal than Javanese gamelan. The music played accompanies religious ceremonies and can also be played as entertainment.

Karawitan – a traditional style of Javanese musical art.

Vocal music – also important to *gamelan* because it serves to emphasize the music.

Pesindhen – a female solo singer who accompanies *gamelan* pieces. Such a singer can also sing solo, if needed.

Gerong – a male chorus that accompany *gamelan* pieces. The word comes from a Javanese verb meaning “to sing in a chorus”.



PRACTICE

Directions: It is time to practice and perform an Indonesian traditional song. Record your performance and submit to your teacher.

Burung Kaka Tua: https://www.youtube.com/watch?v=iAO_wpd2dH4

“The Cockatoo” in English, a traditional Indonesian children’s song.

Burung Kakatua (Bahasa Indonesia)

Burung kakatua
Hinggap di jendela
Nenek sudah tua
Giginya tinggal dua

Tredung, tredung, tredung tra la la
Tredung, tredung, tredung tra la la
Tredung, tredung, tredung tra la la
Tredung, tredung, tredung tra la la
Burung kakatua

Giginya tinggal dua
Nenek sudah tua
Hinggap di jendela
Seperti kakatua!

Tredung, tredung, tredung tra la la
Tredung, tredung, tredung tra la la
Tredung, tredung, tredung tra la la
Tredung, tredung, tredung tra la la
Burung kakatua

The Cockatoo (English)

The cockatoo
Sits on the window sill
My grandmother is already old
And she only has two teeth

Tredung, tredung, tredung tra la la
Tredung, tredung, tredung tra la la
Tredung, tredung, tredung tra la la
Tredung, tredung, tredung tra la la
Burung kakatua

She only has two teeth left
Grandma is already old
She sits on the window sill
Like the cockatoo!

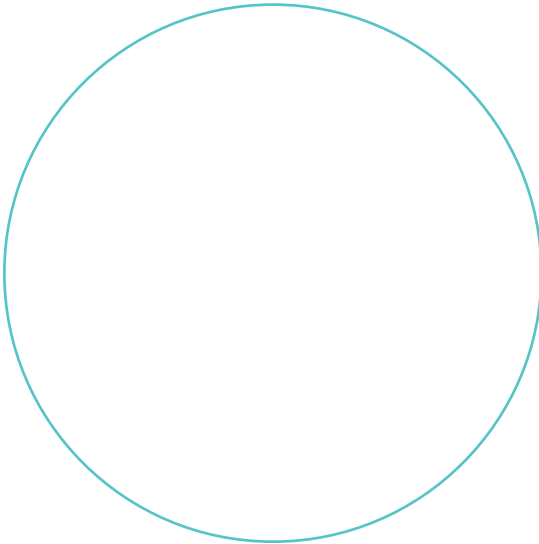
Tredung, tredung, tredung tra la la
Tredung, tredung, tredung tra la la
Tredung, tredung, tredung tra la la
Tredung, tredung, tredung tra la la
Burung kakatua



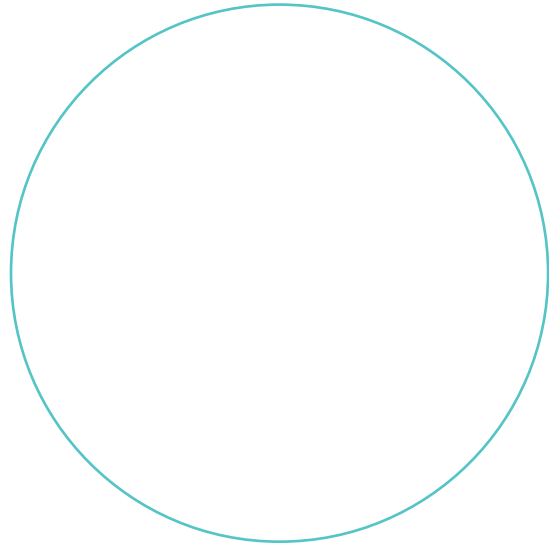
EVALUATE

Directions: Answer the Venn Diagram below.

Compare and Contrast



Javanese *Gamelan*



Balinese *Gamelan*

Similarities

ARTS EDUCATION



OUTCOMES

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

- Be familiar with the characteristics of arts and crafts in specific country in Southeast Asia.
- Create a travel brochure featuring Southeast Asian Arts.



CHECK

Directions: Identify the picture below, look for the hidden words which describe the elements of art.





EXPLAIN

Characteristics of Arts in Specific Countries of Southeast Asia

Indonesia

a. Batik

The term *batik* is an Indonesian-Malay word, believed to be related to the Malay word *titik*, which means 'point,' 'dot' or 'drop'.



Free form designs



Geometric motifs

b. Wayang Kulit

- *Wayang Kulit* is a traditional Indonesian shadow puppet show.
- The puppets are made of buffalo hide and intricately designed, down to the most minute detail of costume and color, to help the audience distinguish between the different characters.
- Dhalang is what the puppeteer is called.



Malaysia

a. Modern Batik

Modern batik designs depend on the creativity of their designers. Natural-looking motifs like leaves, flowers, and birds have been used to create elaborate and intricate designs.

There are two main types of batik that are produced in Malaysia today:

1. **Hand painted.** With this type of batik, the artist uses the canting, a small copper container with one or more different sized pipes, to apply wax on the cloth.
2. **Block printed.** This batik is created by welding together strips of metal to form a metal block. The metal block is then dipped into molten wax and pressed against the fabric to make a pattern.



b. Wau “Kite”

- This is a uniquely designed kite that is also known as the “moon kite”, because its crescent-shaped lower sail looks like a moon.



Thailand

a. Silk Fabrics

- Thai silk fabrics are made from the cocoon of silkworms.
- The center of the silk industry in Thailand is Khorat.



b. **Loi Krathong Lantern Festival**

- This is held every night of the 12th full moon, usually in November, in the traditional Thai calendar.
- Sky lanterns, which are released during this festival, are also known as wish lanterns. These are popular tourist attractions in such places as Phuket.



Cambodia

a. **Angkor Wat**

- This is the largest temple complex in the world. It was built in the first half of the 12th century.



Singapore

a. **Merlion**

- This is the mythical symbol of Singapore, and has become a popular attraction.
- It has played a part in how Singapore got its name, as Singapura means "Lion City".





PRACTICE

Directions: Create your own travel brochure of countries in Southeast Asia, citing the beautiful works of art in each country.

Travel Brochure Content:

- Image of different works of art in Southeast Asia.
- Explain the nature of each work of art.
- Give a brief history of each work of art.



CRITERIA:

Content	40 POINTS
Organize	30 POINTS
Explanation	30 POINTS
TOTAL	100 POINTS



EVALUATE

Directions: Encircle the letter of the correct answer.

- It is the mythical symbol of Singapore.
 - Merlion
 - Loy Krathong
 - Wau
 - Angkor Wat
- It is the largest temple complex in the world.
 - Merlion
 - Loy Krathong
 - Wau
 - Angkor Watt
- What festival in Thailand is celebrated every 12th full moon in the traditional Thai calendar?
 - Merlion
 - Loy Krahtong
 - Wau
 - Angkor Wat
- A fabric made up of silkworm cocoon.
 - Thai silk fabrics
 - Batik fabric
 - Modern fabrics
 - Dhalang
- This is what *wayang kulit* puppeteers are called.
 - Thai silk fabrics
 - Batik fabric
 - Modern fabrics
 - Dhalang

PHYSICAL EDUCATION



OUTCOMES

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

- Identify Physical Fitness Test.
- Undertake physical fitness assessment.



CHECK

Directions: Answer the PAR-Q in preparation for our next lesson.

NAME: _____ AGE: _____

HEIGHT: _____ WEIGHT: _____

Direction: 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 physical activity recommended by a doctor? - Do you feel pain in your chest when you do physical activity? - In the past month, have you had chest pain when you were not doing physical activity? - Do you lose your balance because of dizziness or have you ever lost consciousness? - 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? - Is your doctor currently prescribing drugs for your heart condition? - 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 take start participating in physical activity.



EXPLAIN

Physical Fitness Test – also known as Fitness Assessment. It is composed of a series of exercises which are designed to determine a person's level of physical fitness. It is designed to test two categories of physical fitness: health-related fitness and skill-related fitness.

Objectives:

- To determine the fitness level of students.
- To identify strengths, weaknesses, and areas for development and improvement.
- To gather data to select appropriate activities designed to enhance health and skill performance.

Skill-related fitness refers to one's performance in athletic or sports events. Its components are agility, balance, power, speed, coordination, and reaction time.

Skill-related fitness Test

1. **Agility**
Hexagon Test – This test involves the student quickly jumping in and out of a hexagon shape. The purpose of this test is to measure how quickly the body can move in a different direction.
2. **Balance**
Stork Balance Stand Test – This test requires the person to stand on one leg for as long as possible. It assesses a student's ability to maintain equilibrium.
3. **Coordination**
Juggling – This test requires the student to hit a crumpled piece of paper or sipa with the right and left palm upward. This test measures eye and hand coordination.
4. **Power**
Standing Long Jump – This test requires the student to jump as far as possible, landing on both feet without falling backwards. This test measures the leg's explosive power.
5. **Speed**
40 meters sprint – This test requires the student to run from a starting line to a finish line placed 40 meters away. This test measures the student's acceleration and speed.
6. **Reaction Time**
Stick Drop Test – This test requires the student to place their lower arm on a table. A partner will drop a ruler, and the student is to catch the ruler with the thumb and index finger without lifting his or her elbow from the table. This test measures how quickly you can respond to a stimulus, as well as hand-eye coordination and focus.

Health-related fitness refers to the body's ability to become and stay physically healthy.

1. **Body Composition**

Body Mass Index – This is defined as the body mass divided by the square of the body height. It is universally expressed in units of kg/m^2 , with the measurement of mass being in kilograms and the measurement of height being in meters.

Formula: $\text{BMI} = \text{weight in kg} / \text{height in meters}^2$

Classification:

Computed BMI	Health Classification
18.5 - below	Underweight
18.6 - 24.99	Normal
25 - 29.99	Overweight
30 - above	Obese

2. **Flexibility**

- Sit and Reach** – This test requires the student to reach forward as far as possible without bending their knees. This tests flexibility of the lower extremities, particularly the hamstrings.
- Zipper Test** – This is so called because it imitates the motion a woman needs to take to work a zipper on the back of their dress. The test requires the student to touch their fingertips behind them by reaching one hand over their shoulder and the other under their elbow. This tests the flexibility of the upper arm and shoulder girdle.

3. **Cardiovascular Endurance**

3 – Minute Step Test – This test requires the student to step up and down on a measured step, continuously for three minutes. This measures the aerobic (cardiovascular) fitness level based on how quickly your heart rate returns to normal after exercise.

4. **Muscular Strength and Endurance**

- Ninety Degree Push-ups** – This test requires the student to do as many standard push-ups as possible. This measures the strength and fitness of the upper body.
- Curl-ups** – This test requires students to do as many crunches as possible. This test measures abdominal strength and endurance.



PRACTICE

Directions: Conduct a physical fitness assessment of yourself. Write your score on the table below. Do not forget to have a warm-up exercise before undertaking the assessment.

Physical Fitness Test	Score
Hexagon Test	
Stork Balance Stand Test	
Juggling	
Standing Long Jump	
40 meters sprint	
Stick Drop Test	
Body Mass Index	Computed BMI/Classification:
Sit and Reach	
Zipper Test	
3 – Minute Step Test	
Ninety Degree Push-ups	
Curl-ups	

Performance Target

For Boys

AGE	STRENGTH		FLEXIBILITY	ENDURANCES
	CURL-UPS	PUSH-UPS	SIT AND REACH	3 MIN. STEP TEST
10	25	16	39	121
11	26	17	41	119
12	28	18	43	117
13	32	19	45	115
14	36	20	50	110
15	38	21	55	107
16	42	22	56	105
17	45	23	64	102
18	47	24	69	99
19	49	25	70	98
20	51	26	72	96
21	55	27	72	95

For Girls

AGE	STRENGTH		FLEXIBILITY	ENDURANCES
	CURL-UPS	PUSH-UPS	SIT AND REACH	3 MIN. STEP TEST
10	21	7	45	117
11	21	8	47	115
12	22	9	49	113
13	22	10	52	111
14	23	11	54	108
15	23	12	58	103
16	24	13	63	101
17	25	14	68	100
18	26	14	72	96
19	27	15	74	96
20	30	15	75	95
21	30	16	75	93

1. What does your fitness test reveal about your fitness level?

2. How important is it for members of your family to assess their own level of fitness?



EVALUATE

Directions: Enumeration

- A. List down at least 3 skill-related fitness tests.

- 1.

- 2.

- 3.

- B. List down at least 3 health-related fitness tests.

- 1.

- 2.

- 3.

HEALTH EDUCATION



OUTCOMES

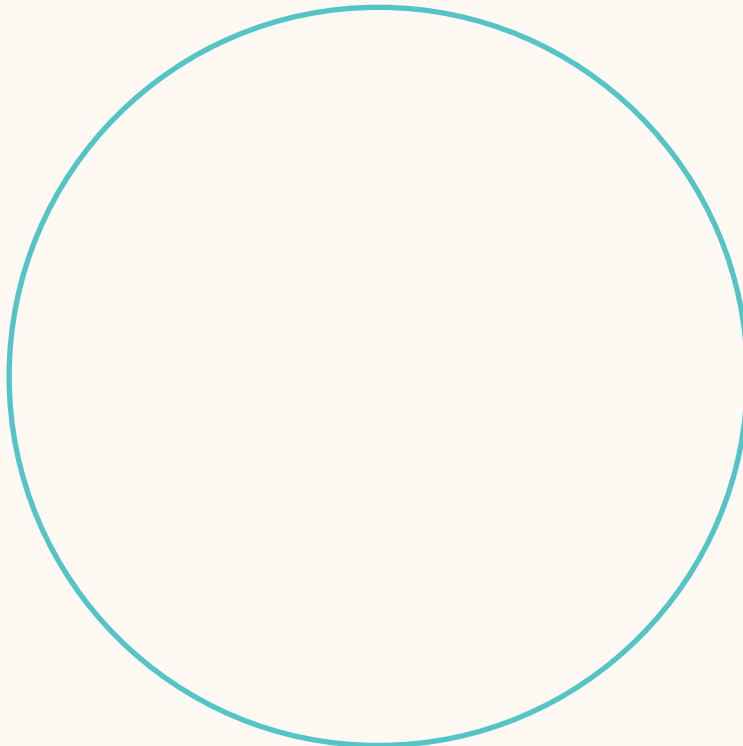
At the end of this module, you are expected to:

- Analyze factors that affect one's attitudes and practices related to sexuality.
- Create a short vlog that shows the importance of factors that affect gender and sexuality.



CHECK

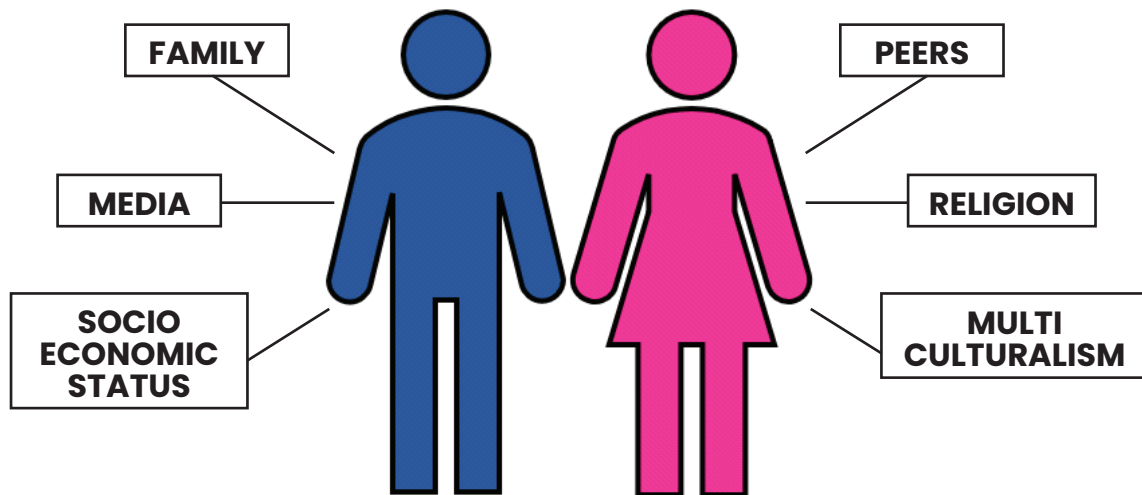
Directions: How much time do you spend with your family and with your peers? Or are you always busy with your gadgets and social media? Create a pie graph of how much time you spend on what activity, as this affects your personal sexual attitudes and behavior.





EXPLAIN

Factors that affect One's Attitudes and Practices Related to Sexuality and Sexual Behavior

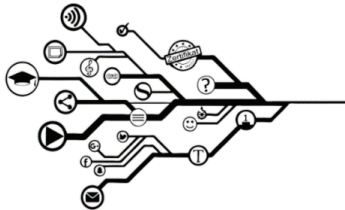


FAMILY – The basic unit of society, family values oftentimes determine your own values. Parental support relates to the quality of the parent–child relationship and includes involving themselves in, as well as encouraging, their child's life and activities.





PEERS – These are those who are roughly the same age as you are, such as your friends and classmates. Their attitudes and behavior can also influence your own perceptions of sexual behavior.

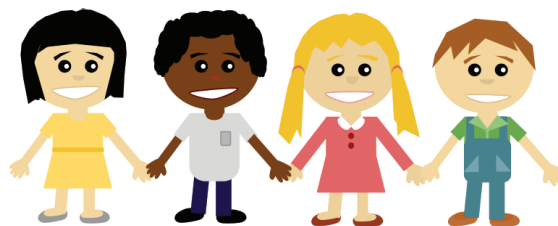
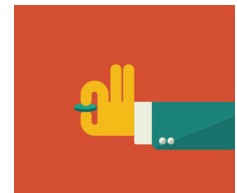


MEDIA – The media plays a significant role in our lives, as we regularly watch television, listen to the radio, and go on social media platforms just about every day.

RELIGION – Traditional values and religious beliefs are among the most common factors cited by teens as their reason for remaining sexually abstinent.



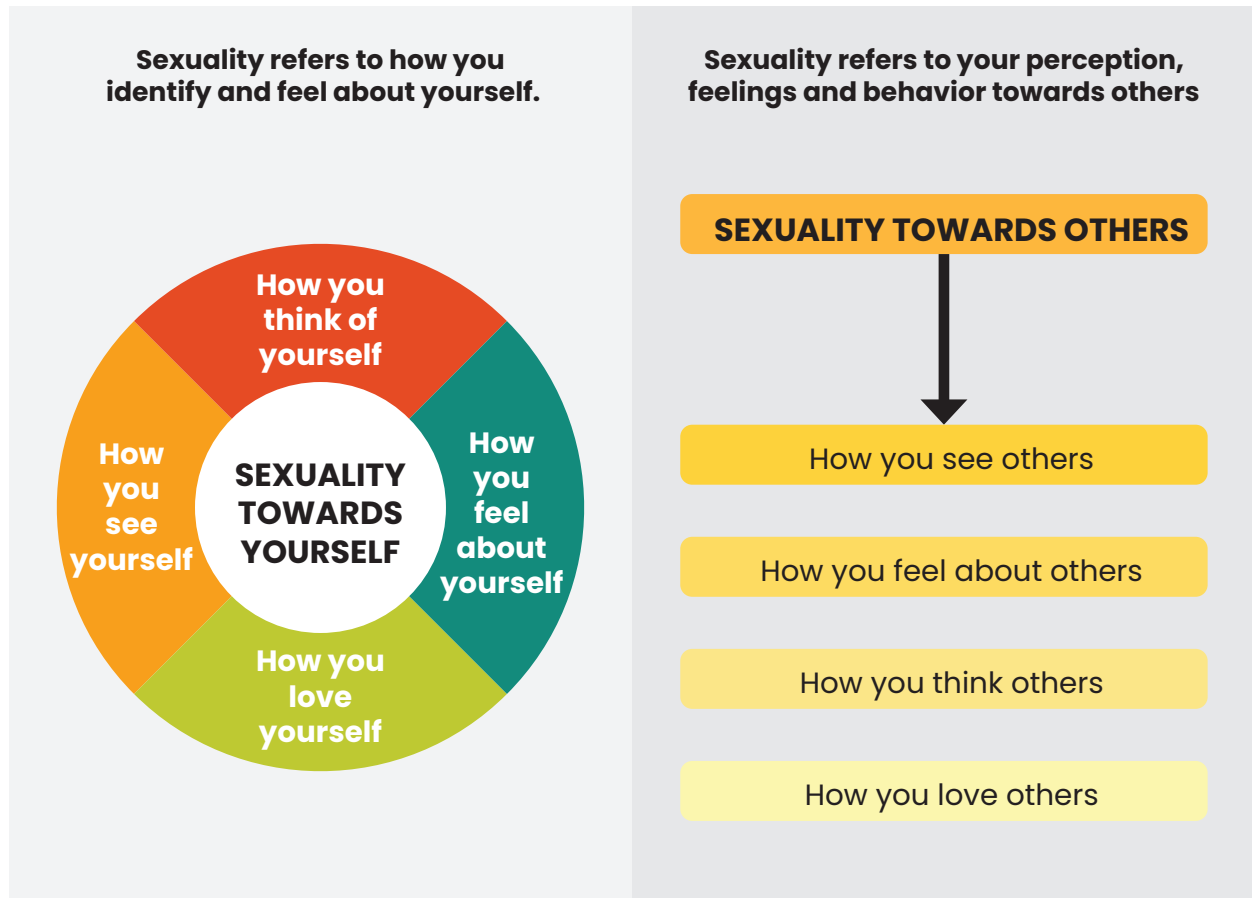
SOCIO-ECONOMIC STATUS – This is the social standing of an individual or group. Numerous studies have been found that lower socioeconomic status is associated with more risky sexual behavior.



MULTICULTURALISM – This refers to acknowledging and supporting different cultural or ethnic groups within a single society.

Personal Health Attitudes that may Influence Sexual Behavior

Gender and sexuality are two issues that affect your life as a teenager. These two issues can greatly impact how you view yourself and how you deal with other people, especially with members of the opposite sex. Sexual feelings are normal and healthy.





PRACTICE

"Content Creator"

Directions: Create a vlog with content about the factors that affect one's attitudes and practices related to sexuality and sexual behavior.



Content Should have:

- Explanation about the different factors (family, peers, media, religion, socio-economic status and multiculturalism) and their importance.

CRITERIA:

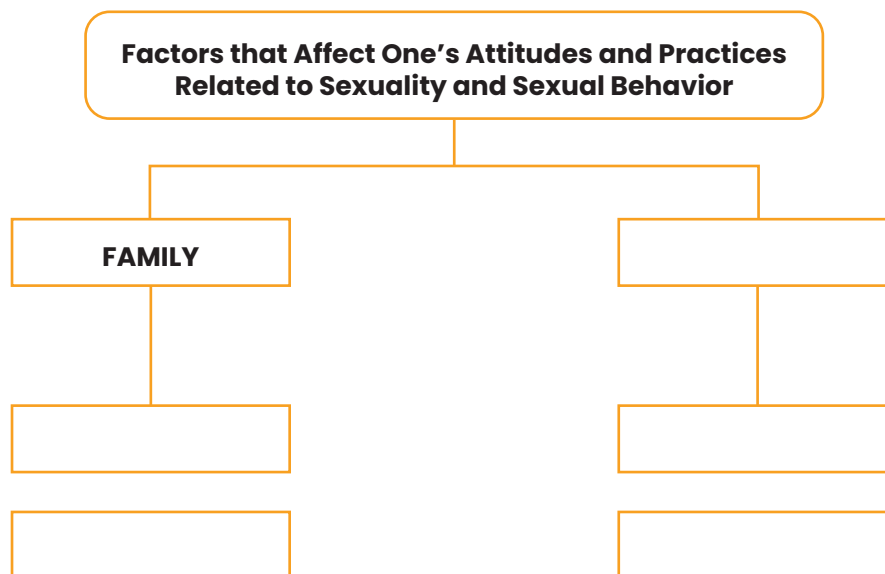
Presentation	30 POINTS
Content	40 POINTS
Technical Aspects	30 POINTS
TOTAL	100 POINTS



EVALUATE

Enumeration.

Directions: Complete the chart below.



Lesson 03

MUSIC EDUCATION



OUTCOMES

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

- Identify the characteristics of the music of Myanmar.
- Create improvised musical instruments using recycled materials.



CHECK

Directions: Find the words described by the following statement. Use the colors assigned for each number in marking your answer.

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

1. Indonesian term for tempo.
2. Most popular form of music in Indonesia.
3. The fourth most populous nation in the world.
4. Female solo singer.
5. Male chorus that sings in unison with the gamelan.



EXPLAIN

Music of Myanmar

Myanmar – is a Southeast Asian country formerly known as Burma until 1989. The country's name was officially changed by the military government that took over in 1988. The music of Myanmar has similarities with many other musical traditions in the region, including Chinese music and Thai music, probably because its longest land border is shared with China and Thailand.



Hsaing Waing – is the traditional folk music ensemble of Myanmar. It is composed of different gongs and drums as well as other instruments depending on the nature or type of performance.

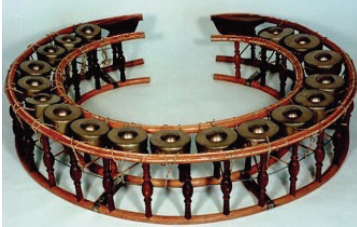
Two Categories of Musical Instruments of Myanmar

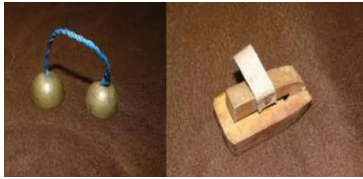
Loud Sounding – performed in open-air ensembles at ceremonies and festivals.

Soft Sounding – performed indoors for more formal and classical performances.

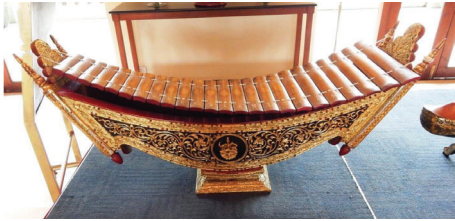
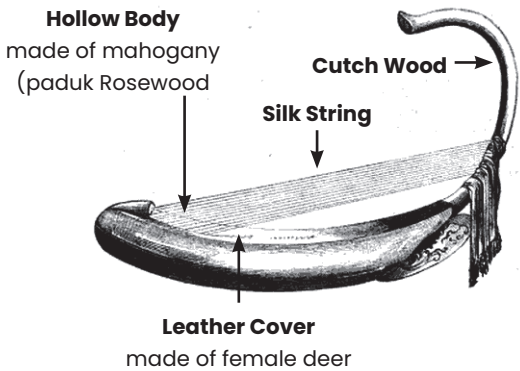
Musical Instruments of Myanmar (Burma)

LOUD SOUNDING INSTRUMENTS

		
HNE (A double reed pipe)	KYI WAING (small bronze gongs in a circular frame)	MAUNG HSAING (larger bronze gongs in a rectangular frame)

		
PAT WAING (A set of 21 drums in a circle)	CHAUK LON PAT (A set of tuned drums)	SI AND WA (Bell and Clapper)

SOFT SOUNDING INSTRUMENTS

	
PATTALA (Burmese xylophone introduced during colonial rule)	SAUNG GAUK (Myanmar Harp) • national instrument of Myanmar • a 13-string angular harp with soft sound.

Myanmar not only has musical ensembles but it also has an extensive collection of classical songs called the Mahagita. These songs are divided into different types such as repertoires, royal court music, songs of longing, horses' dance songs, worship songs for Burmese spirits, and songs of sorrow and music adapted from Ayutthaya and the Mon people. The saung gauk usually accompanies these songs.



PRACTICE

Directions: Create your own improvised musical instrument of Myanmar by using recycled materials. Prepare a short commercial video of your product explaining the material used and how it is used.

CRITERIA:

Commercial Content	25 POINTS
Uniqueness	25 POINTS
Material Used	25 POINTS
Product Quality	25 POINTS
TOTAL	100 POINTS



EVALUATE

Directions: Identify the name of each instrument below. Draw a line to match Column A to Column B.

Column A

1. Saung Gauk
2. Hne
3. Pat Waing
4. Maung Hsaing
5. Chauk Lon Pat

Column B

- A. 
- B. 
- C. 
- D. 
- E. 

ARTS EDUCATION



OUTCOMES

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

- Differentiate arts and crafts of specific countries in Southeast Asia, according to functionality, traditional specialized expertise, and availability of resources.



CHECK

Directions: Identify each picture by re-arranging the jumbled letters below.



IONRELM



AWU



YKSRETNLNA



EXPLAIN

Arts in Specific Countries in Southeast Asia According to Functionality, Traditional Specialize Expertise and Availability of Resources

I. FABRIC DESIGN

Textile Design – is a creative and technical process in which thread or yarn fibers are woven together or interlaced in order to form fabric.

THAILAND

Thai silk – It is mainly produced in Khorat which is the center of the silk industry in Thailand. It is derived from the cocoons of Thai silkworm. Thai weavers from this region raise silkworms on a steady diet of mulberry leaves.



CAMBODIA

Silk weaving can be traced back to as early as the 1st century when textiles were used for trading.

Two Main Types of Cambodian Weaving:

Ikat Technique – Patterns are diverse and vary by region. The common motifs include lattice, stars, and spots. To create patterns, weavers tie and dye portions of weft yarn and old rubber bicycle tubes cut into strips before weaving begins.

Uneven Twill – This type of weaving yields single or two-color fabrics, which are produced by weaving three threads so that the color of one thread dominates on one side of the fabric, while the two others determine the color on the reverse side.



INDONESIA, MALAYSIA, AND SINGAPORE

Batik – is the most common fabric design of these countries. Batik is an Indonesian-Malay word, related to Malay word “titik”, which means point, drop, or dot.

Two Main Types of Batik Design:

Hand Painted – is done by using a small copper container with one or more different sized pipes called canting.

Block Printed – is done by the use of a mold metal block, dipped into molten wax and pressed into the fabric to make a pattern.

II. ARTS AND CRAFTS

THAILAND

Sky Lanterns – is made of rice paper with bamboo outline. It contains fuel and a small candle. Thai people use sky lantern in celebrating Loy Krathong Festival which is celebrated every 12th full moon.



CAMBODIA

Handicrafts – is an important part of Cambodian tradition, culture, and livelihood. They make textiles, baskets, jars, pottery, and other tool for their everyday use.



Sa Paper – is used for calligraphy and for making festive temple decorations, fans, umbrellas, fans, and kites. Sa paper is made from the bark of the local mulberry tree.



III. SCULPTURE

THAILAND – is famous in the world because of its 4,000-year-old sculptures. The country commonly uses wood, ivory, stone, clay, and various metals as mediums in sculpting.

The Reclining Buddha – a giant statue of Buddha laying in a sideways position. This famous sculpture in Wat Pho in Bangkok is 46 meters long and 15 meters high. It is made of plaster on a brick core and finished in gold leaf. The feet are inlaid with mother of pearl.



CAMBODIA – the history of sculpting in Cambodia goes back to the foundation of Khmer nation. Cambodian sculptors use stone carving as their passion and livelihood.

Human Sculptures – the art of stone carving in Cambodia has been flourishing for thousands of years. This can be observed from the details in the walls, smalls statues, and breath-taking carvings found in Angkor Wat.





PRACTICE

Directions: Create your own “Do It Yourself” arts and craft video tutorial. Choose between fabric design, crafts making, and sculpture. Submit your output to your teacher.

DIY Vlog Content Criteria

Content	40 POINTS
Technicalities	30 POINTS
Explanation	30 POINTS
TOTAL	100 POINTS



EVALUATE

Directions: Encircle the letter of the correct answer.

- What is the name of the giant statue of Buddha laying in a sideways position?
 - Reclining Buddha
 - Human Sculptures
 - Angkor Wat
 - Block Printed
- Which Southeast Asian art came from the Malay word “titik”, which literally means dot, drop, or point?
 - Block Printed
 - Hand Painted
 - Batik
 - Ikat
- What festival in Thailand is celebrated every 12th full moon?
 - Merlion
 - Loy Krathong
 - Wau
 - Angkor Wat
- Which Southeast Asian art is made of rice paper with bamboo outline?
 - Sky Lantern
 - Sa Paper
 - Batik
 - Ikat
- Which Southeast Asian art is made from the bark of the local mulberry tree?
 - Sky Lantern
 - Sa Paper
 - Batik
 - Ikat

PHYSICAL EDUCATION



OUTCOMES

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

- Explain the nature and background of volleyball.



CHECK

Directions: Encircle the letter of the correct answer.

1. Which test requires the student to hit a crumpled piece of paper or sipa with the right and left palm upward?
a. Hexa gon Test
b. Standing Long Jump
c. 40-meter sprint
d. Stick Drop Test
2. Which test involves the student quickly jumping in and out of a hexagon shape?
a. Hexagon Test
b. Standing Long Jump
c. 40-meter sprint
d. Stick Drop Test
3. Which test requires the student to jump as far as possible?
a. Hexagon Test
b. Standing Long Jump
c. 40-meter sprint
d. Stick Drop Test
4. Which test requires the student to step up and down on a measured step continuously for three minutes?
a. 3-minute step test
b. 90 degree push up
c. 40-meter sprint
d. sit and reach
5. Which test requires the student to reach forward as far as possible without bending their knees?
a. 3-minute step test
b. 90 degree push up
c. 40-meter sprint
d. sit and reach



EXPLAIN

NATURE AND BACKGROUND OF VOLLEYBALL

History

Mr. William Morgan attended the YMCA's Springfield College where he met James Naismith, the inventor of basketball. After graduating, Morgan continued to work for the YMCA and soon took the position of Director of Physical Education in nearby Holyoke. Having noticed that the speed of basketball made it too challenging for weaker men and older athletes, Morgan set about devising a new game. He drew inspiration on basketball's original aims of being a sport that could be played inside with minimal physical contact. Mr. Morgan was inspired by Naismith's creativity and set out to create a sport blending the skills of basketball, baseball, handball, and tennis. He wanted to borrow some ideas as he had limited time to come up with his invention. All the while, he was keeping in mind his goal of creating a game for all age levels and strengths. His creation was finally completed in February 09, 1895 in Holyoke, Massachusetts (United States).



At that point, William had a set of ground rules made up to facilitate the game. He used a tennis net, lifted to the height of six feet and six inches. He chose a court roughly 30 feet wide and 60 feet long (probably close to 25 x 50 at first), to ensure the game could be played in gymnasiums all around the country.

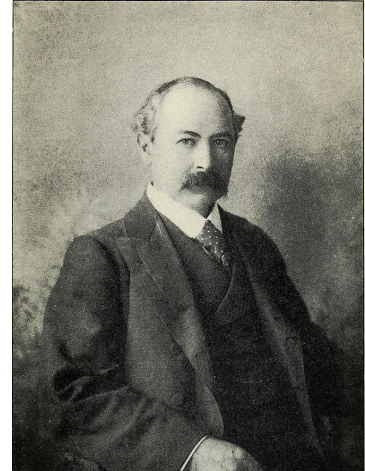
Original rules and regulations of the game from 1895

1. The game will last nine "innings".
2. An inning correlates to the number of persons playing. If one person is on each side – then an inning is one serve series per side. A lost serve is half the inning.
3. A serve must be struck and hit over the net. The server has two tries to get it in (like tennis), however, if a teammate hits the ball after the service to "help" it over it is good.
4. A side only scores when serving – as inside out scoring.
5. The ball is considered dead anytime it hits the net. No "let serves" or playing it out of the net.
6. The line is considered out.
7. Any number of people can play, if teams are equal.
8. If a ball touches a wall or ceiling and bounces back in play, it is still live.
9. No limit to hits per side and no limits to hits in a row by the same player (dribbling).

Mr. Morgan named his sport as “**mintonette**” and his presentation would include two teams of five men to demonstrate the game and its rules.

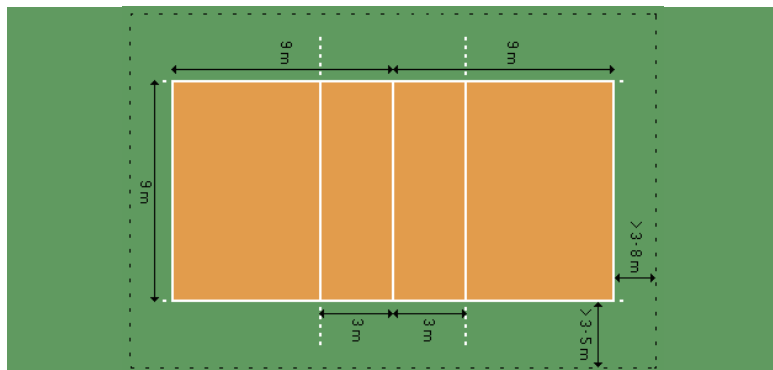
After an observer, Alfred Halstead, noticed the volleying nature of the game at its first exhibition match in 1896, played at the International YMCA Training School (now called Springfield College), the game quickly became known as volleyball (it was originally spelled as two words: “volley ball”). Dr. Alfred T. Halstead suggested renaming it to Volleyball to better reflect the objective of the game which is to volley the ball back and forth over the net.

The two words were eventually combined to form Volleyball. The day Mintonette had its debut, it lost its name to the term Volleyball. On July 7, 1896, volleyball had its first official game.



Equipment and Facilities

The Court Dimensions – A volleyball court is 9 m × 18 m (29.5 ft × 59.1 ft), divided into equal square halves by a net with a width of one meter (39.4 in). The team courts are surrounded by an area called the free zone which is a minimum of 3 meters wide and which the players may enter and play within after the service of the ball.



The Net and Antennae – The top of the net is 2.43 m (7 ft 11.5 in) above the center of the court for men’s competition, and 2.24 m (7 ft 4 in) for woman’s competition. It can vary for veteran and junior competitions. The minimum height clearance for indoor volleyball courts is 7 m (23.0 ft), although a clearance of 8 m (26.2 ft) is recommended. An antenna is placed on each side of the net perpendicular to the sideline and is a vertical extension of the side boundary of the court.

The Ball – Federation Internationale de Volleyball (FIVB) Regulations state that the ball must be spherical, made of leather or synthetic leather, have a circumference of 65–67 cm, a weight of 260–280 g and an inside pressure of 0.30–0.325 kg/cm². Other governing bodies have similar regulations.





PRACTICE

Directions: Illustrate the volleyball court including its measurements and dimension.



EVALUATE

Directions: Encircle the letter of the correct answer.

1. What is the original name of volleyball?
a. mintonette b. mentonete c. mintonete d. minttonette
2. Who invented volleyball?
a. William Morgan c. Alfred Halstead
b. James Naismith d. Juan Carlos Ceriani
3. What does FIVB stand for?
a. Federation Internationale de Volleyball
b. Federacion International del Volleyball
c. Federational Internationale de Volleyball
d. Federation Inter de Volleyball
4. What is the exact dimension of the volleyball court?
a. 9 m × 18 m
b. 10 m × 20 m
c. 16 m × 24 m
d. 10 m × 10 m
5. Who suggested to rename mintonette into volleyball?
a. William Morgan c. Alfred Halstead
b. James Naismith d. Juan Carlos Ceriani

HEALTH EDUCATION



OUTCOMES

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

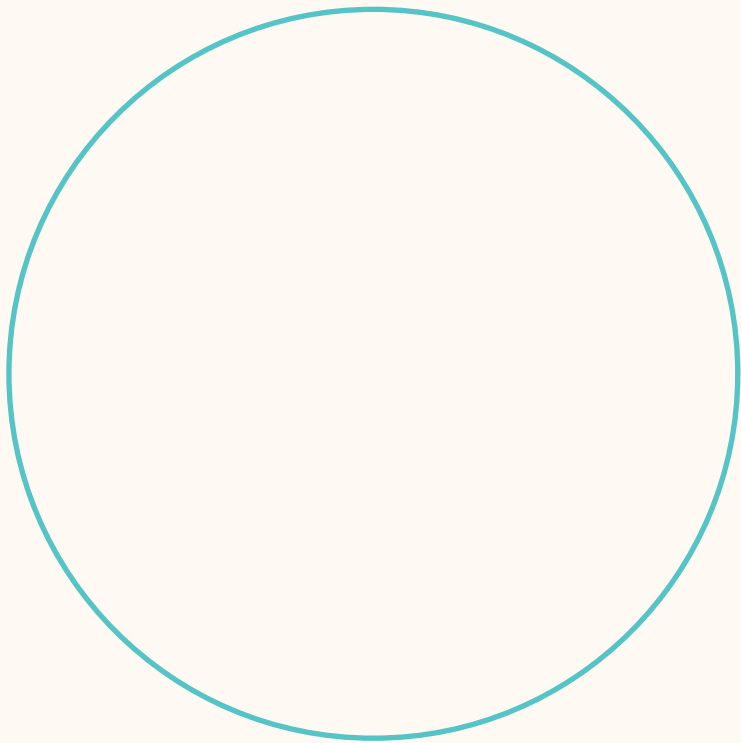
- Identify the different issues and problems related to human sexuality.



CHECK

Directions: Create a pie graph showing how much time you spend together with the following factors that affects one's attitudes.

- Family
- Peers
- Media
- Religion





EXPLAIN

ISSUES/CONCERNS OF TEENAGERS

Teenagers face real problems on a daily basis during the most awkward growth stages of their lives; between 13 and 19-years-old. During this time, teens are exposed to overwhelming external and internal struggles. These issues and concerns that teenagers face in this generation are usually related to:

Identity Crisis – a period of uncertainty and confusion in which a person’s sense of identity becomes insecure, typically due to a change in their expected aims or role in society.

Self-esteem – is used to describe a person’s overall sense of self-worth or personal value.

Body Image – one’s body image is how and what you think and feel about your body.

Stress – a feeling of emotional or physical tension.

Bullying – includes behaviors that focus on making someone else feel inadequate such as harassment and physical harm.

Depression – is a mental health disorder that causes a persistent feeling of sadness and loss of interest.

Cyber Addiction – teen internet addiction is a behavioral disorder, characterized by compulsive and harmful amounts of internet use.

Drinking and Smoking – an alcoholic drink is a drink that contains the recreational drug ethanol, a type of alcohol produced by fermentation of grains, fruits, or other sources of sugar.

A cigarette is a narrow cylinder containing psychoactive material, typically tobacco that is rolled into thin paper for smoking.

Drinking and smoking are also called gateway drugs and it may lead you into danger. Many teenagers take this because of peer pressure without knowing the physical, mental, or emotional problems that may occur once taken.

Defiant Behavior – behavior characterized by frequent and persistent pattern of anger, irritability, arguing, defiance, or vindictiveness toward an adult and other authority figures. He or she may have oppositional defiant disorder (ODD).

Peer Pressure – a feeling that one must do the same things as other people of one’s age and social group to be liked or respected by them.

Teenage Pregnancy – also known as adolescent pregnancy, is pregnancy in a female under the age of 20.

Underage sex – or pre-marital sex among teenagers can lead to HIV, STDs, & teen pregnancy.

Issues and Problems Related to Human Sexuality

Sexually Transmitted Infection (STI)

- is a communicable disease spread by a pathogen (disease causing organism) from one person to another person through sexual contact.

Acquired Immune Deficiency Syndrome (AIDS)

- is a fatal communicable disease with no effective treatment or known cure. It is the final stage of infection caused by the Human Immunodeficiency Virus (HIV).

Common Sexually Transmitted Infections

	PATHOGEN (causative agent)	Long Term Effects
AIDS	Human Immunodeficiency Virus (HIV)	– failure of immune system – severe illness leading to death – to see sign of infection, it takes 8 to 10 years
CHLAMYDIA	Chlamydia Trachomatis Bacterium	Women – pelvic inflammation with abdominal pain, fever, menstrual bleeding, and ectopic pregnancy Men – enlarged lymph glands of the groin – infection of the testicles
GENITAL HERPES	Herpes Simplex-2 Virus	If left untreated, it may cause cervical cancer in women and cause deformities in unborn babies.
GONORRHEA	Neisseria Gonorrhea Bacterium	– sterility – liver disease – testicular disease – infection of heart lining – eye infections for newborn leading to blindness.
SYPHILIS	Treponema Pallidum Bacterium	If left untreated – mental illness – heart and kidney damage – may result in death

MANAGING SEXUALLY RELATED ISSUES

Relationship with Self

- Appreciate your own body.
- Take responsibility for your own behavior.
- Learn about sexual health issues.

Relationships with Parents and Family Members

- Communicate effectively with your family members about issues, including sexuality.
- Have a good balance between family roles and responsibilities and your growing need for independence.
- Ask your parents and other trusted adults questions about sexual health issues and accept their guidance.

Relationships with Peers

- Interact with all people (including those with different sexual orientation and gender identity) in proper and respectful ways.
- Communicate well with friends and show empathy in relationship.
- Recognize and stay away from relationships that may not be healthy for you or others.

Relationships with Intimate Partners

- Show love and intimacy in a way that's appropriate for your age.
- Believe that everyone has equal rights and responsibilities for love and sexual relationship.
- Be able to say 'no' and accept when a partner says 'no'.
- Have the skills to decide how ready you are for mature sexual relationships.
- Talk with a partner about sexual behaviors before it happens. If they choose to have sex, protect yourself and partner from unplanned pregnancy and sexually transmitted infections (STIs) by using birth control, condoms, and other safer sex practices.



PRACTICE

Directions: Imagine that you are a news writer. Create your own article that is related to our topic about issues and problems related to human sexuality.

Here are some current issues you may discuss:

cyberbullying Cybercrime teenage pregnancy gateway drugs

- Choose one topic and write your personal views.
- Discuss how it affects Human Sexuality.
- Suggest ways on how to manage this issue.
- Post your article on your social media account.

CRITERIA:

Presentation	30 POINTS
Content	40 POINTS
Technical Aspects	30 POINTS
TOTAL	100 POINTS



EVALUATE

Directions: Enumerate 5 ways to manage issues and problems related to human sexuality.

- 1.
- 2.
- 3.
- 4.
- 5.

Lesson 04

MUSIC EDUCATION



OUTCOMES

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

- Identify features and characteristics of the music of Malaysia.
- Create a lyrical/song adaptation.



CHECK

Directions: Arrange the jumbled letters to complete each statement. Write your answer on the space provided.

- | | |
|-------|--|
| _____ | 1. RUBMA it is the former name of Myanmar. |
| _____ | 2. SHIANG IWAGN is Myanmar's traditional folk music ensemble. |
| _____ | 3. USAGN UGAK is the national instrument of Myanmar. |
| _____ | 4. TAGIHAAM is an extensive collection of classical songs. |
| _____ | 5. DOLU NNGIDSUO are used to performed in open-air ensembles at ceremonies and festivals. |



EXPLAIN

Malaysia – is a constitutional monarchy found in the Southeast Asian region which is divided into West or Peninsular Malaysia and East Malaysia. Malaysia consists of 13 states and 3 federal territories. Multi-ethnicity and multiculturalism play a large role in developing their culture.

The music genre of Malaysia is influenced by the following multi-racial groups:

- Malay
- Chinese
- Indian
- Eurasians
- Kadazandusun
- Iban
- Dayak

Two Types of Music in Malaysia:

1. **Classical and Folk Music** – the traditional form of vocal, dance, and theatrical music of Malaysia.
2. **Syncretic or Acculturated Music** – it has elements from local music and foreign music like Chinese, Indian, Arabian, Persian, and Western musical and theatrical source.

Musical ensembles and types of performances in Malaysia

1. **Agung and Kulintang** – commonly used in ceremonies such as funerals and weddings. It is a gong-based musical ensemble commonly used in funerals and weddings in East Malaysia. This type of ensemble is similar to the kulintang of the Philippines, Brunei, and Indonesia.



2. **Kertok** – a musical ensemble from the Malay Peninsula that consists of xylophones played traditional Malay social events and gatherings. The resonator of their instruments is a large dried-out coconut.



3. **Dikir Barat** – type of musical form that is important to Malaysia’s national culture. It is accompanied by percussion instruments or in some instances, without instrumental accompaniment at all.



4. **Silat Melayu** – a form of martial art used for self-defense originated from the Malay Peninsula and is a mixture of martial arts, dance, and music usually accompanied by gongs, drums, and Indian oboes.



5. **Rasa Sayang**: https://youtu.be/MQnSM7_kssM
“Rasa Sayang” literally means loving feeling. It is a folk song from Maluku, Indonesia.



PRACTICE

Directions: Write a song/lyrical adaptation of Rasa Sayang. Choose between the following topic then use the tune of Rasa Sayang in singing the song.

(Topics: Pandemic, Corruption, Education, or Family)

Rasa Sayang (Malay)

Rasa sayang hey!
Rasa sayang sayang hey!
Hey lihat nona jauh
Rasa sayang sayang hey!

Buah cempedak di luar pagar
Ambil galah tolong jolokkan
Saya budak baru belajar
Kalau salah tolong tunjukkan

Pulau pandan jauh ke tengah
Gunung daik bercabang tiga
Hancur badan dikandung tanah
Budi yang baik dikenang juga

Dua tiga kucing berlari
Mana sama si kucing belang
Dua tiga boleh ku cari
Mana sama abang seorang

Pisang emas dibawa berlayar
Masak sebiji di atas peti
Hutang emas boleh dibayar
Hutang budi dibawa mati

I've Got That Lovely Feeling (Literal English translation)

I've got that loving feeling hey!
I've got that loving feeling hey!
See that girl in the distance
I've got that loving feeling hey!

The cempedak tree is across the fence
Please take a stick and poke it down for me
I'm just a new guy trying to learn
So if I'm wrong then please tell me

Pandan island far in midst
With the three peaked Daik mountain
While the body decomposes in earth
Good deeds remain to be remembered

Two or three cats are running around
With the striped one which can vie
Two or three men woo I may
Which of them with you can vie

Pisang emas brought on a journey
One ripens on a box
If gold is owed, it can be repaid
But if it is gratitude, it is carried to the grave



EVALUATE

Directions: Encircle the letter of the correct answer.

1. Which of the following is a Malaysian traditional folk song which literally means Loving Feeling?
 - a. Rasa Sayang
 - b. Silat Melayu
 - c. Kertok
 - d. Dikir Barat

2. Which Malay musical ensemble is known for its instrument's resonator with a large dried-out coconut?
 - a. Rasa Sayang
 - b. Silat Melayu
 - c. Kertok
 - d. Dikir Barat

3. Which is form of martial art that originated from the Malay Peninsula?
 - a. Rasa Sayang
 - b. Silat Melayu
 - c. Kertok
 - d. Dikir Barat

4. Which category of Malaysian music emerged during the pre-colonial period?
 - a. acculturated music
 - b. syncretic music
 - c. classical musi
 - d. traditional musi

5. What are the two regions of Malaysia?
 - a. East and West
 - b. North and South
 - c. Occidental and Orienta
 - d. Peninsular and Wes

ARTS EDUCATION



OUTCOMES

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

- Identify the similarities and differences of the culture of the Southeast Asian countries in relation to Philippine culture.



CHECK

Directions: Identify the following pictures below.





EXPLAIN

Similarities and Differences of the Culture of the Southeast Asian Countries in relation to Philippine Culture

SOUTHEAST ASIAN COUNTRY	Commonalities and Differences in Foreign Countries	Commonalities and Differences in relation to Philippines
 Wau is a kite from Malaysia. Farmers use this kite as scarecrows in the field and to lull children to sleep.	 According to historian Clive Hart, kites in Malaysia are inspired from the design of Chinese kites.	 A kite is a flying toy usually made of a thin bamboo stick as a framework and covered with paper or thin cloth. It is also called "bulador".
 The fabric common to Southeast Asian countries is the batik. The term batik is an Indonesian-Malay word believed to be related to the Malay word titik, which means 'point', 'dot', or 'drop'.	 This technique originated from the island of Java, Indonesia. Batik is an Indonesian technique of wax-resist dyeing applied to the whole cloth.	 Philippines has its similar art form by doing tie dye. It is called T'nalak.



Handicrafts is an important part of Cambodian tradition, culture, and livelihood. They produce textiles, baskets, jars, pottery, and other tool for their everyday use.



Dhokra is one of the oldest handcraft in the world. This metal casting has been used in India for over 4,000 years and is still used.



Tagbanwa women make bags and baskets weaved entirely by hand for livelihood.



Tau-tau is an effigy from Toraja culture in Indonesia. It represents the people who passed away. Tau-tau are usually found near the deceased body where they were laid to rest.



The Statue of Liberty was given to the United States of America by France as a symbol of friendship between the two countries.



Bulul, the rice deity of Ifugao, is best known Ifugao figurative sculpture. It usually take the form of either a standing or seated figure.



PRACTICE

Directions: Compare and contrast the different artworks of Southeast Asia and the artworks of the Philippines by creating a collage pic on your mobile phone. You can use any mobile application and send it to your teacher.

Collage PiC Content:

Image of different artworks of Southeast Asia.
Comparison of each artworks to Philippines.

CRITERIA:

Content	40 POINTS
Organize	30 POINTS
Creativity	30 POINTS
TOTAL	100 POINTS



EVALUATE

Enumeration

Directions: Enumerate at least 5 arts and crafts of the Philippines that are related to other Southeast Asian Countries.

1.

2.

3.

4.

5.

PHYSICAL EDUCATION



OUTCOMES

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

- Identify the basic skills in volleyball.



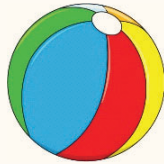
CHECK

Directions: Analyze the pictures below and guess the hidden answer by combining the pictures to form a word or words.

1.



+



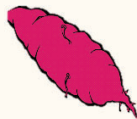
=

(one of the most popular sports today, played with 6 players)

2.



+



+



IT'S MORE FUN IN THE
PHILIPPINES

+



=

(inventor of the sports volleyball)

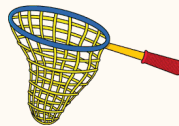
3.



+



+



=

(original name of volleyball)



EXPLAIN

Basic Skills in Volleyball

Like most sports, volleyball requires every player to learn some basic skills before they can truly excel at the sport. Here are the basic skills you need to learn to be a competent volleyball player.

- I. **SERVING** – is the act of putting the ball in a play by a player.

Techniques in Serving:



Underhand Serve – is one of the basic techniques in serving. The player will hold and assist the ball with one hand and the other hand will swing to hit the ball in an arc motion below the waist.

Overhand Serve – technique in serving in which the player will toss the ball on the air with one hand and hit it with other hands above his/her head.

Jump Serve – is an advance technique in serving in which the player increases the power and height of the serve by jumping high after the ball is tossed in the air and hitting the ball with extreme power.



- II. **PASSING** – is done with the objective to move the ball to a teammate called a setter. It is the first touch by the team. The passing skill is performed on a ball that has been served and on a ball that is attacked by the opponent.

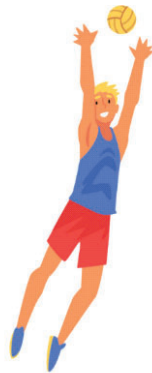
Techniques in Passing:

Forearm Pass – involves hitting the ball in a controlled manner to your teammate.

Overhead Pass – it is done by hitting the ball with two hands using an overhead arm position to pass the ball to your teammate.



- III. **SETTING** – it is usually the second contact in a rally and made after receiving the ball from the opponent. It is done to create an offensive attack or to set up a spike for your teammate.



- IV. **SPIKING** – a technique used to create a score by slamming the ball tossed by the setter over the net into the opponent's court.



It is one of the scenes that gives a highlight in a sporting event.

- V. **BLOCKING** – is defined as deflecting the ball coming from your opponent's attack hit. Blocking in volleyball is one of the least taught yet most important skills. It is the first line of defense against attacks from the opposing team and creates less space for the back defense to cover.





PRACTICE

Directions: Create a vlog featuring the basic skills in Volleyball. Submit your output to your teacher.

CRITERIA:

Content	40 POINTS
Presentation	30 POINTS
Technicalities	30 POINTS
TOTAL	100 POINTS



EVALUATE

Directions: Encircle the letter of the correct answer.

- What is the act of putting the ball in a play by a player?
a. serving b. passing c. setting d. spiking
- What is a maneuver in which a player quickly contacts the ball in order to set up a spike for another player?
a. serving b. passing c. setting d. spiking
- What is the act of scoring a point by slamming the ball over the net into the opposing court effectively and aggressively?
a. serving b. passing c. setting d. spiking
- What is defined as deflecting the ball coming from your opponent's attack hit?
a. blocking b. setting c. passing d. spiking
- Which of the following is done with the objective to move the ball to a teammate called a setter?
a. blocking b. setting c. passing d. spiking

HEALTH EDUCATION



OUTCOMES

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

- Apply the different life skills to improve sexual health.



CHECK

Directions: Search for the different issues and problems related to Human Sexuality in the word hunt activity below.

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



EXPLAIN

DECISION-MAKING SKILLS

A choice you make or act upon is called a decision. A good decision is done when you carefully think first the outcome of your choice. The following decision-making skills will help you decide base on your own needs and desires. It also helps you to resist any peer pressure. It must be practiced and exercised in resolving different issues and concerns related to sexuality.



D

First step is to "DETERMINE THE PROBLEM"



E

Second step is to "EXPLORE THE ALTERNATIVES"



C

Third step is to "CONSIDER THE CONSEQUENCES"



I

Fourth step is to "IDENTIFY YOUR VALUES"



D

Fifth step is to "DECIDE"

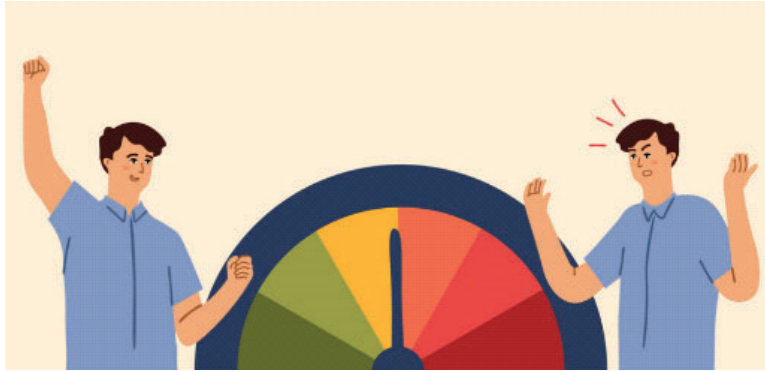


E

Last step is to "EVALUATE"

DIFFERENT LIFE SKILLS TO IMPROVE SEXUAL HEALTH

1. **Assessing your Health** – it means to evaluate your holistic health including your sexuality.



2. **Communicate Effectively** – communication skills help you and people around you avoid misunderstanding. If you listen carefully to what they say, they might listen to you as well.

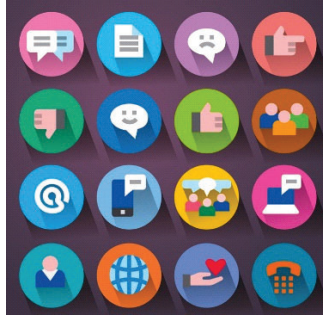


3. **Practice Wellness** – it helps you to prevent diseases and it is also good for your sexuality.

4. **Setting Goals** – it is setting something you want to achieve or to get. Remember to make sure that your target goal must be realistic.



5. **Evaluating Social Media Message** – it is a skill to identify and gather information on what is right and wrong about the posts in social media before sharing to others.



6. **Refusal Skills** – is a skill that involves saying NO to something that you do not want to do especially if it is the wrong thing to do.



7. **Making Good Decisions** – it involves making the right, healthy, and responsible choice. You must have enough courage in making difficult decisions and learn to stick to it.





- Give an example of a situation for each of the life skills you have learned.
- Explain how you will use each life skill in these situations.
- Record your role play with your mobile device and submit to your teacher.

Presentation	30 POINTS
Content	40 POINTS
Technical Aspects	30 POINTS
TOTAL	100 POINTS



1. Which is a way to say no to something that you don't want to do?
 - a. Refusal Skills
 - b. Setting Goals
 - c. Practice Wellness
 - d. Assessing your Health
2. Which of the following refers to the periodical evaluation of your well-being?
 - a. Refusal Skills
 - b. Setting Goals
 - c. Practice Wellness
 - d. Assessing your Health
3. Which of the following is defined as aiming for something that will give you a sense of accomplishment?
 - a. Refusal Skills
 - b. Setting Goals
 - c. Practice Wellness
 - d. Assessing your Health
4. Which of the following means to make a choice that are healthy and responsible?
 - a. Making Good Decisions
 - b. Evaluating Media Messages
 - c. Communicating Effectively
 - d. Refusal Skills
5. Which will help you to avoid misunderstanding by expressing your feelings in a healthy way?
 - a. Making Good Decisions
 - b. Evaluating Media Messages
 - c. Communicating Effectively
 - d. Refusal Skills

UNIT 2

Lesson 01

MUSIC EDUCATION



OUTCOMES

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

- Analyze the music of specific countries of East Asia.



CHECK

Directions: Identify if the following instruments belong to MALAYSIA, MYANMAR, INDONESIA, or CAMBODIA. Write the name of the country of origin on the blank.









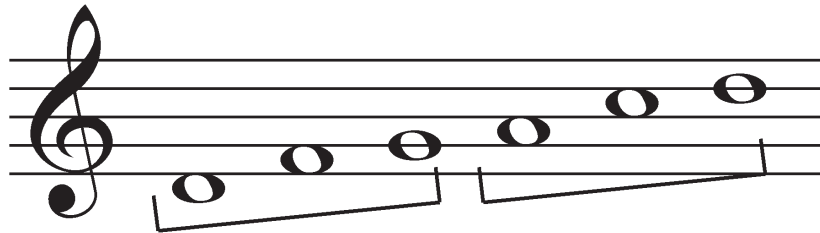


EXPLAIN

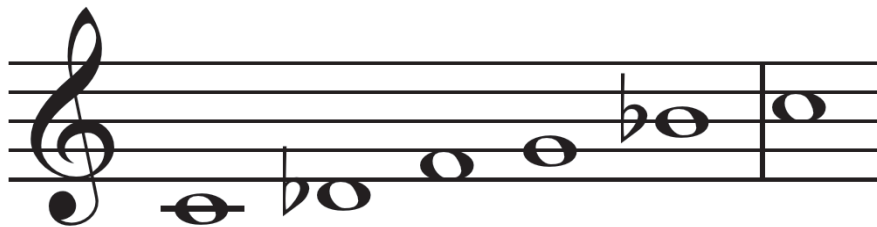
MUSIC OF JAPAN

Japanese music was originally meditative and highly ritualized. Its chamber music and solo music are using concrete elements and have a slow meditative pace, which represents natural sounds and life sounds.

Main Tone of Japanese Music



Yosen Mode – (hard mode) used in traditional Japanese folk songs. It is a bright sounding scale.



Insen Mode – (soft mode) a scale adapted from shamisen for the tuning of koto.

MUSIC OF CHINA



"To educate somebody, you should start with poems, emphasize ceremonies and finish with music". – *Confucius*

- It is one of the oldest and most highly developed of all known musical systems.
- The people of China believed that sound influences the harmony of the universe.
- One of the most important duty of the Emperor is to establish a standard of pitch.
- Most of the Chinese music is based on pentatonic scale though heptatonic scale is also used.

MUSIC OF KOREA



- Korea is known for their culture and tradition as well as different musical instruments originating from the country. Their music generously uses bright rhythms and melodies and offers more energetic and capricious contrast to the nation's collection of classical music works.
- Kugak (national music) refers to the traditional music of Korea.
- Folk music represents the soul and sound of traditional Korean villages with an eclectic array of music forms including numerous folk songs, various forms of instrumental pieces, pansori, and shaman ritual music.



PRACTICE

Directions: Create a travel brochure of Japan, China, and Korea featuring their traditional music. Use any image editing apps in creating the activity.



CRITERIA:

Content	40 POINTS
Presentation	30 POINTS
Technicalities	30 POINTS
TOTAL	100 POINTS



EVALUATE

Directions: Identify whether the statement talks about the music of JAPAN, CHINA, or KOREA. Write your answer on the blank.

- _____ 1. One of the oldest and most highly developed of all known musical system.
- _____ 2. Their music was originally meditative and highly.
- _____ 3. Their musical forms include numerous folk songs, various forms of instrumental pieces, pansori, and shaman ritual music.
- _____ 4. They believed that sound influences the harmony of the universe.
- _____ 5. Yosen and Insen mode are the main tune of their music.

ARTS EDUCATION



OUTCOMES

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

- Analyze the elements and principles of art in producing arts and crafts inspired by East Asian culture.



CHECK

Directions: Identify each picture by arranging the jumbled letters below.



H C A N R A S F T I D



I T E K

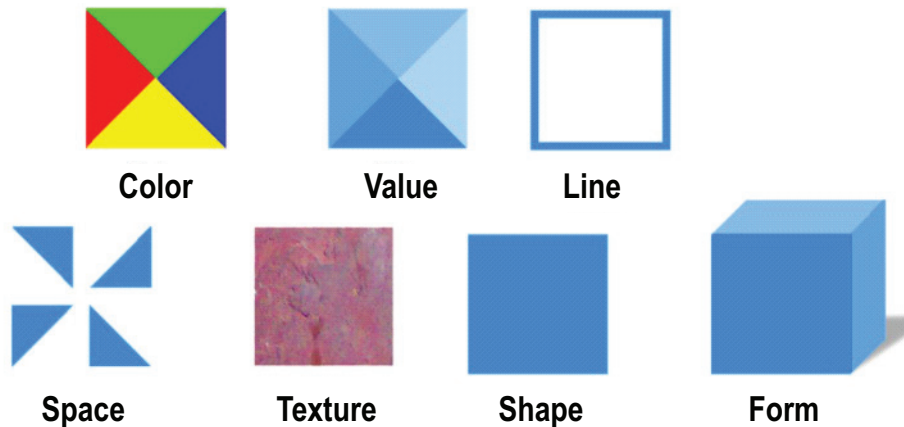


R I C A B F S I G D E N



EXPLAIN

Elements and Principles of Art



Elements of Arts

Line – an outline that is made on a surface that is defined by a point moving on a space.

Shape – when lines form together it create a flat shape. It is represented as an enclosed area and always has two dimensions, length as well as width.

Form – the combination of shapes, and always has three dimensions; length, width, and height.

Color – it is produced when light strikes an object and reflects to our eyes. It has hue, value, and intensity.

Value – it is the lightness or darkness of a color.

Texture – it refers to the quality of a surface and to the way a picture is made to look rough or smooth.

Space – refers to the feeling of depth or three dimensions. It can also mean the way an artist uses the area within the picture plane. Real space is three-dimensional.

Principles of Design

Balance – the arrangement of the weight in visual of any objects, colors, texture, and shape.

Contrast – refers to the arrangement of opposite elements such as light and dark colors, rough and smooth textures, and large and small shapes, in a composition to create visual interest.

Movement – it is used to create the impression of action in a work of art.

Emphasis – also called focal point. It is used to make certain parts of an artwork stand out.

Pattern – the repetition of a specific visual element such as shapes or form.

Rhythm – it is the regular repetition of shapes.

Unity – it is the wholeness or completeness of a picture or an art. It is also called as harmony.

CHARACTERISTICS OF ARTS AND CRAFTS IN EAST ASIA

ARTS AND CRAFTS	Elements of Arts Used	Principle of Design Used
Chinese Painting 	LINE SHAPE VALUE COLOR SPACE	BALANCE CONTRAST UNITY MOVEMENT
Chinese Calligraphy 	LINE VALUE	CONTRAST PATTERN
Japanese Origami 	LINE SHAPE COLOR TEXTURE FORM	BALANCE PATTERN
Anime 	LINE SHAPE FORM COLOR TEXTURE VALUE SPACE	BALANCE CONTRAST EMPHASIS UNITY
Korean Theater Mask 	LINE SHAPE COLOR TEXTURE FORM	RHYTHM PATTERN
KOREAN DRAMA 	LINE SHAPE COLOR FORM TEXTURE VALUE SPACE	BALANCE PATTERN RHYTHM CONTRAST



PRACTICE

Directions: Draw your own artwork from the arts and crafts of East Asia. Define the elements and principles of Arts you used in creating your own artwork.

Choose between the following:

A.



Create your own Japanese Anime Hero

B.



Create a Fan Art of your favorite K-drama

CRITERIA:

Content	40 POINTS
Presentation	30 POINTS
Technicalities	30 POINTS
TOTAL	100 POINTS

Note: You may use any drawing/sketch apps to complete this activity.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

PHYSICAL EDUCATION



OUTCOMES

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

- Explain the nature and background of basketball.



CHECK

Directions: On the word hunt puzzle below, find the 5 different basic skills in volleyball.

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



EXPLAIN

BASKETBALL – is one of the most popular and widely viewed sports in the world. It is a team sport in which two teams of five active players each try to score points against one another by propelling a ball through a 10-ft high hoop under organized rules.



- I. BRIEF HISTORY** – On December 1891, Dr, James Naismith, a Canadian physical education instructor at YMCA Training School in Springfield, Massachusetts, created an indoor game that would help his students to be physically active even at the middle of winter. He wrote the basic rules of this game he invented and nailed a peach basket onto a 10-foot elevated track.

Fédération Internationale de Basketball (FIBA)

- is an association of composed of members from different national organizations which governs the sport of basketball worldwide.

II. RULES AND REGULATION

JUMP BALL – it is done to start the game. One player from both teams is assigned to do the jump ball, usually the center player. They face each other inside the center circle while the other members of the team surround them.

SUBSTITUTION – it is done when the ball is dead as permitted by the table official. After a foul, both teams can have substitution. When there is a request for substitution and the ball is already given by the referee to a team, the team requesting should wait for another chance.

END OF THE GAME – After 40 minutes, the game ends. However, if the score is tied, there shall be a five-minute extension.

VIOLATIONS WHILE PLAYING

- Traveling or taking more than two steps without dribbling the ball.
- The ball goes out of bounds.
- Failure to enter opponents' court in ten seconds.
- Double dribbling (resumption of dribbling after dribbling stops).
- Stepping on the line while doing the free throws.
- Stepping on the line or sideline by the one in control of the ball.
- Personal foul and technical foul.
- Unsportsmanlike behavior.

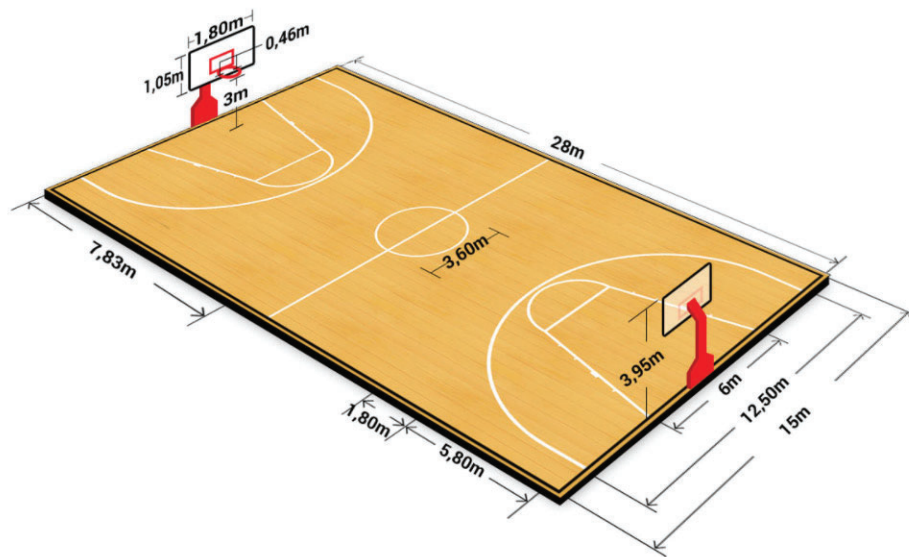
FOUL – is an attempt to unfairly disadvantage an opponent through illegal physical contact.

Defensive Foul – a foul committed by a defensive player on an offensive player.

Offensive Foul – also known as charge. It is a foul committed by an offensive player on a defensive player.

Technical Foul – a foul committed by a player, coach, or any member of the coaching team staff for showing poor sportsmanship.

III. FACILITIES AND EQUIPMENTS



THE COURT – It is the playing surface consisting of a rectangular floor with baskets at each end.

THE BALL – The ball is made up of an inner rubber layer covered with layers of fiber, leather, or synthetic materials. It may be advanced toward the basket by being shot, passed between players, thrown, tapped, rolled, or dribbled.

THE BASKET RING – The basket is a steel rim with an attached net affixed to a backboard that measures 6 feet wide and 3.5 feet tall. One basket is at each end of the court.

THE BASKET NET – Is suspended from the basket ring and is made of white cord which is no less than 400 mm and no more than 450 mm in length.

THE GAME CLOCK – It keeps track of the amount of time in the current half or quarter during a game. It is placed above the center of the playing court with one duplicate game clock on the opposite side of the players' benches which is clearly visible to both teams and everyone involved in the game, including the spectators.

THE SCOREBOARD – It is a large board for publicly displaying the score in a game or match and displaying statistics.



PRACTICE

Directions: Create a Digital Fan Art about what you have learned about the nature and background of basketball. Explain your work and submit to your teacher.



CRITERIA:

Content	40 POINTS
Presentation	30 POINTS
Technicalities	30 POINTS
TOTAL	100 POINTS



EVALUATE

Directions: Encircle the letter of the correct answer.

- Which is done to start the game of basketball?
 - shooting
 - jump ball
 - free throw
 - substitution
- Which equipment may be advanced toward the basket by being shot, passed between players, thrown, tapped, rolled, or dribbled?
 - ball
 - court
 - ring
 - scoreboard
- Which of the following is the playing surface, consisting of a rectangular floor, with baskets at each end?
 - ball
 - court
 - ring
 - scoreboard
- Which is an attempt to unfairly disadvantage an opponent through illegal physical contact?
 - violation
 - foul
 - substitution
 - jump ball
- Who invented the game basketball?
 - James Naismith
 - Carlos Ceriani
 - Alfred Halstead
 - William Morgan

HEALTH EDUCATION



OUTCOMES

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

- Analyze the importance of courtship and dating.



CHECK

Directions: Enumerate at least 5 life-skills to improve sexual health.

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



EXPLAIN

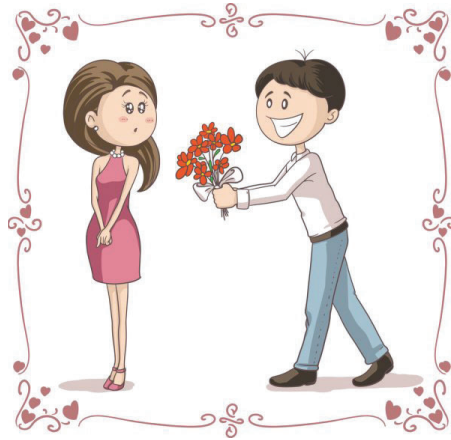
Family is the foundation of society which is primarily responsible for shaping the lives of its members. It is a small unit where socialization begins to provide guidance in improving one's personality in order to become more productive and useful citizens of the country. The values of integrity, love, and honesty begin in the family where each member has his or her own role to play in the attainment of a healthy family life.

IMPORTANCE OF COURTSHIP AND DATING

INFATUATION or CRUSH – is the state of being carried away by unreasoning passion or love. Infatuation usually occurs at the beginning of relationships when sexual attraction is central.

ATTRACTION – is admiration for someone that may include the desire to get to know that person better. Attraction usually takes place in the form of infatuation or crush. Infatuation is admiration for someone while not recognizing that person's flaws. Crushes usually last for only a short time, a few weeks or maybe a few months. These feelings are completely normal and are part becoming a young adult.





LOVE – is deep affection for someone and is based on a true desire for the other person's best interest.

COURTSHIP – is the period in a couple's relationship which precedes their engagement and marriage. It is time for establishing of an agreed relationship of a more enduring kind. During courtship, a couple gets to know each other and decides if there will be an engagement or such agreement.

Importance of Courtship

It gives a person time to better know the character and background of someone being considered as one's future lifetime partner.

- Courting gives time to understand one another.
- It reveals one's interest, likes and dislikes, limitations, and aspirations in life.



- It allows couples to decide whether they are ready to be committed.
- It develops understanding, acceptance, security and establishes respect for each other.

DATING – It is a form of courtship consisting of social activities done by two people, as partners in an intimate relationship or as a spouse. The word dating actually comes from the arrangement of a time and date of meeting.

Types of Dating

1. Standard date – involves two people
2. Double date – two couples go on a date at the same time and place
3. Group date – where any number of couples can enjoy date

Importance of Dating

1. To know one another better.
2. To develop affection and respect for each other.
3. To observe the other person's character.
4. To spend quality time with each other.
5. To reveal any potential problems the partners may have.
6. To strengthen the relationships.



PRACTICE

Directions: Compare and contrast old tradition of courtship and dating and today's way in the Philippines. Perform a role play to show your output.

Role Playing Content

- Old tradition of courtship and dating in Philippines.
- The new normal ways of courtship and dating.
- The importance of undergoing courtship and dating.

CRITERIA:

Presentation	40 POINTS
Content	30 POINTS
Technical Aspects	30 POINTS
TOTAL	100 POINTS

Note: Record your role playing and submit your final output to your teacher.



1. Which is a social activity which involves two or more people generally assessing each other's suitability for a potential relationship?
 - a. attraction
 - b. love
 - c. dating
 - d. courtship
2. Which is an admiration for someone that may include the desire to get to know that person better?
 - a. attraction
 - b. love
 - c. dating
 - d. courtship
3. Which refers to the deep affection for someone and is based on a true desire for the other person's best interest?
 - a. attraction
 - b. love
 - c. dating
 - d. courtship
4. Which is the foundation of society which is primarily responsible for shaping the lives of its members?
 - a. family
 - b. community
 - c. government
 - d. barangay
5. Which of the following statement do not show the of importance of dating?
 - a. It strengthens relationships.
 - b. It develops affection and respect for each other.
 - c. It helps people forget their past relationship.
 - d. It reveals any potential problems the partners may have.

Lesson 02

MUSIC EDUCATION



OUTCOMES

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

- Analyze the instrumental and vocal music of Japan.



CHECK

Directions: Encircle the letter of the correct answer.

1. Which refers to the unique sound quality of an instrument or sound?
a. timbre b. dynamics c. melody d. harmony
2. Which refers to the loudness and softness of the sound?
a. timbre b. dynamics c. melody d. harmony
3. Which country has music characterized as meditative and highly ritualized?
a. Japan b. China c. Korea d. Philippines
4. Which country is known for its generous use of bright rhythms and melodies which offers more energetic and capricious contrast to the nation's collection of classical music works?
a. Japan b. China c. Korea d. Philippines
5. Which country has the oldest and most highly developed of all known musical system?
a. Japan b. China c. Korea d. Philippines



EXPLAIN

MUSIC OF JAPAN

HOGAKU – it is the traditional music of Japan. The term means country music.

GAGAKU – court music and the oldest traditional music of Japan. It includes dances and songs. Kigaku (instrumental music) and Seigaku (vocal music) are the two styles of Gagaku.

NOH – also known as bugokako. It is a type of theatrical music.

INSTRUMENTAL MUSIC OF JAPAN

Japanese musical instrument has three general types which are percussion instruments, wind instruments, and string instruments.

PERCUSSION INSTRUMENTS – musical instruments which produces sound by striking, scraping, or shaking.

	TAIKO – It is used to play a different musical genre and the central instrument of percussion ensembles. It comes in various sizes.
	ODAIKO – it is a huge barrel-shaped drum. Odaiko performance is an integral part of many Japanese Festival.
	TSUZUMI – it is an hourglass shape musical instrument.
	TSURIDAIKO – a large hanging barrel drum played with two mallets on one side only.

WIND INSTRUMENTS – musical instruments that produces sound by the use of wind (blowing).

	RYUTEKI – also called as dragon flute. It is a Japanese transverse bamboo flute.
	SHINOBUE – also called as takebue. It is a high-pitched Japanese transverse flute.
	SHAKUHACHI – is the most famous Japanese bamboo flute with 4 or 5 finger holes. It is imported from China for Gagaku.
	NOKAN – it is a parallel bamboo flute and the only melodic instrument used in Noh.
	HICHIRIKI – a double-reed Japanese flute.
	SHO – a free reed Japanese musical instrument.

STRING INSTRUMENTS – musical instruments that produce sound by vibrating the strings.

	KOTO – a 13-stringed instrument used in ensemble in gagaku or as solo.
	SHAMISEN – a guitar like instrument with fretless neck. It is slimmer than a guitar.
	BIWA – a short-necked fretted lute used in narrative story telling.



PRACTICE

Directions: Perform the traditional Japanese folk song “Sakura”. **Sakura** is a traditional Japanese folksong about the season of cherry blossoms.

SAKURA

Sakura sakura
yayoi no sorawa
mi-watasukagiri
kasumika kumoka
nioizo izuru
izaya zaya
mini yukan

CHERRY BLOSSOMS (English Version)

Cherry blossoms, cherry
blossoms, Across the Spring
sky, As far as you can see. Is it
a mist, or clouds? Fragrant in
the air. Come now, come, Let's
look, at last

Go to this link and practice the song <https://www.youtube.com/watch?v=jqpFjsMtCb0>
Sing the song and record it on your phone.

CRITERIA:

Content	40 POINTS
Presentation	30 POINTS
Technicalities	30 POINTS
TOTAL	100 POINTS



EVALUATE

Directions: Encircle the letter of the correct answer.

- Which of the following is a 13-stringed instrument used in ensemble in gagaku or as solo?
a. koto b. sho c. odaiko d. biwa
- Which of the following is a short-necked fretted lute often used in narrative story telling?
a. koto b. sho c. odaiko d. biwa
- Which instrument is a high-pitched transverse flute also called as takebue?
a. shinobue b. taiko c. hichiriki d. shamisen
- Which instrument is used to play a different musical genre and is the central instrument of percussion ensembles?
a. shinobue b. taiko c. hichiriki d. shamisen
- Which of the following is a double-reed Japanese flute?
a. shinobue b. taiko c. hichiriki d. shamisen

ARTS EDUCATION



OUTCOMES

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

- Describe the arts and crafts of Japan.



CHECK

Directions: Enumerate the elements and principles of Arts.

Elements of Arts

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

Principles of Design

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



EXPLAIN

ARTS AND CRAFTS OF JAPAN

ORIGAMI

- It is a traditional art of folding paper in Japan. It consists of folding a sheet of paper into a sculpture without the use of scissors, glue, or tape.
- The word originates from the Japanese terms “ori” which means folding and “kami” which means paper.
- Flowers, fish, animals, birds, and geometric shapes are the most common models of Japanese Origami.
- There is a Japanese legend which says that “if anyone creates a thousand Japanese origami cranes, their wish will be granted by a crane”.



UKIYO-E (wood block printing)

- An artistic genre that produces wood block prints and paintings of travel scenes, sumo wrestler, kabuki actors, female beauties, history, and folk tales.



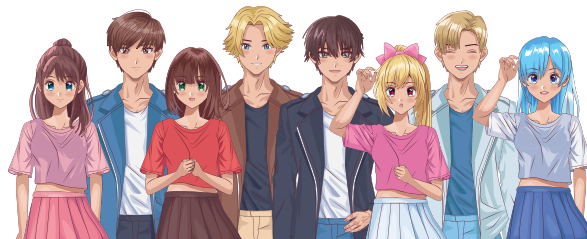
Kabuki Makeup

- A Japanese way of face painting commonly used in Kabuki theater actors. It has two types, “standard makeup” applied to most actors of Kabuki while the “kumadori makeup” is applied to the villains and heroes of Kabuki.



ANIME

- It refers to the style of Japanese hand-drawn book and animation.



HANAMUSUBI

- It refers to the Japanese style of knot tying that emphasizes braids and focuses on individual knots.





PRACTICE

Directions: Create a video tutorial vlog showing step-by-step procedure of paper folding or origami.

CRITERIA:

Content	40 POINTS
Presentation	30 POINTS
Technicalities	30 POINTS
TOTAL	100 POINTS



EVALUATE

Directions: Encircle the letter of the correct answer.

- Which refers to the style of Japanese comic book and video cartoon animation?
 - Kabuki Makeup
 - Ukiyo-E
 - Anime
 - Hanamusubi
- Which refers to the Japanese style of knot tying?
 - Kabuki Makeup
 - Ukiyo-E
 - Anime
 - Hanamusubi
- Which of the following is a type of Kabuki makeup that is applied to the villains and heroes?
 - Ukiyo-E
 - Standard
 - Kumadori
 - Hanamusubi
- Which refers to the traditional paper folding of Japan?
 - Origami
 - Ukiyo-E
 - Kumadori
 - Kabuki
- Which of the following is not used as model of Japanese origami?
 - animals
 - birds
 - buildings
 - flowers

PHYSICAL EDUCATION



OUTCOMES

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

- Explain the basic skills in the game basketball.



CHECK

Directions: Identify the word(s) described by each statement. Arrange the jumbled letters to get the correct answer.

1. **SEMAJ MTHIANSI**
He was considered as the father of Basketball.
2. **LOFU**
It is an attempt to unfairly disadvantage an opponent through illegal physical contact.
3. **MUJP LABL**
It is done to start a game in basketball.
4. **BAIF**
It is an association of national organizations which governs the sport of basketball worldwide.
5. **SKETABALLB ROUCT**
It is the playing surface consisting of a rectangular floor with baskets at each end.



EXPLAIN

- I. **SHOOTING** – is the act of attempting to score points by throwing the ball through the basket. The first basic skill to be learned is shooting. Every basketball player loves to shoot the ball. One of the most practiced skill in basketball is shooting and players spend a good deal of their practice time on shooting drills to improve their skill level.

DIFFERENT TYPES OF SHOOTING:

- Jump Shot
- Set Shot
- Lay-up
- Hook Shot
- Slam Dunk



- II. **DRIBBLING** – is a skill that people who plays basketball should practice. It allows you to move around the court while you are in possession of the ball. It is a legal method that allows you to advance with the ball. This move involves bouncing the ball off the floor with your hands as you move around the court.



- III. **PASSING** – Basketball is a team sport. That means all players are involved with the process of playing the game and should function as one. One of the primary skills needed to accomplish this is passing. It is a skill that maximizes the involvement of all players in setting up a play to earn successful shots and earn points for the whole team.



Two Types of Pass:

1. **Air Pass** – a kind of pass that travels between players without hitting the floor.
2. **Bounce Pass** – a kind of pass that is thrown to the floor so that it bounces to the intended receiver.

Basic Passing Variation

Chest Pass – is a kind of pass which originates from the chest. It is thrown by gripping the ball on the sides with the thumbs directly behind the ball.

Overhead Pass – is often used as an outlet pass. Bring the ball directly above your forehead with both hands on the side of the ball and throw it towards a teammate.

Bounce Pass – is thrown with the same motion however it is aimed at the floor. It should be thrown far enough out that the ball bounces waist high to the receiver.

- IV. **REBOUNDING** – is one of the major aspects of the game. It is the ability to jump with power to gain possession of the ball as it bounces to the rim after a missed shot before it touches the floor. Whether you are playing offense or defense, you should know the right place where the ball may bounce and rebound it in order to gain possession.



- V. **BLOCKING** – a block or blocked shot happens when a defensive player legally deflects a field goal or shot attempt from an offensive player to prevent a score.



PRACTICE

Directions: Create a TikTok dance by executing the basic skills in basketball.

- Tiktok Dance
- Execute the basic skills in basketball
- Invite some family members
- Record it and submit to your teacher

CRITERIA:

Content	40 POINTS
Presentation	30 POINTS
Technicalities	30 POINTS
TOTAL	100 POINTS



EVALUATE

Directions: Identify the basic skills in basketball depicted in each illustration. Match Column A to Column B. Write the letter of your answer on the space provided.

Column A

_____ 1.



_____ 2.



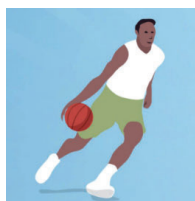
_____ 3.



_____ 4.



_____ 5.

**Column B**

A. BLOCKING

B. DRIBBLING

C. PASSING

D. SHOOTING

E. REBOUNDING

HEALTH EDUCATION



OUTCOMES

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

- Explain the factors and behaviors that promote healthy relationship in marriage and family life.

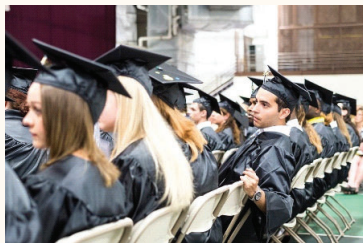


CHECK

Directions: Check (✓) the picture below if it shows dating or courtship or put **X** if not.











EXPLAIN

Going steady is a period wherein the relationship between two people remains strong and well.



ENGAGEMENT – is an agreement entered between two people in relationship for them to be able to know each other and their families well enough to be sure that they are ready and are suited for life-long companionship.



MARRIAGE – one of the most significant events that may happen to one's life. It is the legal union between two individuals. It is also a lifelong partnership of a man and a woman.

Factors to Consider in Choosing a Lifetime Partner

Good character – he or she must be God-fearing, responsible, and honest, hardworking, and respectful.

Maturity – he or she knows how to handle the relationship responsibly and make wise and well thought out decisions.

Fidelity – He/She must make a relationship lasting, consider the relationship sacred, and sincere.

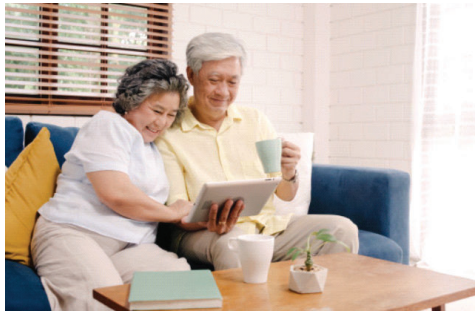
Love – there must be love as it strengthens the relationship with the partner, helps understand one's partner, and makes the marriage endure till death.

Commitment – he or she makes peaceful and lasting relationship and dedicated to fulfilling responsibilities.

Economic readiness – he or she must aim for a better future of the family, provide for the needs of the family, and maintain a stable job or business that can support a family.

Physical maturity – he or she must have a healthy body. He or she must also accept and be proud of his or her partner's physical features.

Behaviors that Promote Healthy and Successful Marriage



Love – be kind and show your love towards your spouse.

Understanding / Respect – support the decision he or she makes and understand his or her flaws.

Care – show him or her that you are always there to show support.

Loyalty – be transparent and avoid keeping secrets.

Shared philosophy – sharing ideas to one another as it might help your relationship grow.

Cooperation – engage in activities your spouse enjoys.

Growth – know each one's differences and learn to adjust.

Sharing and Giving – trust each other's intention.

Communication – talk frequently and communicate effectively.



PRACTICE

Directions: Draw your dream guy/girl/person and write the characteristics and behavior you like the most about that person.

Illustration Content:

- Drawing/sketch of your dream guy/girl
- His/her characters and behaviors
- His/her physical image
- Explanation of your output

Note: Use any drawing/sketch apps to draw. Submit your output to your teacher.

CRITERIA:

Presentation	30 POINTS
Content	40 POINTS
Technical Aspects	30 POINTS
TOTAL	100 POINTS



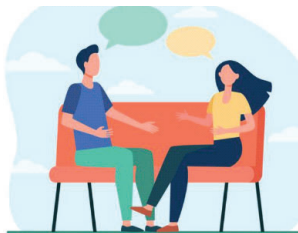
EVALUATE

Directions: What are the ingredients of a successful marriage? Put a ♥ on the picture that shows the ingredients of a successful marriage, put ★ if not.

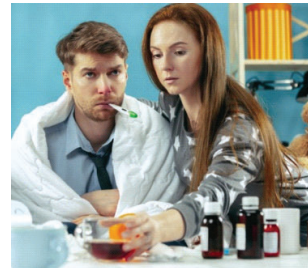
1.



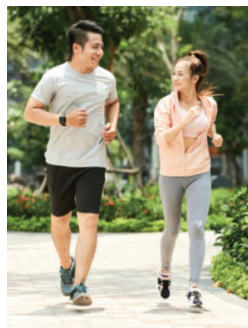
2.



3.



4.



5.



Lesson 03

MUSIC EDUCATION



OUTCOMES

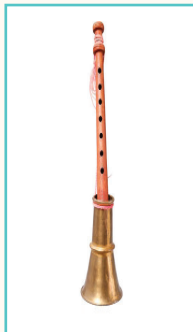
At the end of this module, you are expected to:

- Describe the instrumental and vocal music of China.



CHECK

Directions: Identify the musical instruments of Japan, encircle the picture that belongs to Japanese musical instruments.





EXPLAIN



MUSIC OF CHINA

The traditional vocal music of China can be described as thin with the use of non-resonant voice or falsetto, and most commonly solo rather than choral.

They use of pentatonic scale and melodic rather than harmonic.



Instrumental Music of China



PENGLING

It is an instrument consisting of two small gourd-shaped bells that are made from tin bronze without internal clappers.



SHENG

It is one of the oldest Chinese musical instruments. It is a mouth organ which looks like a set of panpipes, with 12 to 36 bamboo pipes. Each pipe is of different length with a brass reed at the bottom and a hole that must be blocked for the note to sound.



YUNLUO

It means “cloud gongs”. It is a set of ten small tuned gongs mounted in a wooden frame. Its gongs are generally of equal diameter but with different thicknesses.



PIPA

A pear-shaped instrument with four strings and 30 frets. It has an extremely wide dynamic range and remarkable expressive power.



YUEQUIN

A moon-shaped lute with four strings and shorter neck. It is used for accompanying local operas.



ZHENG/GUZHENG

An ancient Chinese instrument with an arched surface and elongated trapezoid body with 13 to 21 strings stretched over individual bridges.



ERHU

It is one of the most popular Chinese musical instruments. It has a two-string fiddle.



PRACTICE

Directions: Perform the traditional Chinese folk song “Mo Li Hua”.

Mo Li Hua is a traditional Chinese song with a beautiful, gentle, and lyrical melody. The lyrics about the jasmine flower also turn it into a love song. The song describes a custom of giving Jasmine flowers which are popular in the southern Yangtze Delta region of China.

Mo Li Hua (Pinyin Version)

Hǎo yī duǒ měi lì de mò
lì huā,
hǎo yī duǒ měi lì de mò
lì huā,
fēn fāng měi lì mǎn zhī
yá
yòu xiāng yòu bái rén
rén kuā,
ràng wǒ lái jiāng nǐ
zhāi xià,
sòng gěi bié rén jiā, mò
lì huā, mò lì huā.

Jasmine Flower (English Version)

What a beautiful jasmine flower
What a beautiful jasmine flower
Sweet-smelling, beautiful, stems
full of buds
Fragrant and white, everyone
praises
Let me pluck you down
Give to someone's family
Jasmine flower, oh jasmine flower

Go to this link and practice the song https://www.youtube.com/watch?v=9S4I_Veb3LA

Sing the song and record it on your phone.

CRITERIA:

Content	40 POINTS
Presentation	30 POINTS
Technicalities	30 POINTS
TOTAL	100 POINTS



EVALUATE

Directions: Encircle the letter of the correct answer.

1. Which of the following is a moon-shaped lute with four string and shorter neck?
a. pipa b. yuequin c. zheng d. erhu
2. Which instrument is known as one of the most popular Chinese musical instruments with a two-string fiddle?
a. pipa b. yuequin c. zheng d. erhu
3. Which instrument has pear shape with four strings and 30 frets?
a. pipa b. yuequin c. zheng d. erhu
4. What is the literal meaning of Mo Li Hua?
a. Cherry Blossom c. Rose Flower
b. Jasmine Flower d. Jasmine Blossom
5. Which instrument is composed of two small bells made of high-tin bronze, without internal clappers, and hemispheric or bottomless gourd-like in shape?
a. pipa b. pengling c. sheng d. yunluo

ARTS EDUCATION



OUTCOMES

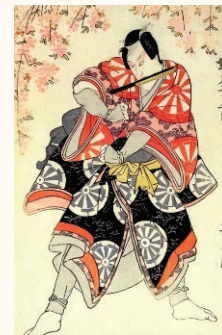
At the end of this module, you are expected to:

- Describe the arts and crafts of China.



CHECK

Directions: Encircle the picture that belongs to the Arts and Crafts of Japan.



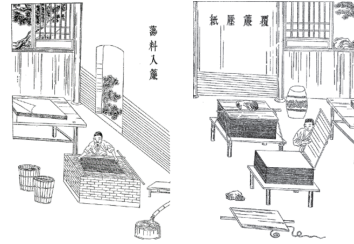


EXPLAIN

ARTS AND CRAFTS OF CHINA

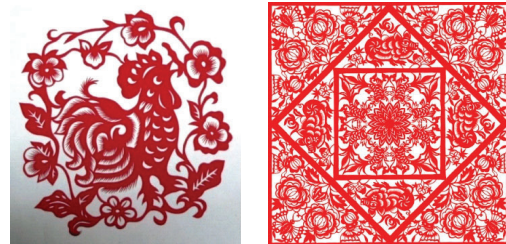
PAPER

It is one of the greatest contributions of Ancient China in the development of Arts. It was invented by Cai Lun from the Eastern Han Dynasty.



JIANZHI

Jianzhi is the first type of paper cutting design. It is sometimes called "chuang hua" which means window flower because the paper cutouts are commonly used as door and windows decoration.



PAINTINGS

The most common themes of Chinese paintings are animals, flowers, birds, palaces and temples, landscapes of daily living and natures.



CALLIGRAPHY

It is the written form of Chinese that unites its language. It uses simplified pictorial images to indicate meaning through suggestions or imagination.



SYCEE

It means "fine silk". It is a type of currency made from gold or silver ingot used in ancient China until 20th century. Chinese people commonly use a replica of sycee as symbol of prosperity and always display it especially during Chinese New Year.



KITE MAKING

A kite is an assembled aircraft made from paper or silk with a bamboo stick bowline.

One of the important contributions of the Chinese in science and technology to Europe is the kite.

Chinese kite has different categories such as flat kites, centipede, hard-winged kites, and soft-winged kites.



Zhongguo

Is one of the decorative handicrafts of China that began as form of Chinese folk art. It is used as a sign for people who wish health and happiness.



CHINESE ROOFS

Hip Roofs – it is considered as one of the classiest Chinese traditional roof style with all sides are sloping. It is used for special constructions.



Hanging Hill Roofs – it has two straight overhanging slopes and considered as the third-grade roofs of Chinese traditional roofs style.



Hard Hill Roof – it is a simple style and considered a low-grade style of Chinese roofs with two slopes facing the front and back.



Resting Hill Roofs – also known as Xie Shan Roof. These are used for important buildings, halls, temples, and gardens of Chinese with two curving sides and considered the second-grade style of Chinese roofs.





PRACTICE

Directions: Create an advertisement featuring the arts and crafts of China.

- Choose one of the arts and crafts of China.
- Create your chosen product.
- Create a brand name for the chosen product.
- Make a short video commercial featuring your product.

CRITERIA:

Content	40 POINTS
Presentation	30 POINTS
Technicalities	30 POINTS
TOTAL	100 POINTS



EVALUATE

Directions: Encircle the letter of the correct answer.

- Which of the following does not belong to the classic types of Chinese roofs?
 - Xie Shan
 - Hip roofs
 - oriental roofs
 - hanging hill roofs
- What is the written form of Chinese that unites its language?
 - Sycee
 - Zhongguo
 - Calligraphy
 - Chinese Paintings
- Which decorative handicrafts of China began as form of Chinese folk art?
 - Sycee
 - Zhongguo
 - Calligraphy
 - Chinese Paintings
- What is considered as one of the greatest contributions of Ancient China to the development of arts?
 - Paper
 - Kite
 - Calligraphy
 - Jianzhi
- Which of the following is an assembled aircraft made from paper or silk with a bamboo stick bowline?
 - Paper
 - Kite
 - Calligraphy
 - Jianzhi

PHYSICAL EDUCATION



OUTCOMES

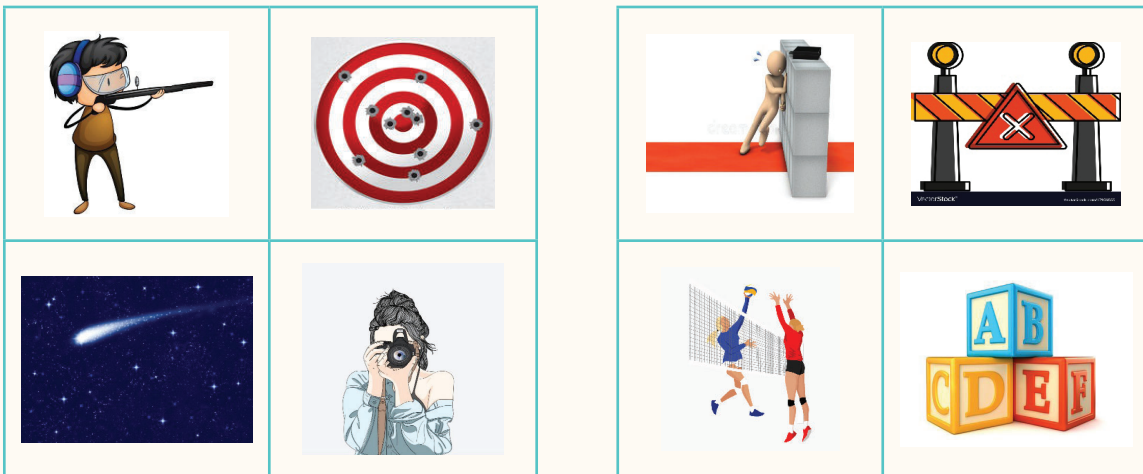
At the end of this module, you are expected to:

- Explain the nature and background of baseball/softball.



CHECK

Directions: Identify the basic skills of basketball depicted in each item by answering the 4PICS 1WORD puzzle below.



INGOOHST

BGLNOIKC



EXPLAIN

BASEBALL – is a team sport played with a bat, ball, and glove. This game is all about catching, throwing, hitting the ball, and running on bases.

SOFTBALL – is a modified form of baseball that is played with a larger ball on a smaller field, seven innings rather than nine of baseball, and with underarm pitching. It has two game variants: slow pitch and fast pitch.

Brief History

- Hitting the ball with bat is played since ancient times and because of this, baseball origin's is still unknown and unidentified.
- Softball started in 1887 when George Hancock, a reporter, invented the indoor version of baseball. The game was originally named as kittenball, mushball, and indoor baseball until year 1920s. It was renamed as softball and organized in United States by 1933.

Objective of the game

- The objective of both baseball and softball is to score more than your opponent. One must hit the ball thrown to you with a bat as far as you can and run around 4 bases to complete a run. Once you manage to run through the 4 bases without being tagged out, you will get a score. Afterwards, another player steps in to bat the ball and attempt to score again. The team with the most runs (score) at the end of the game is the winner.

FACILITIES AND EQUIPMENTS OF BASEBALL AND SOFTBALL

The ball used in baseball is smaller than the one used in softball.

Baseball size: circumference of 9 – 9.25 inches and a diameter of 2.8 – 2.94 inches.

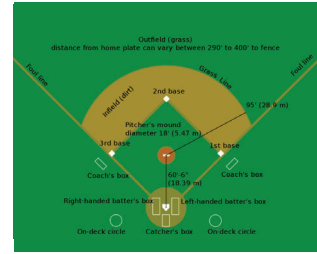
Softball size: circumference of 12 inches and a diameter of 3.8 inches.



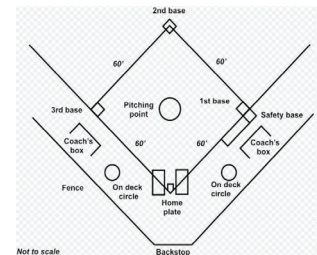
A bat is a smooth wooden or metal club. In baseball, it measures 2.75 inches diameter at the thickest part and 42 inches in length while the length of softball bat varies from 28 to 34 inches.



A baseball field or diamond is graded so that the baseline and home plate are level. The bases are spaced 90 feet or 27.4 meters apart.



A softball field measures 250 feet (76.2 m) from the apex of the home plate. The bases are spaced 60 feet or 18.3 meters apart.



RULES AND REGULATIONS

Baseball has two teams of 9 players.

- Each game lasts for 9 innings.
- The positions in a team are pitcher, catcher, first baseman, second baseman, shortstop, third baseman, and three outfielders: the left field, center field, and right field.
- Batting order cannot be changed when it is already picked.
- If the batter hits the ball thrown by the pitcher, they must run to as many as bases as they can before being tagged out. Each base must be touched by the batter with any parts of their body when running past.
- A batter gets up to three strikes before getting out. If four balls miss the strike zone by the pitcher and the batter does not swing their bat, they can walk to the first base.
- At any point, a batter can run to the next base when on base.
- Players can be dismissed by:
 - Strike out** – batter missed to hit the ball three times.
 - Force out** – player fails to make on the base before the defender.
 - Fly out** – when the batter hit the ball through air and caught by defender without bouncing.
 - Tag out** – when a defensive player with a ball tags/touched the batsman while running.

Softball composed of two teams with 9 players and can be mixed gender.

- A game lasts for 7 innings which are split into two sections; top and bottom of the innings.
- Each team bats at once before the sides switch.
- The team is composed of pitcher, catcher, a player in first base, second base, third base, three outfielders and a shortstop.
- A batter must hit the ball and run to as many bases as possible. Once the batter goes around all bases and head to home plate without being tagged or out, a run is scored.
- A home run can be scored by hitting the ball over the outfield and into a dead ball area. The batter can run around all bases to score together with other batters that are stationed on a base.



PRACTICE

Directions: Draw a baseball/softball field using any sketch apps.

- Choose between baseball or softball
- Use sketch/drawing apps to draw the layout of the field
- Position the 9 players on the field
- Submit your output to your teacher

CRITERIA:

Content	40 POINTS
Presentation	30 POINTS
Technicalities	30 POINTS
TOTAL	100 POINTS



EVALUATE

Directions: Encircle the letter of the correct answer.

- Which game is composed of 9 players each team and can be mixed gender?
a. baseball b. softball c. basketball d. volleyball
- What happens when the player/batter missed to hit the ball three times?
a. strike out b. force out c. fly out d. tag out
- What happens when the defender with a ball tags/touched the batsman while running on base?
a. strike out b. force out c. fly out d. tag out
- Which game has 9 players and lasts in 9 innings?
a. baseball b. softball c. basketball d. volleyball
- Which of the following is not a name used to refer to softball?
a. kittenball b. mushball c. kickball d. indoor baseball

HEALTH EDUCATION



OUTCOMES

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

- Analyze pregnancy-related concerns and prenatal care.



CHECK

Directions: Put a check (✓) if the statement shows the factors and behaviors that promote healthy relationship in marriage and put **X** if not.

1. Be kind and show your love towards your spouse.
2. Support the decision he or she makes and understand his or her flaws.
3. Avoid transparency and keep secrets.
4. Sharing ideas to one another as it might help your relationship grow.
5. Talk frequently and communicate effectively.



EXPLAIN

PREGNANCY



It is the period of development of a fetus inside a woman's uterus starting from conception. It is also called gestation and usually lasts for 40 weeks or just over 9 months.

3 PHASES OF PREGNANCY

First trimester – a period of pregnancy from conception to the end of week 13. The first sign of pregnancy may be a missed menstrual period.

Second trimester – a period of pregnancy from week 14 to the end of week 26. This is the time when most women show visible physical signs of pregnancy and may begin to wear maternity clothes.

Third trimester – a period of pregnancy from week 27 to child birth. The woman's belly gets bigger and sleep problems and other physical discomfort are common during this period.

Maternal Changes and Symptoms Experienced During Pregnancy

- Nausea and vomiting
- Skin changes (itchiness, pimples, stretch marks)
- Hormonal changes increase oil gland secretion
- Breast changes – an increase in breast size is one of the first signs of pregnancy and the breasts may continue to grow throughout the pregnancy.
- Some women may also experience depression during pregnancy or after childbirth.
- Having lower than the normal number of healthy red blood cells or anemia.
- Urinary tract infection
- Varicose veins in the legs and the area around the vaginal opening.
- Leg cramps
- Tiredness
- Sleep problems
- Backache
- Heartburn and constipation

Prenatal Care

- It is the health care given to pregnant women during their term of pregnancy.
- It helps decrease risks during pregnancy and increases the chance of a safe and healthy childbirth. Regular prenatal visits can help your doctor monitor your pregnancy and identify any problems or complications before they become serious.

Prenatal care ideally starts at least three months before you begin trying to conceive. Some healthy habits to follow during this period include:

- Eat nutritious food.
- Quit smoking and drinking alcohol.
- Take folic acid supplements daily.
- Talk to your doctor about your medical conditions, dietary supplements, and any over the counter or prescription drugs that you take.
- Avoid all contact with toxic substances and chemicals that could be harmful.

You can start getting prenatal care as soon as you know you are pregnant.

Post-Natal Care (Postpartum Care)

While most attention to pregnancy care focuses on the nine months of pregnancy, postpartum (post-natal) care is important, too. The postpartum period lasts from six to eight weeks, beginning right after the baby is born. During this period, the mother goes through many physical and emotional changes while learning to care for her newborn. Postpartum care involves getting proper rest, nutrition, and vaginal care.

Schedule a checkup with your doctor about six weeks after delivery to discuss symptoms and receive proper treatment. You should abstain from sexual intercourse for four to six weeks after delivery so that your vagina has proper time to heal.



PRACTICE

INFOGRAPHIC

Directions: Create an infographic of phases of pregnancy.

Content:

- Information about the physical and emotional changes that happens at each phase of pregnancy.
- Pictures depicting the changes that occur on the mother as well as the fetus.
- Include your references to ensure that the information presented is accurate.

Note: Use any editing apps to do the graph. Submit your output to your teacher.

CRITERIA:

Presentation	30 POINTS
Content	40 POINTS
Technical Apects	30 POINTS
TOTAL	100 POINTS



EVALUATE

Directions: Encircle the letter of the correct answer.

1. Which of the following begins right after the baby is born?
 - a. postpartum
 - b. pregnancy
 - c. 1st trimester
 - d. 3rd trimester

2. Which term used to describe a woman with a developing fetus on her womb?
 - a. postpartum
 - b. pregnancy
 - c. 1st trimester
 - d. 3rd trimester

3. Which phase of pregnancy happens from conception to the end of week 13?
 - a. 1st trimester
 - b. 2nd trimester
 - c. 3rd trimester
 - d. post-natal

4. Which refers to the health care women receive when they are pregnant that helps increase the chances of safe and healthy delivery?
 - a. pre-natal care
 - b. post-natal care
 - c. social care
 - d. postpartum

5. Which of the following is not a change or symptoms observed during pregnancy?
 - a. increase of breast size
 - b. leg cramps
 - c. tiredness
 - d. loss of memory

Lesson 04

MUSIC EDUCATION



OUTCOMES

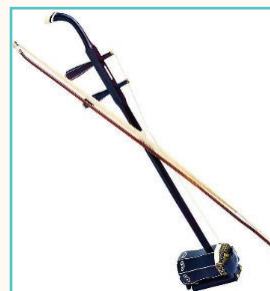
At the end of this module, you are expected to:

- Describe the instrumental and vocal music of Korea.



CHECK

Directions: Identify the musical instruments of China, encircle the picture that belongs to Chinese musical instruments.





EXPLAIN

MUSIC OF KOREA



Korea is not only known for its TV shows and pop music with all the actors and actresses as well as the singers and performers. The country is also known for their culture and traditions equipped with the different musical instruments that originated from them. These musical instruments are still used in the present time.

CHONG-AK – literally means right or correct music. This music was cultivated mainly by the upper or ruling class.

SOG-AK OR MINSOGAK – is a category of Korean music traditionally associated with the lower class or the common people. This music is vibrant and energetic.

INSTRUMENTAL MUSIC OF KOREA

Traditional Korean instruments can be divided into string, wind, and percussion instruments.

HAEGUM

It is held vertically on the knee of the performer and played with a bow made of a two-stringed vertical fiddle. It has a rodlike neck, hollow wooden soundbox, and two silk strings.



GEOMUNGO

A six-stringed plucked zither with both bridges and frets.



KAYAGUM (GAYAGEUM)

A twelve-stringed instrument which is one of the best known traditional Korean music instruments. Variants have been constructed with 21 or more numbers of strings.



CHANGGO

It has an hourglass-shaped body with two heads made from animal skin. It is one of the most widely used traditional instruments of Korea.



PIRI

A Korean musical instrument made from bamboo. Its large reed and cylindrical bore give it a sound softer than that of many other types of oboe.



PRACTICE

Directions: Perform the traditional Korean folk song “Arirang”.

Arirang – is a Korean folk song sometimes considered the unofficial national anthem of Korea. It is used as a symbol of Korean culture. Arirang is a song of farewell.

ARIRANG

Arirang, Arirang, Arariyo...
Arirang gogaero neomeoganda.
Nareul beorigo gasineun nimeun
Simnido motgaseo
balbbyeongnanda.

THE HILL (English Version)

Arirang, Arirang, Arariyo...
Crossing over Arirang Pass.
The one who abandoned me
Shall not walk even 4 kilometers
before their feet hurt.

Go to this link and practice the song <https://www.youtube.com/watch?v=bC62xvklU9g>

Sing the song and record it on your phone.

CRITERIA:

Content	40 POINTS
Presentation	30 POINTS
Technicalities	30 POINTS
TOTAL	100 POINTS



EVALUATE

Directions: Encircle the letter of the correct answer.

- Which of the following has an hourglass-shaped body with two heads made from animal skin and one of the most widely used traditional instruments of Korea?
a. changgo b. piri c. haegum d. kayagum
- Which of the following has twelve strings and is one of the best known traditional Korean instruments?
a. changgo b. piri c. haegum d. kayagum
- Which music was cultivated mainly by the upper or ruling class?
a. minsogak b. chong-ak c. sog-ak d. KDrama
- Which category of Korean music is traditionally associated with the lower class or the common people?
a. minsogak b. chong-ak c. sog-ak d. KDrama
- Which instrument uses a two-stringed vertical fiddle that is held vertically on the knee of the performer and played with a bow?
a. changgo b. piri c. haegum d. kayagum

ARTS EDUCATION



OUTCOMES

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

- Analyze the arts and crafts of Korea.



CHECK

Directions: Encircle the picture that belongs to the arts and crafts of China.





EXPLAIN

ARTS AND CRAFTS OF KOREA

MAEDEUP



- It is the Korean word for decorative knot work.
- Also called "Dorae" which means double connection knots.

PAINTINGS

Landscape



Minhwa (traditional folk paintings)



FOUR GRACIOUS PLANTS

It represents the four seasons:

The Plum – Spring

Orchid – Summer

Chrysanthemum – Autumn

Bamboo – Winter



KOREAN MASK



- It is made from alder wood. To give the mask gloss and waterproof, they put several coats of lacquer. They usually painted it for design and sometimes had hinges for mouth movements.
- In Korea, “Tal” is the word for mask. It was a sacred symbol of the Gods for ancient Koreans.
- Traditional Korean masks were originally used by shamans for their rituals but today it is used in cultural festivals, dances, and plays that are still performed as part of the nation’s heritage.



PRACTICE

Directions: Draw your own design of Four Gracious Plants. You can use any drawing/sketch apps to do this activity.

CRITERIA:

Content	40 POINTS
Presentation	30 POINTS
Technicalities	30 POINTS
TOTAL	100 POINTS



EVALUATE

Directions: Encircle the letter of the correct answer.

1. Which of the following does not belong to the four gracious plants?
 - a. Plum
 - b. Orchids
 - c. Chrysanthemums
 - d. Cherry Blossoms

2. Which of the following is the Korean word for decorative knot work?
 - a. maedeup
 - b. Tal
 - c. minhwa
 - d. doraе

3. Which refers to traditional folk paintings of Korea?
 - a. maedeup
 - b. Tal
 - c. minhwa
 - d. doraе

4. Which word literally means double connection knots?
 - a. maedeup
 - b. Tal
 - c. minhwa
 - d. doraе

5. Which of the following is a sacred symbol of the Gods for ancient Koreans?
 - a. maedeup
 - b. Tal
 - c. minhwa
 - d. doraе

PHYSICAL EDUCATION



OUTCOMES

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

- Perform basic skills in baseball/softball.



CHECK

Directions: On the boxes below, draw a baseball and softball field. Label its parts and measurements

SOFTBALL FIELD

BASEBALL FIELD



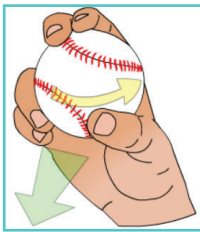
EXPLAIN

Basic Skills in Baseball/Softball

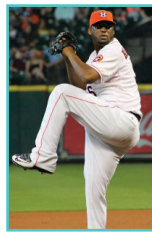
In order to become an elite player or even just to enjoy playing baseball or softball, you must first learn or acquire the different basic skills. Catching, throwing, hitting, and running are the four basic skills in baseball/softball.

Throwing – It is the most basic skills in playing baseball/softball. It helps the defender of the team create plays and prevent the offensive player from running through the bases.

Proper execution of throwing:



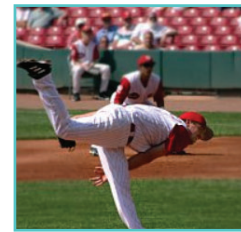
GRIP



WIND-UP



DELIVERY



FOLLOW THROUGH

Pitching – it puts the game into play. The player who stands at the center of the playing field called the pitcher is the one who execute the pitching.



Baseball player throws the ball overhand



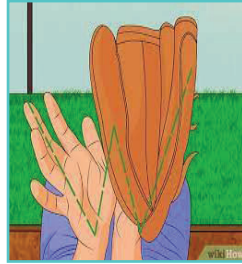
Softball player throws the ball underhand

Catching – a defensive skill used to receive a thrown ball by your teammates or from your opponent when they hit the ball with the bat.

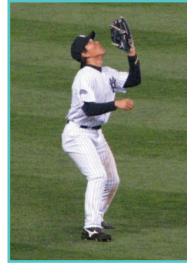
Proper position in Catching the Ball



Square position



**Proper position
of arm when
catching the ball**



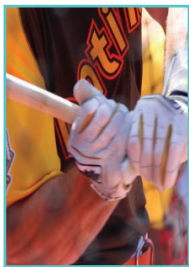
Catching fly ball



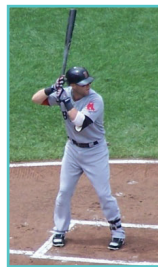
**Catching below
waist level**

Hitting/Batting – is the act of hitting the ball thrown by the pitcher using the bat.

Proper execution of batting:



Grip



Stance



Stride



Swing

Running/Base Running – it is an important skill because after hitting the ball, you should run through the bases with full speed and agility.





PRACTICE

Directions: Perform the basic skills in baseball/softball and record it using your mobile devices.

- Basic skills in baseball/softball.
- Record and edit your execution.
- Submit to your teacher.

CRITERIA:

Content	40 POINTS
Presentation	30 POINTS
Technicalities	30 POINTS
TOTAL	100 POINTS



EVALUATE

Directions: Encircle the letter of the correct answer.

- Which of the following refers to the act of hitting the ball by the bat thrown by the opponent or the pitcher?
a. throwing b. catching c. batting d. running
- Which refers to the defensive skills to receive a thrown ball by your teammates or from the ball hits by your opponent?
a. throwing b. catching c. batting d. running
- Which of the following is not part of proper execution in batting?
a. grip b. run c. stride d. swing
- Which of the following is not part of proper execution in throwing?
a. grip b. run c. stride d. swing
- Which of the following skill in baseball and softball puts the game into play?
a. throwing b. batting c. running d. pitching

HEALTH EDUCATION



OUTCOMES

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

- Analyze the importance of responsible parenthood.



CHECK

Directions: Put a check (✓) if the statement shows the changes and symptoms observed during pregnancy and put **X** if not.

- _____ 1. nausea and vomiting
- _____ 2. urinary tract infection
- _____ 3. leg cramps
- _____ 4. skin changes such as itchiness, pimples, and stretch marks
- _____ 5. memory loss



EXPLAIN

Parenthood

- It is the state of being a parent which involves fulfilling the responsibilities to one's family.
- Traditional societal beliefs and norms suggest that the father is the head of the family who works and provides for the needs of his family. The mother is the one who does the household chores and takes care of their children.

Responsible Parenthood

- The ability of parents to identify and give the needs of their children and help them become responsible children.
- A shared responsibility of the husband and wife.
- The ability of both partners to raise their children in a Filipino way that satisfies the social, economic, and religious responsibilities of the family.

Qualities of Responsible Parenthood

- Getting married at the right age helps to start a new family and new life in a right time.
- Family planning should be discussed and done by the parents together.
- Physically, emotionally, and mentally maturity is important in starting a family.
- Proper spacing between births of children assures that each child will get the right attention and proper care that they deserve.

Duties and Responsibilities of Parents

- **Show love and care** – the duty and responsibility of a parent starts when the child is in the womb of the mother. Proper care and affection is very important.
- **Provide basic needs** – You should provide your children with their needs such as plenty of nutritious foods, water, shelter, and clothes, etc.
- **Discipline the children** – parents are the role models of discipline to their children. They should be taught to think before doing anything and know how to decide what is wrong or right.
- **Provide education** – it is the duty of parents to their children to provide them with education so that they will acquire knowledge and skills that will help them in their future.
- **Guide children to grow spiritually** – parents should guide their children to grow and develop their spiritual life.
- **Train children to become good citizens** – parents should teach children to become aware of their social responsibility and contribute to the development of their communities.
- **Teach children to be financially responsible** – parents should teach children to develop their ability to handle money and other assets in a manner that is best for the individual and for the family.



PRACTICE

Directions: Draw your dream family and write your plans in your future together with your family. Use any sketch apps or drawing apps to do this activity.

MY FUTURE PLAN	MY DREAM FAMILY

CRITERIA:

Presentation	15 POINTS
Content	20 POINTS
Technical Aspects	15 POINTS
TOTAL	50 POINTS



EVALUATE

Directions: Write check (✓) on the statement if it shows responsible parenthood and write **X** if not.

- | | |
|-------|--|
| _____ | 1. Buying your children expensive toys and dress instead of buying food. |
| _____ | 2. Teaching your children how to pray everyday. |
| _____ | 3. Bringing your children to school. |
| _____ | 4. Giving your children too much money when going to school. |
| _____ | 5. Taking care of children when they are sick or ill. |

UNIT 3

Lesson 01

MUSIC EDUCATION



OUTCOMES

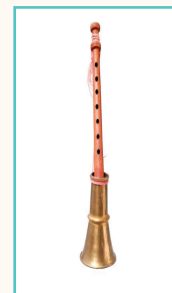
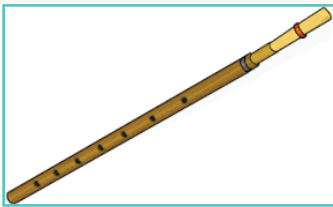
At the end of this module, you are expected to:

- Identify features of South Asian and Middle East Asian music.



CHECK

Direction: Encircle the picture that shows a Korean musical instrument.





EXPLAIN

MUSIC OF INDIA

Indian music reflects the diverse aspects of Asian culture through its timber, rhythm, melody, texture, form, and style. Indian music is very important to the lives of the people of India as a source of spiritual inspiration, cultural expression, and entertainment.

Classical Music of India – it includes the **Carnatic**, performed in Southern part of India and **Hindustani**, performed in the Northern part of India.

Carnatic



- Also called as temple music.
- Musical pieces emphasizes the voice and the lyrics.
- “Krti” or composition of devotional song is a key feature of Carnatic music.
- It is unified, based on the same ragas, and uses solo instruments and rhythm instruments.

Hindustani



- Uses a nasal style of singing.
- Developed with Persian influences and the existing religious and folk music.
- Associated with the historical Vedic religion or philosophy.
- “khyal” or most common style of singing in North India which literally means imagination is a key feature of Hindustani music.

MUSIC OF PAKISTAN

The Music of Pakistan contains diverse elements ranging from music from various parts of South Asia as well as Central Asia, Middle Eastern, and modern-day Western popular music influences. The distinctive sound of the music of Pakistan developed from these many influences.

PUNJABI MUSIC

It is the traditional music of the region of Punjab located in the Indian subcontinent. It has various style of music such as folk music and sufi music to classical music, notably the Patiala Gharana, a distinct style of singing.

QAWWALI – is a form of music in Pakistan performed by the Sufis, a religious group, to elevate their religious devotion and spiritual connection to God. It usually speaks about spiritual and worldly love.



GHAZAL – it is a form of Islamic poetry and hymn.



MUSIC OF ISRAEL

West Asia's music was generally modal wherein the harmony is not emphasized but rather uses key features such as ornamentation and melodic complexity.

Israel's music is developed over the centuries from a combination of Jewish and non-Jewish traditional music which formed a distinctive musical culture. Jewish style of singing is described as guttural and throaty enunciation.

Hazzan – also known as “cantor”, is the leader of the prayer worship and sings the liturgical music in a Jewish synagogue.



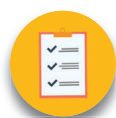
PRACTICE

Directions: Compare and contrast the musical singing style of India, Pakistan, and Israel by singing their vocal style in a vlog. Explain the differences and similarities you have observed after singing.

RUBRICS

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: Encircle the letter of the correct answer.

- Which refers to the leader of the prayer worship and liturgical singing in synagogue?
 - Hazzan
 - Punjabi
 - Ghazal
 - Qawwali
- Which is a form of music in Pakistan performed by the Sufis to elevate the religious devotion and spiritual connection to God?
 - Hazzan
 - Punjabi
 - Ghazal
 - Qawwali
- Which is a form of Islamic poetry and hymn?
 - Hazzan
 - Punjabi
 - Ghazal
 - Qawwali
- What is the most common style of singing in North India which literally means imagination?
 - Khyal
 - Krti
 - Carnatic
 - Hindustani
- Which of the following is also called as temple music in Indian music?
 - Khyal
 - Krti
 - Carnatic
 - Hindustani

ARTS EDUCATION



OUTCOMES

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

- Analyze key features of the arts and crafts of India.



CHECK

Directions: Encircle the picture that belongs to the arts and crafts of Korea.





EXPLAIN

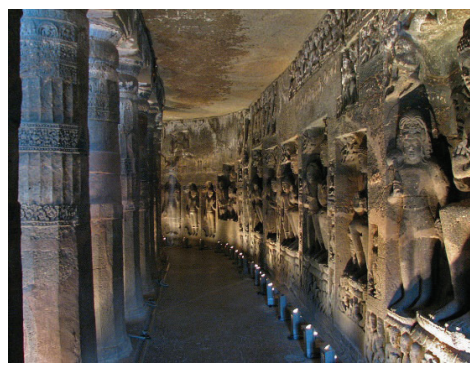
ARTS AND CRAFTS OF INDIA



The origin of Indian art can be traced back to the pre-historic settlements of the 3rd millennium BCE. Indian art is influenced by different cultures as well various religious influences such as Buddhism, Jainism, Hinduism, Islam, and Sikhism. It is composed of different art forms such as painting, pottery, sculpture, and textile arts. Indian Art can be described with a strong sense of design that can be observed in its modern and traditional forms.

AJANTA CAVES OF MARAHASHTRA

It consists of 30 rock-cut cave monuments that includes paintings and sculptures that is considered as the masterpiece of Buddhist religious art.



SHIVA and VISHNU



The God of destruction and regeneration of the Hinduism. It represented by a four-armed figure in which every hand has a meaning.

TAJ MAJAL



It is built in 1632 by Mughal emperor Shah Jahan in memory of his wife. It is one of the contributions of the Moguls to the enrichment of Indian culture, painting, and architecture.

RANGOLI



It is one of the most colorful and most pleasing arts forms in India. It is derived from the Sanskrit word “rangavalli”. “Rang” means color and “aavalli” means row of colors. It is made in many special occasions such as festivals, marriage, birthdays, and ceremonies. Hindus put rangoli in front of their houses as decorations which are made from colored sand, flour, and flower petals. Traditional design of rangoli makes use of designs and motifs based on nature like mangoes, flowers, swans, peacock, etc.

DIWALI



It is the Hindu New Year celebrated every month of October or November. It is also known as Festival of Lights. It is held for 3 to 5 days where homes are cleaned to welcome the New Year. They believe that “Lakshmi”, Hindu’s goddess of wealth, will go down and enter their house that is why they keep their window open. Hindus believe that Lakshmi cannot enter a house that is not lit up, which is why every households burns a special Diwali clay lamps or diya to light the way of their goddess.

TANJORE AND MYSORE PAINTINGS



It is a painting characterized with a brilliant jewel-like appearance which is done by using real gold and silver foil, various precious stones, beads, mirrors, and powdered metals. Besides the use of primary colors to depicts the Gods, these paintings depict the infant Krishna commonly seen in pink with a marble like clearness while Vishnu and his image are often portrayed with a broad green body tone.



PRACTICE

Directions: Create your own rangoli design using any drawing/sketch apps. Make sure to use Indian traditional motif or design in your output.

RUBRICS

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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1. Who is the Hindu God of destruction and regeneration?
 - a. Lakshmi
 - b. Diyas
 - c. Shiva
 - d. Ajanta
2. Which refers to the 30 rock-cut cave monuments that is considered as the masterpiece of the Buddhist religious art?
 - a. Diwali
 - b. Rangoli
 - c. Ajanta
 - d. Tanjore and Mysore
3. Which Hindu holiday is celebrated every month of October or November. Also known as Festival of Lights?
 - a. Diwali
 - b. Rangoli
 - c. Ajanta Caves
 - d. Tanjore and Mysore
4. Who is the Hindu Goddess of wealth?
 - a. Lakshmi
 - b. Diyas
 - c. Shiva
 - d. Ajanta
5. Which of the following does not belong to the motifs and designs of Indian rangoli?
 - a. peacock
 - b. swan
 - c. mango
 - d. buildings

PHYSICAL EDUCATION



OUTCOMES

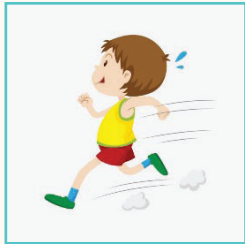
At the end of this module, you are expected to:

- Describe the nature and background of futsal.



CHECK

Directions: Arrange the jumbled letters to identify the basic skills in baseball/softball.



1. GINRNNU



2. GITNHTI



3. TRHWONIG



4. CCATHGIN



EXPLAIN

NATURE AND BACKGROUND OF FUTSAL

Futsal is an indoor game variation of soccer and played on a hard court, smaller than a soccer pitch, between two teams of five players each. The word “futsal” came from the Spanish term *futbol sala* or *futbol de salon* which means indoor football. In 1985, the second world championship was held in Madrid and the word “*futbol sala*” was used in the game. Since then, the sport was known as “futsal” all over the world.

HISTORY OF FUTSAL

In 1930, Juan Carlos Ceriani, a teacher in Uruguay, created an indoor version of football intended as a recreation for YMCA’s students. This sport was first played at a basketball court.

Ceriani took the ideas and principles from different sports to create a rule book of futsal in September 1933. His goal was to create a team sports that can be played both indoor and outdoor with gameplay similar to football.

The following list shows the elements or principles that he borrowed from different sports:

Football/Soccer – touching the ball with every part of the body except for the hands.

Basketball – the number of players which is five per team
– the 40-minute game duration

Water polo – the rules on how the goalkeeper plays.

Handball – the size of the field and the goal.

The game immediately spread throughout South America because it can be easily played by everyone, indoor or outdoor, in all-weather condition without difficulty, and it helped athletes to stay physically fit throughout the year.

Habib Maphuz and Luiz de Oliveira modified the rules and wrote the Book of Rules of Futsal in 1956. International games adopt the new rules stipulated in this rulebook.

There are two governing bodies of futsal who maintain and regulate the official rules of their respective version of futsal:



AMF
(Asociacion Mundial de Futsal)



For the Game. For the World.

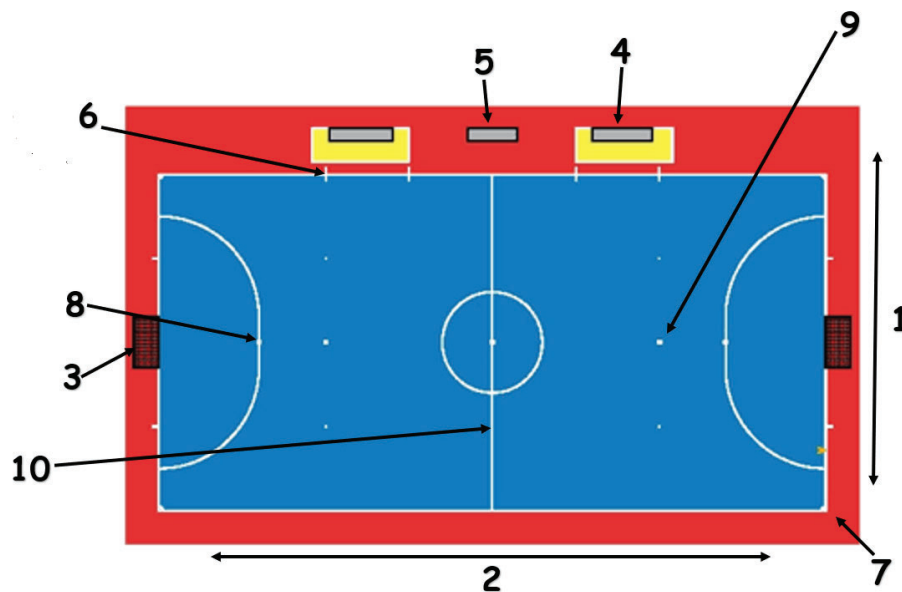
FIFA
(Federation Internationale de Football Association)

Number of Players

- There can only be five players for each team playing on the field at a given time.
- In every match, a team can have a maximum of 12 players.
- The coach can substitute players for an unlimited number of times and can be done on-the-fly.
- A match cannot be started if either team has less than three players on their team.
- Abandoned match is called if one of the team has less than three players on the court.

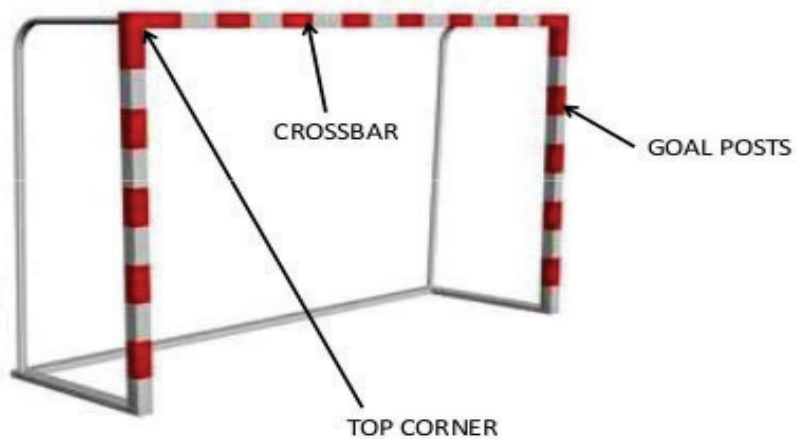
Facilities and Equipment

The Pitch – is made from wood or artificial material with flat, smooth, and non-abrasive surface. It has a minimum dimension of 25 meters x 16 meters and maximum dimension of 42 meter x 25 meter.



- | | |
|--------------------|------------------------|
| 1. goal line | 6. substitution zone |
| 2. touch line | 7. corner arcs |
| 3. goal | 8. penalty spot |
| 4. team bench | 9. second penalty spot |
| 5. officials table | 10. halfway line |

The Goal – a rectangular post located at the middle of the goal line on each side of the court with the size of 2 meters x 3 meters.



The Ball



The futsal ball is smaller than a soccer ball and it is designed to not bounce too much as it is played on a solid court/field. For age 13 and up, the recommended ball to be used is size 4 with a 62-64 centimeter in circumference and with a weight of 400 – 440 g.



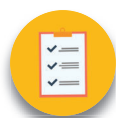
PRACTICE

Directions: Create your own design of a futsal pitch/court and label its parts. Make sure that you follow the proportions and shape of the futsal pitch/court. Use any sketch/drawing apps in completing this activity.

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EVALUATE

Directions: Read the following questions carefully. Encircle the letter of the correct answer.

- Who invented the game Futsal?
 - Juan Carlos Ceriani
 - John Carlo Ceriani
 - Juan Karlos Seriani
 - Juan Carlos Ceraini
- Which of the following pair of governing bodies are responsible for maintaining and regulating the official rules of their respective versions of futsal?
 - PBA and NBA
 - FIBA and FIVB
 - FIFA and AMF
 - NFL and AFL
- What is the exact measurement of a futsal goal?
 - 2 m x 2 m
 - 2 m x 3 m
 - 3 m x 6 m
 - 5 m x 5 m
- Which number of players is needed for a match to be started?
 - three
 - five
 - four
 - twelve
- Which of the following principles of a game is not borrowed by Ceriani in creating futsal?
 - Basketball – five players on each team
 - Water Polo – the rules about the goalkeeper
 - Handball – for the field and goal sizes
 - Volleyball – for the ball

HEALTH EDUCATION



OUTCOMES

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

- Analyze the stages of infection, leading causes of morbidity, and mortality in the Philippines.



CHECK

Directions: Put a check (✓) on the underline if the statement belongs to the different life skills to improve sexual health and put **X** if not.

- _____ 1. Assessing your health
- _____ 2. Communicating effectively
- _____ 3. Making good decisions
- _____ 4. Evaluating media message
- _____ 5. Practicing wellness



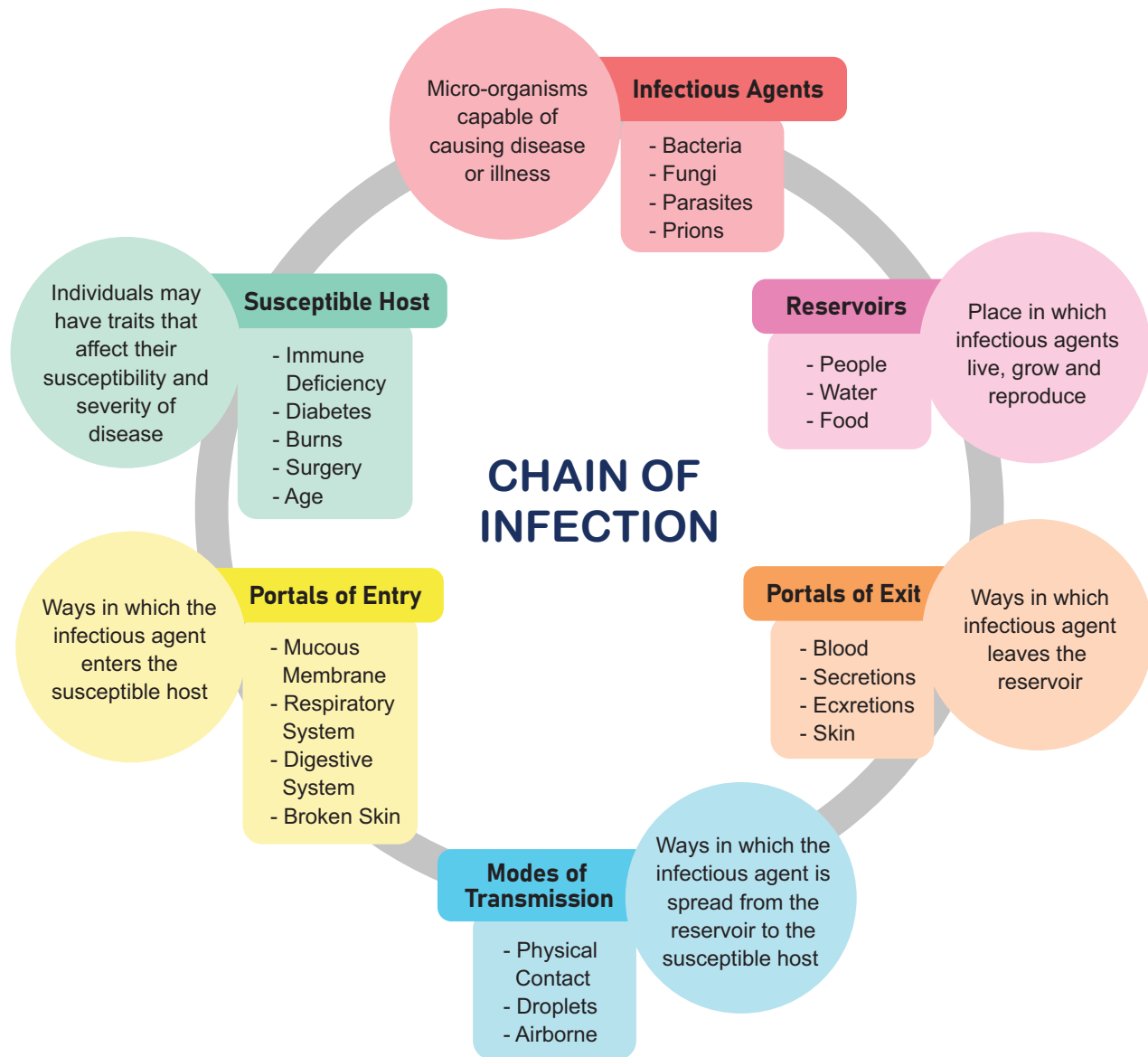
EXPLAIN

Stages of Infection, Leading Causes of Morbidity, and Mortality in the Philippines

Communicable disease – an illness caused by pathogens or toxic substances than can be directly and indirectly passed from human, animals, or environment. It is any illness that you can catch or pass from one person to another person.

Infection – occurs when pathogens or disease-carrying microorganisms invade the human body and cause disease.

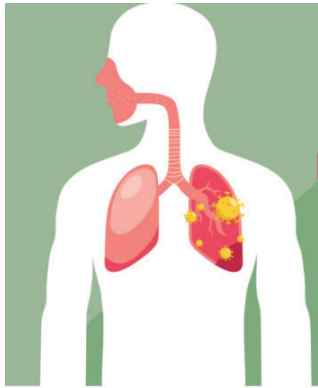
Chain of infection – it refers to the steps on how a pathogen moves about in the body and from one person to another and the spread of infection within the community.



Six Links in The Chain of Infection

1. **Pathogen** – it refers to disease-causing microorganisms.
2. **Reservoir** – it refers to a place where pathogens can survive and reproduce.
3. **Portal of exit** – it refers to the place or ways on how pathogens leave the reservoir.
4. **Mode of transmission** – it is the method or way in which the pathogen moves from one host to another.
5. **Portal of entry** – any opening of the body that allows the pathogens to enter the host. It can be through the nose, mouth, wound, IV line, etc.
6. **Susceptible host** – this refers to persons who cannot resist or fight against pathogen invading their body such as persons with weak immune system, babies, elderly, and those with chronic diseases.

Stages of Infection



INCUBATION STAGE

It starts when a person acquires the pathogens until the first signs and symptoms appear.



PRODROMAL STAGE

It is the stage when the person who acquired the pathogens feels non-specific signs and symptoms such as runny nose, cough, headache, or slight fever.



ILLNESS/CLINICAL STAGE

It refers to the time where the illness reaches the highest point of development. The infected person experiences severe ache, vomiting, high fever, sore throat, etc.



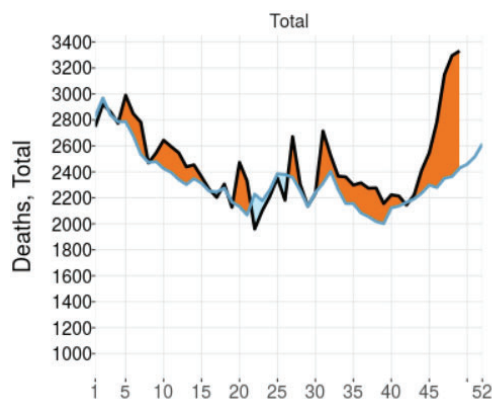
RECOVERY/CONVALESCENCE STAGE

It refers to the stage when the person recovers from illness although the disease is still communicable because not all pathogens are eliminated in the body.

LEADING CAUSES OF MORBIDITY AND MORTALITY IN THE PHILIPPINES



MORBIDITY – it is often used to describe illness, impairment, disease, or an unhealthy person, especially when discussing chronic and age-related diseases which can worsen over time. Co-morbidity refers to the presence of multiple sickness in a person.



MORTALITY – It refers to death of individuals or organisms in a population. It also refers to the frequency of deaths in a specific population known as mortality rate.

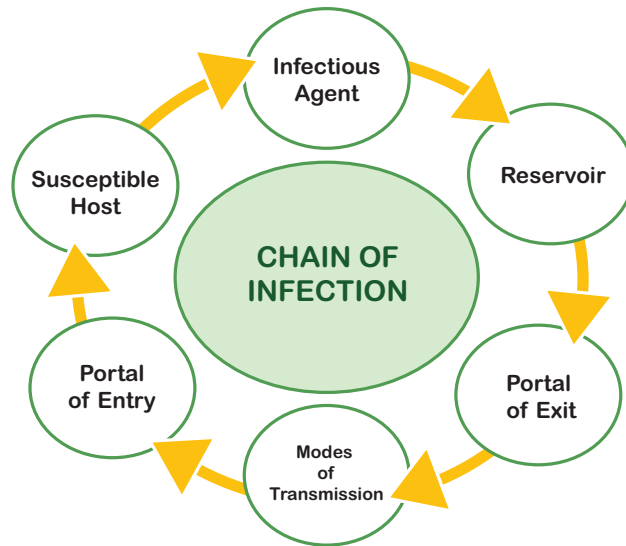
Top 10 Leading Causes of Morbidity and Mortality in the Philippines

1. Heart disease
2. Vascular system disease
3. Malignant neoplasms also known as cancer
4. Pneumonia
5. Accidents
6. Tuberculosis (all forms)
7. Chronic lower respiratory disease
8. Diabetes
9. Nephritis, nephrotic syndrome, and nephrosis
10. Certain conditions originating in the pre-natal period



PRACTICE

Directions: Create your own chain of infection by using the pictures taken inside or around your house to represent each link in the chain. You can use any editing apps to complete this activity.



RUBRICS

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EVALUATE

Directions: Encircle the letter of the correct answer.

1. Which refers to any illness that you can catch or passed from one person to another person?
 - a. Communicable Disease
 - b. Non-Communicable Disease
 - c. Morbidity
 - d. Mortality
2. Which refers to the state or condition of death of a person or an organism?
 - a. Communicable Disease
 - b. Non-Communicable Disease
 - c. Morbidity
 - d. Mortality
3. Which stage starts when a person acquires the pathogens until the first sign and symptoms appear?
 - a. incubation stage
 - b. prodromal stage
 - c. clinical stage
 - d. recovery stage
4. Which refers to the time where the illness reaches the highest point of development?
 - a. incubation stage
 - b. prodromal stage
 - c. clinical stage
 - d. recovery stage
5. Which refers to the microorganisms that have the ability to cause disease?
 - a. pathogen
 - b. reservoir
 - c. morbidity
 - d. mortality

Lesson 02

MUSIC EDUCATION



OUTCOMES

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

- Identify key features of the vocal and instrumental music of India.



CHECK

Directions: Identify the following picture if they belong to the music of **India, Pakistan, or Israel**. Write the country of origin in the space provided.



1. _____



2. _____



3. _____



4. _____



EXPLAIN

VOCAL MUSIC OF INDIA



Melismatic

This refers to the vocal style of India that sung with a nasal vocal quality. This style of singing can be compared to the “*pasyon*” of the Philippines.

Samagana

A style of singing which evolved into a diverse and strong tradition over centuries. It became the stable part of contemporary tradition of India.

Sama Veda

A sacred text sung using the vocal style of samagana and not chanted.

Rig Veda

An ancient Indian sacred collection of Vedic Sanskrit hymns sung using the traditional singing style samagana.

Vedas

A large body of religious texts from ancient India.

INSTRUMENTAL MUSIC OF INDIA

Classification of Musical Instruments of India

1. GHAN

- A non-membranous percussion instruments which uses solid resonators to produce sound.
- It is one of the oldest classification of instruments of India.

GHATAM



KARTAL



MANJIRA



NOUT/NUHT



2. AVANADDH

- A membranous percussion instrument.
- This classification of instrument is mostly composed of drums.

DAF



DHOL



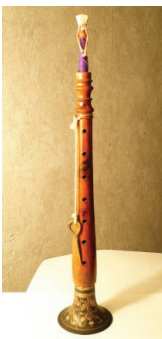
TABLA



3. SUSHIR

- Also known as a “blow air” these are instruments which produce sound using air on its various resonator.

SHANKH



BANSURI AND VENU



SURPETI



SHEHNAI



4. **TAT**

- Also known as “Vina” which was used ever since the old Indian civilizations.
- These are instrument used by plucking (string instruments).

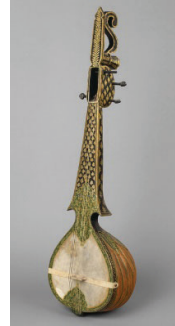
GOPICHAND



SITAR



RABAB



EKTAR



5. **VITAT**

- It is one of the oldest classification of instruments of India characterized as bowed stringed instruments.

BANAM



ESRAJ



CHIKARA



SARANGI





PRACTICE

Directions: Create a musical video presentation of the vocal and instrumental music of India. Follow the directions below.

- Create a poem about the vocal and instrumental music of India.
- Sing your created poem using melismatic style of singing.
- Record your performance and create a video presentation.

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EVALUATE

Directions: Identify the classification of the following Instruments of India. Write your answer on the space provided.

Choose between:

GHAN	AVANADDH	SUSHIR	TAT	VITAT
------	----------	--------	-----	-------



1. _____



2. _____



3. _____



4. _____



5. _____

ARTS EDUCATION



OUTCOMES

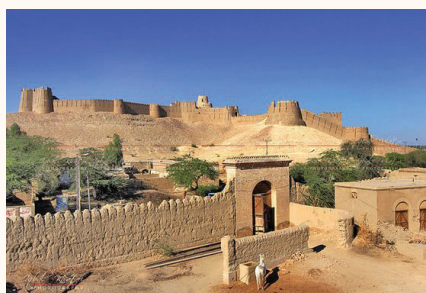
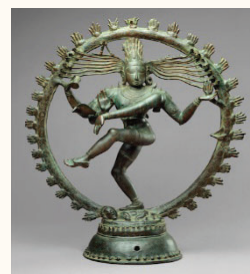
At the end of this module, you are expected to:

- Identify key features of the arts and crafts of Pakistan.



CHECK

Directions: Encircle the picture that shows the arts and crafts of India.





EXPLAIN

ARTS AND CRAFTS OF PAKISTAN

The arts and crafts of Pakistan originated from the early Indus civilization around the middle of the 3rd millennium BCE. This ancient but urbanized culture led to the creation of large buildings and some of this still survive up to this day like the Mohenjo Daro, Harappa, and Kot Diji which are now tourist attractions.



MOHENJO DARO



HARAPPA



KOT DIJI

ARTISANSHIP

Artisans are very intelligent and creative with their skill when it comes to weaving, embroidery, printing, or designing. Artisanry is one of the world-renowned cultural identification of Pakistan.



POTTERY

It is very famous in Pakistan especially in the province of Sindh where Kashigars, or pottery artists, are popular for making pots and tiles of various shapes, glazed ceramics, and earthenware. Pakistani potteries' signature colors are brown, white, mustard, turquoise, cobalt blue, and purple. The development of their pottery has been passed from generation to generation and uses various patterns like flowers, geometric shapes, and calligraphy.



CAMEL SKIN LAMPS



It is a small piece of desert lamp that is crafted from dried camel skin and painted over to create a unique craft. Its light pierces through the porous camel skin providing illumination during the desert night.

TRUCK ART

Pakistan is also known for its brightly colored decorative trucks. It is painted with idealized images of landscapes, famous personalities, flowers and trees. These trucks turn Pakistan's village lanes, city streets, and highways into a gallery without walls.





PRACTICE

Directions: Create your own truck art design using of any drawing/sketch apps. Make sure to use Pakistani traditional motif or design.



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EVALUATE

Directions: Encircle the letter of the correct answer.

1. Which of the following is not a large building of Pakistan that survived up to this day and became a tourist attraction?
 - a. Mohenjo daro
 - b. Tanjore Mysore
 - c. Kot Diji
 - d. Harappa

2. Which refers to the brightly colored decorative vehicle of Pakistan?
 - a. Truck Art
 - b. Artisananship
 - c. Camel Skin Lamp
 - d. Pottery

3. Which of the following is the most renowned cultural identification of Pakistan in terms of arts and crafts?
 - a. Truck Art
 - b. Artisananship
 - c. Camel Skin Lamp
 - d. Pottery

4. Which term is used for a group of people in Pakistan popular for making pots and tiles of various shapes, glazed ceramics, and earthenware?
 - a. Mohenjo daro
 - b. Kashigars
 - c. Artisans
 - d. Harappa

5. Which of the following does not belong to the signature colors of Pakistani pottery?
 - a. primary colors
 - b. turquoise
 - c. cobalt blue
 - d. mustard

PHYSICAL EDUCATION



OUTCOMES

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

- Identify the basic skills in futsal.
- Execute the basic skills in futsal.



CHECK

Directions: Write **FACT** if the statement is true and write **BLUFF** if the statement is wrong.

- _____ 1. Futsal is a ball sport played on a hard court, smaller than a football pitches, and mainly indoors, between two teams of five players each.
- _____ 2. Juan Carlos Ceriani invented the game futsal.
- _____ 3. There are six players for each team in the field in a futsal game.
- _____ 4. FIBA and ABP are responsible for maintaining and regulating the official rules of their respective versions of futsal.
- _____ 5. The game futsal is based on different principle of sports like soccer, water polo, and hand ball.

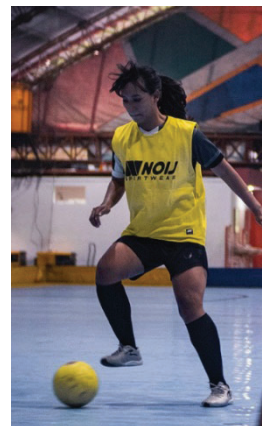


EXPLAIN

BASIC SKILLS IN FUTSAL

DRIBBLING

It is the skill which involves controlling the ball by a player with his/her foot while moving in different directions to avoid defenders attempting to get or intercept the ball. In dribbling, the player commonly uses the sole of their feet to move the ball and maintain control while moving in a limited space with the presence of the defender.



Different techniques when dribbling

1. **Shielding the ball** – protecting the ball from the defender by using the body while trapping the ball with the sole of the foot.



2. **Deception** – a technique that uses feints and quick movements by touching the ball into different direction to deceive defenders.



3. **Ball Controlling** – using the heel and toe, inside and outside foot, as well as the sole of the foot to move the ball in different directions.



PASSING

A skill used to send the ball to a teammate. Any part of the body can be used to pass the ball except for the arms and hands. Lead pass is the most commonly used passing skill which is done using inside kick or kicking using the inside of the foot.



TRAPPING

It is a technique in futsal used to receive the ball from a pass. Any part of the body can be used to receive the ball except from the arms and hands. Stepping is the main and most used technique for receiving the ball in futsal.



SHOOTING

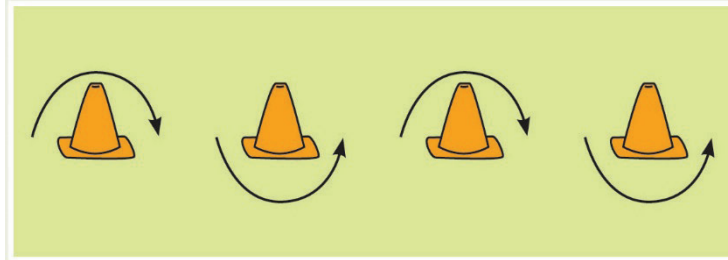
It is a skill used to score a point in futsal. It is accomplished by kicking, heading, dropping, or hitting the ball with any part of the body except the arms and the hands to put the ball to the goal of the opponent.





PRACTICE

Directions: Create a vlog featuring a dribbling drill in futsal. Follow the steps below on how to execute an Advance Cone Weave Drill.



1. Line up 4 to 6 cones or any markings available, 2 feet apart.
2. Weave through the cones by dribbling the ball with the inside of your right foot.
3. Then trap the ball with the sole of your left foot and push the ball forward.
4. Afterward, trap again with the sole of your feet but this time use your right foot.
5. Push the ball sideways going to the left, and then trap the ball with your left foot.
6. Repeat the drill alternating with your left and right foot.

Watch the Advance Cone Weave Drill Tutorial using the link below:

<https://www.youtube.com/watch?v=rnlEHUkqzXs>

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EVALUATE

Directions: Read the following questions carefully. Encircle the letter of the correct answer.

1. Which of the following Futsal skill is done by sending the ball towards the goal of the opposing team with the intention of scoring a goal?
 - a. Trapping
 - b. Shooting
 - c. Passing
 - d. Dribbling
2. Which of the following technique uses feints and sharp turns to move away from a defender and into a space using multiple touches to change the direction the ball is travelling?
 - a. Shielding the ball
 - b. Deception
 - c. Moving the ball
 - d. Trapping the ball
3. Which of the following Futsal skill is done by maneuvering a ball while moving in a given direction, avoiding defenders' attempts to intercept the ball?
 - a. Trapping
 - b. Shooting
 - c. Passing
 - d. Dribbling
4. What is the most used technique for receiving or trapping the ball in Futsal?
 - a. Stepping
 - b. Shooting
 - c. Passing
 - d. Dribbling
5. Which of the following is not a part of Futsal dribbling technique?
 - a. Shielding the ball
 - b. Deception
 - c. Moving the ball
 - d. Shooting the ball

HEALTH EDUCATION



OUTCOMES

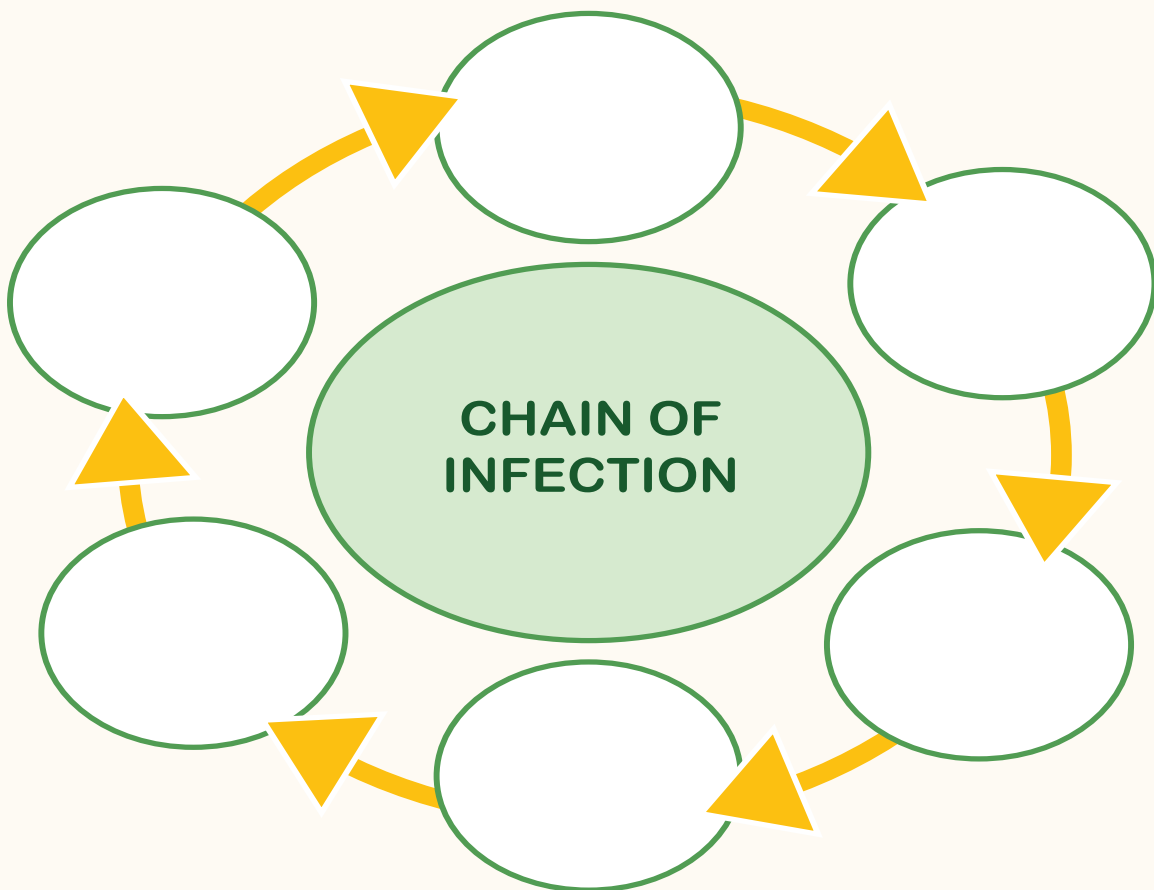
At the end of this module, you are expected to:

- Identify the common communicable diseases.



CHECK

Directions: Complete the graph of the Chain of Infection.

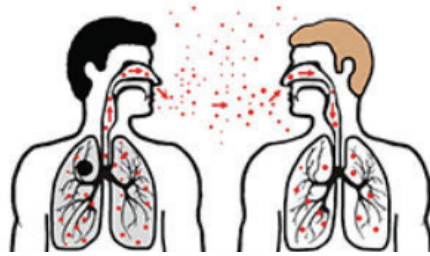




EXPLAIN

COMMON COMMUNICABLE DISEASES

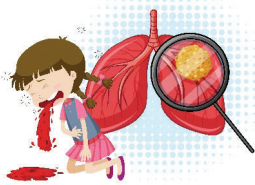
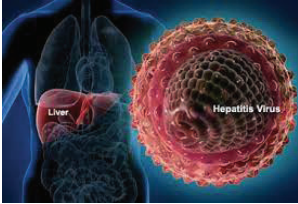
Communicable Diseases

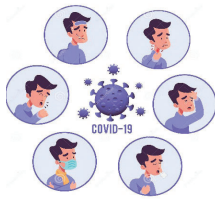


It is an illness caused by pathogens than can be directly and indirectly passed from human, animals, or from the environment. It includes any illness that you can catch or pass from one person to another person. They are caused by infective agents called pathogens, such as bacteria, viruses, fungi, and parasites.

Common Communicable Disease	Mode of Transmission	Signs, Symptoms, or Effects
 Head Lice Infestation (pediculosis capitis) An infection on the hair and scalp by the head louse.	Direct contact on the hair of the infested person.	Itchy scalp

 Conjunctivitis (pink eye) Refers to the common inflammation or infection of the eyes.	Direct contact with discharge from the eyes or with items contaminated by the discharge.	Starts with tearing, irritation, and redness of the eye(s). Sometimes there is a discharge.
 Hand, Foot, and Mouth Disease A mild contagious infection commonly contracted by young children.	Direct coughing, sneezing, and poor hand washing.	Fever, rashes on foot, hand, and mouth sore.
 Chicken Pox An infection caused by the virus called varicella zoster.	• Airborne through coughing and sneezing. • Contact with weeping blisters.	Spots with a blister on top of each spot and fever.
 Measles A respiratory disease highly contagious viral infection.	• Airborne through coughing and sneezing. • Direct contact with an infected person is highly infectious.	Runny nose and eyes, cough, and fever, followed a few days later by a rash.

 Common cold A viral infection of the upper respiratory tract.	• Through droplets • Contaminated hands and linens.	It usually begins with a sore throat sometimes with fever.
 Tuberculosis A disease caused by bacteria called "mycobacterium" that usually attacks the lungs.	Commonly transmitted through airborne means.	• Chills, fever, and fatigue. • Productive or non-productive. • Chronic cough • Weight loss, night sweats.
 Hepatitis It refers to the inflammation of the liver, commonly caused by a viral infection.	• Contaminated food or water. • Direct spread from an infected person.	• Headache, fever, and weakness. • Joint pain, anorexia, nausea, vomiting, and jaundice. • Dark urine, clay-colored stools.



Coronavirus/Covid-19

An infectious disease caused by the virus called coronavirus.

- Through droplets, contact, and object.
- Transmitted when one individual talks, sneezes, or coughs producing droplets of saliva containing the coronavirus.

- Fever, dry cough, and tiredness.
- Loss of taste or smell difficulty in breathing.



PRACTICE

Lyrical Adaptation

Directions: Compose an informative song about a communicable disease. You can borrow the melody from any song you like. Record your song and submit to your teacher.



RUBRICS

CATEGORY	BEGINNERS 5	ELITE 10	EXPERT 20
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EVALUATE

Directions: Encircle the letter of the correct answer.

- It refers to an infection on the hair and scalp by the house louse.
 - Head Lice Infestation
 - Chicken Pox
 - Conjunctivitis
 - Common Colds
- It refers to the common inflammation or infection of the eyes.
 - Head Lice Infestation
 - Chicken Pox
 - Conjunctivitis
 - Common Colds
- It is an infection caused by the virus called varicella zoster virus.
 - Head Lice Infestation
 - Chicken Pox
 - Conjunctivitis
 - Common Colds
- It refers to an illness caused by pathogens or toxic products that can be directly and indirectly passed from human, animals, or environment.
 - communicable diseases
 - non-communicable diseases
 - Covid 19
 - Hand, Foot, and Mouth Diseases
- It is a mild contagious infection commonly happen in young children that causes rashes on foot, hand, and mouth sore.
 - communicable diseases
 - non-communicable diseases
 - Covid 19
 - Hand, Foot, and Mouth Diseases

Lesson 03

MUSIC EDUCATION



OUTCOMES

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

- Identify key features of the vocal and instrumental music of Pakistan.



CHECK

Direction: Encircle the correct answer.

1. Which refers to a non-membranous percussion instruments which uses solid resonators to produce sound?
a. Ghan b. Avanaddh c. Sushir d. Vitat
2. Which refers to one of the oldest classification of instruments of India characterized as bowed stringed instruments?
a. Ghan b. Avanaddh c. Sushir d. Vitat
3. Which of the following is a sacred text sung as samagana and not chanted?
a. Sama Veda b. Rig Veda c. Melismatic d. Vedas
4. Which refers to the vocal style of India that is sung with a nasal vocal quality?
a. Sama Veda b. Rig Veda c. Melismatic d. Vedas
5. Which of the following do not belongs to Ghan?
a. Ghatam b. Kartal c. Dhol d. Manjira



EXPLAIN

VOCAL MUSIC OF PAKISTAN



Central Asian music is influenced by numerous different musical styles coming from a large number of origins. Even though Pakistan is located in South Asia, the western part of this country is considered as an extension of Central Asia. Pakistan is known for its unique vocal music. It developed from different influences not only from different parts of South Asia, but it also taking key elements from the diverse musical culture from Central Asia, Persia, Turkey, and the Arab world.

Pakistan's musical was based on the traditional music of South Asia which was patronized by different empires that ruled the region and gave birth to several genres of classical music like Hindustani classical music. Pakistan's classical music has two main principles, the "sur" which means musical note, and "lai" which means rhythm.

RAAG – It refers to the systematic organization of musical notes into a scale in Pakistani classical music.

GHAZAL

جب تیری یاد میں مصرعہ کوئی لکھنے بیٹھا
میں نے کاغذ پہ بھی چھالوں کا گلستاں دیکھا
تو نے دیکھا ہے منڈیروں پہ چراغوں کو فقط
میں نے جلتا ہوا ہر دور میں انسان دیکھا

It is a short poem in Pakistan that consists of rhyming couplets called "bayt". Each poem usually consists of seven to twelve bayts. A true Ghazal must consist of no fewer than five couplets and end with the same rhyming pattern with the same meter.

QAWWALI



It is a form of music that is performed by Sufis, a religious group in South and Central Asia, to elevate religious devotion and a sense of spiritual closeness to God. This form of music can be traced back to the major migration of Sufi followers from Persia in the 11th century to the Indian subcontinent, Turkey, and Uzbekistan carrying along with them their musical and cultural heritage. It is designed to be performed and experiences collaboratively with the group sitting together on the floor making an entrancing sound. It creates a hypnotic feeling when poetry and religious phrases are sung together and combined with repetition, improvisation, and vibration.

PAKISTAN INSTRUMENTAL MUSIC



TABLA

- It is a pair of small drums.
- The drum played with the right hand is called as daya and it has a higher-pitched sound.
- The other drum played by the left hand is called. It is a deep kettledrum usually made from copper, clay, or wood.



DHOLAK

- It is a folk percussion instrument in the form of a two-headed drum. Its drumhead has different sizes. The small head part of the drum is made of goat skin that produces a sharp note while the bigger head of the drum is made from a buffalo skin that produces a low pitch.



HARMONIUM

- It is a keyboard musical instruments which produces sound from thin metal tongues vibrating from a steady current of air produced by pumping the bellows. It is a very popular instrument in Pakistan as it is used as accompaniment to solo singing and especially in Qawwali singing.



RUBAB

- It is the national instrument of Afghanistan and very popular in India and Pakistan. It is made from mulberry wood and covered with skin that produces a lively and percussive sound.



PRACTICE

Directions: Create a spoken poetry video presentation about the music of Pakistan. Follow the instructions below.

- Compose a poem that features the music of Pakistan.
- Recite your poem through spoken poetry.
- Record your performance and create a video presentation.

RUBRICS

CATEGORY	BEGINNERS 5	ELITE 10	EXPERT 20
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EVALUATE

Directions: Encircle the letter of the correct answer.

1. Which instrument is made from mulberry wood and covered with skin that produce a lively and percussive sound?
a. rubab
b. harmonium
c. dholak
d. tabla
2. Which of the following is a folk percussion instrument with a two-headed drum?
a. rubab
b. harmonium
c. dholak
d. tabla
3. Which refers to a short poem in Pakistan that consist of rhyming couplets?
a. ghazal
b. qawwali
c. raag
d. sur and lai
4. Which is a form of music that is performed by Sufis to elevate religious devotion and a sense of spiritual closeness to God?
a. ghazal
b. qawwali
c. raag
d. sur and lai
5. Which of the following is not a Pakistani musical instrument?
a. vitat
b. harmonium
c. dholak
d. table

ARTS EDUCATION



OUTCOMES

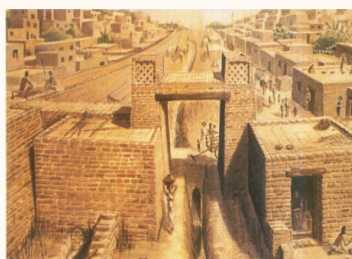
At the end of this module, you are expected to:

- Identify key features of the arts and crafts of Saudi Arabia.



CHECK

Direction: Encircle the picture that depicts the arts and crafts of Pakistan.

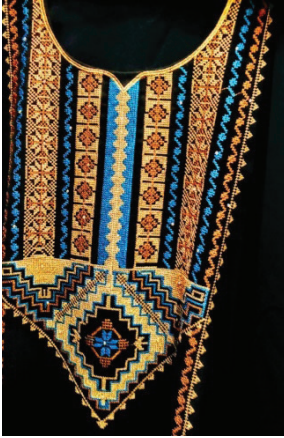




EXPLAIN

ARTS AND CRAFTS OF SAUDI ARABIA

Saudi Arabian art culture is defined by its Islamic heritage, its history as an ancient trade center, and its Bedouin traditions. Islam influenced most of Arabian cultural and spiritual life but the nomadic Bedouin society also greatly influenced the country's cultural heritage particularly in the area of traditional crafts.



ARABIAN RUGS

It is a warp that is tightly strung on a loom vertically with individual knots tied on the warp based on a design, or pattern. One or more rows of plain weaving are used to keep the knots in place. It is known for its vivid visual appearance, strong off the wall colors, and complex designs.



DOWRY BASKETS

It is used by the brides on their head with a smaller basket on top to carry their dowry. Dowry refers to the money, gifts, or property that a bride gives to her husband on their marriage. It is usually used in the Qatif region.



INCENSE BURNER

It is traditionally made from wood with deep part covered in lead and decorated with brass. In some regions, clay is the preferred material to use and also contains mirror designs on the sides. Incense burners are still used in most Saudi homes today.



JANADRIYAH NATIONAL FESTIVAL

It is the biggest folk and cultural festival in Saudi Arabia. It is celebrated for two weeks during the month of February in Janadriyah. The highlights of this event are horse and camel races. Many artisans from across the country sell and display their crafts during this festival.





PRACTICE

Directions: Create your own Do It Yourself Doormat Rug Vlog. Follow the instruction below.

Procedures:

Step 1: Cut cloth into strips

- First cut and open the Lungi. It will be about 6 ft. long after cutting. The width is about 4 feet.
- Cut 3-inch wide strips from it. You can cut about 12 strips of 6 feet long each from this cloth.

Step 2: Tie strips of cloth

- Take 3 strips in hand and tie them together at one end.
- Insert all three tied end of strips in a door or window grill.

Step 3: Braid all three strips together

- Tightly braid the three strips of cloth starting from the tied end. The action is the same as braiding hair.
- You can add another strip in the braid when the length of strip being braided reaches the end.

Step 4: Trim ends

- Trim the excess length of strip at end.
- Using a needle and thread, stitch the ends of all three strips that were together.
- Cut the ends tied with window grill and sew that ends also together.

Step 5: Start rolling the mat

- Starting from one end, roll the braided coil in circles to form the mat.
- Using a needle with dark colored yarn, stitch the roll continuously with adjacent circle while rolling.

Step 6: Finish the mat

- Continue to roll the coil as well as stitching the rolled mat with the adjacent coil.
- Once you completed rolling of all 20 feet long coil, stitch the end with the mat and finish.

You can open this link as a guide:

<https://www.instructables.com/Door-Mat-From-Old-Clothing/>

RUBRICS

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EVALUATE

Directions: Encircle the letter of the correct answer.

- Which refers to the biggest folk and cultural festival in Saudi Arabia?
 - Diwali Festival
 - Eid Al-Fitr
 - Janadriyah National Festival
 - Butter lamp Festival
- Which Saudi Arabian craft is made from wood with deep part covered in lead and decorated with brass?
 - Incense burner
 - Dowry basket
 - Camel Skin Lamp
 - Arabian rugs
- Which culture influenced Saudi Arabia's cultural heritage in the area of traditional crafts?
 - Janadriyah
 - Hindus
 - Nomadic Bedouin
 - Islam
- Which is used by the brides on their head with a smaller basket on top?
 - Incense burner
 - Dowry basket
 - Camel Skin Lamp
 - Arabian rugs
- Which of the following does not belongs to the arts and crafts of Saudi Arabia?
 - Incense burner
 - Dowry basket
 - Camel Skin Lamp
 - Arabian rugs

PHYSICAL EDUCATION



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

- Explain the nature and background of Sepak takraw.



Directions: Read the following questions carefully. Encircle the letter of the correct answer.

1. Which refers to the skill of controlling a ball by the player in Futsal?
 - a. Trapping
 - b. Shooting
 - c. Passing
 - d. Dribbling
2. Which skill is used to deliver the ball to a teammate?
 - a. Trapping
 - b. Shooting
 - c. Passing
 - d. Dribbling
3. Which technique in Futsal is used to receive the ball from a pass?
 - a. Trapping
 - b. Shooting
 - c. Passing
 - d. Dribbling
4. What is the main technique used for receiving / trapping the ball in Futsal?
 - a. Stepping
 - b. Shooting
 - c. Passing
 - d. Dribbling
5. Which skill is used to score a point in Futsal?
 - a. Stepping
 - b. Shooting
 - c. Passing
 - d. Dribbling



EXPLAIN

SEPAK TAKRAW

It is one of the most exciting acrobatic team sports around the world which is popular in Southeast Asian Countries. Sepak came from the Malay word which means kick and takraw came from the Thai word means ball. It is similar to the game “foot volley” which uses the feet, thigh, head, and chest to control the ball.



SEPAK TAKRAW ORIGIN

The country of origin of the game sepak takraw remains under an intense debate between several countries in the Southeast Asian region as they claim it as their own.

It was first introduced by the Chinese to Southeast Asia through their traditional game called cuju. This game is originally a Chinese military exercise wherein the objective is to keep the feathered shuttle cock on the air by kicking it by two players.



In Malaysia it is known as “Sepak Raga” while in Thailand it is simply “takraw”. In Laos, it is called “kataw” while “chin lone” is its name in Malaysia. In Philippines, sepak takraw has a resemblance to its native sports “sipa”.

In 1940s, the version of this game using a net, spread throughout Southeast Asia. Formal rules were soon made and sepak takraw became the official name of the sport.

Basic Rules and Regulations

International Sepak Takraw Federations (ISTAF) – is the highest governing body of sepak takraw that regulates the rules and regulations of the sport. They enforce the following basic rules and regulation for the sport:

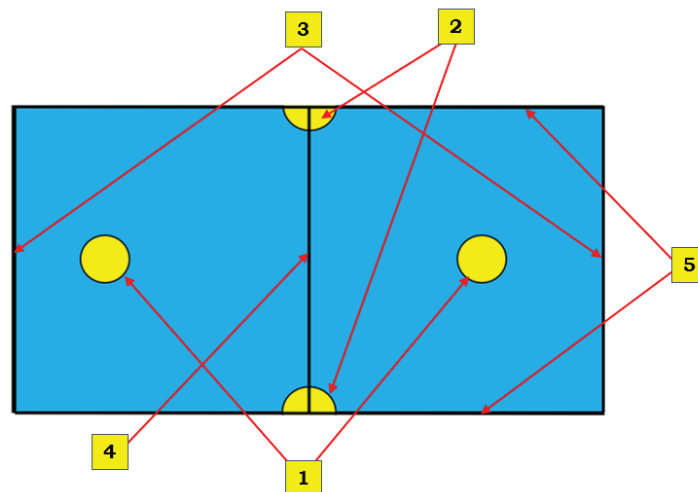


- Sepak takraw is played by two teams with three players each on the court also called as “regu”.
- In every match, each team can use 5 players maximum.
- Players can come into contact of the ball up to three times in order to return the ball over the net.
- The shoulder, arms, and hands are prohibited from touching the ball in play.
- A toss coin before the match decides which team will start with the service to start the match.
- The service will change from one regu to another after every three consecutives serves.
- During a rally, the team should prevent to commit a fault. A fault is committed when the ball is dropped the team’s side of the court.
- The first team who get 21 points will win a set.
- A set can only be won by the team with a two-point lead.
- If each team both win a set there is a tie breaker set, the team who first get 15 points wins the game.

Facilities and Equipment

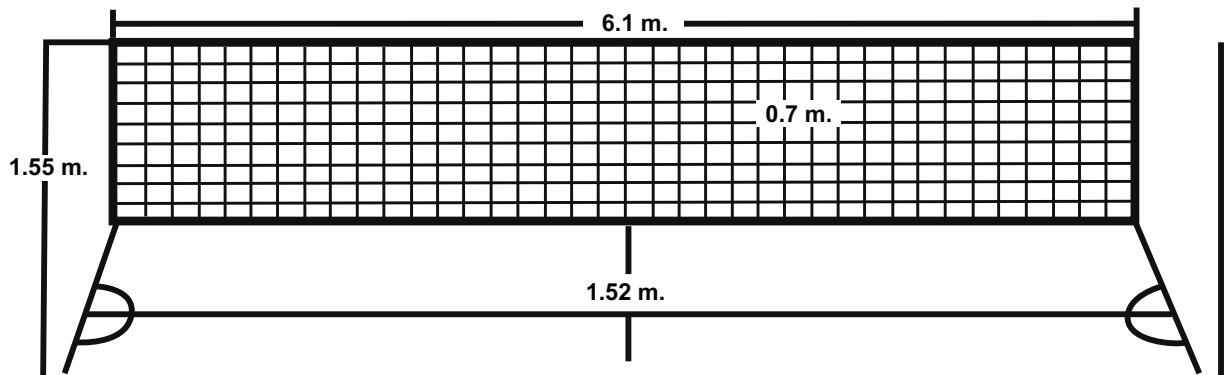
The Court – is a rectangular area made of any flat, smooth, non-abrasive surface materials. In international matches, taraflex is used.

Court Length: 13.4 m x 6.1 m



1. Service Circle – markings where the server/tekong steps when serving the ball.
2. Quarter Circle – a zone where the inner player like tosser and striker steps in when the tekong is serving.
3. End line/Base line – found at the end line of each court.
4. Halfway/Center line – a line that divides the court.
5. Sidelines – found at each side of the court.

The Net – it is attached to two separate poles aligned at the center line.



The Ball – it is made from synthetic fiber or with rubber materials with 12 holes. During the first iterations of sepak takraw, a rattan ball is used.





PRACTICE

Directions: Create your own design of a sepak takraw court and label its parts. Make sure that you use the correct proportions and shape of the court as used in official sepak takraw matches. Use any sketch/drawing apps in creating this activity.

RUBRICS

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EVALUATE

Directions: Write the word **FACT** if the statement is true about sepak takraw or **BLUFF** if the statement is wrong.

- _____ 1. Sepak takraw came from the combined Malay word sepak which means kick and Thai word takraw which means ball.
- _____ 2. A regu is composed of three players in sepak takraw.
- _____ 3. In each match, there are 6 players that can be used.
- _____ 4. Sepak takraw came from the Philippines.
- _____ 5. Players can touch the ball by their arms, shoulder, and hands.

HEALTH EDUCATION



OUTCOMES

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

- Analyze the misconceptions, myths, and beliefs about common communicable diseases.



CHECK

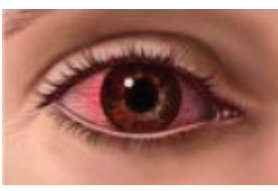
Directions: List down five common communicable diseases. Write their mode of transmission, signs and symptoms, and effects.

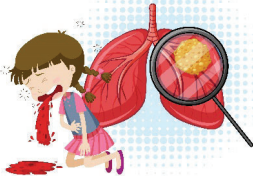
Common Communicable Disease	Mode of Transmission	Signs, Symptoms, and Effects
1.		
2.		
3.		
4.		
5.		

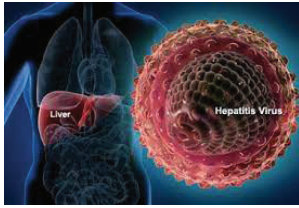


EXPLAIN

Misconceptions, Myths, and Beliefs about Common Communicable Diseases.

Common Communicable Disease	Misconceptions, Myths, and Beliefs	FACT's
 Head Lice Infestation (pediculosis capitis) An infection on the hair and scalp by the head louse.	- Pets spread head lice. - Sharing personal items like comb or head dress transmitted lice.	- Animals do not carry lice nor even transmit it to people. - Head lice is transmitted only by head-to-head contact from a person with head lice.
 Conjunctivitis (pink eye) Refers to the common inflammation or infection of the eyes.	- Conjunctivitis could be transmitted if you have eye contact to an infected person. - You must stay at home until the disease is gone to avoid transmission.	- There are no medical evidence that suggests that conjunctivitis can be transmitted through simple eye contact. - An infected person must stay at home for only 24 hours after taking antibiotics. After this time period, you can go outside.
 Hand, Foot, and Mouth Disease A mild contagious infection commonly contracted by young children.	- Only children can get this disease. - There is no infection if the blisters had disappeared.	- Adults can be infected by this disease and they can transmit it to children who are susceptible to the disease. - An infected person can still spread the virus for six weeks through their stool.

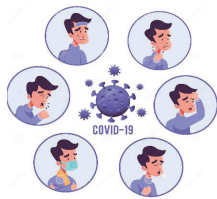
 Chicken Pox An infection caused by the virus called varicella zoster.	- You can only get this once in your lifetime. - You should not take a bath when you have chicken pox.	- Some people cannot produce antibodies after they recover. These people have a chance of having chicken pox for a second time. - Taking a bath is basic hygiene that should be done but when drying off, make sure to gently dab the towel to your skin.
 Measles A respiratory disease highly contagious viral infection.	- Measles is only acquired by children. - You can get measles for a second time even when you already had it.	- You can get measles even when you are adult if you never had it before and it could be more severe. - There is a very low likelihood that you contract measles once your body is clear from the virus unlike chicken pox.
 Common cold A viral infection of the upper respiratory tract.	- Antibiotics might help if you have cold <i>"Feed a cold, starve a fever"</i>	- Antibiotics does not kill any virus that is why they do not relieve a cold. - There is no evidence that it would lessen the symptoms you are experiencing. Staying hydrated will help when you have common cold.
 Tuberculosis A disease caused by bacteria called "mycobacterium" that usually attacks the lungs.	- Tuberculosis is genetic. - Tuberculosis is incurable.	- It spreads through the air and is transmitted to another person in the form of microdroplets. - Since the 1950's, effective medication for tuberculosis is available.



Hepatitis

It refers to the inflammation of the liver, commonly caused by a viral infection.

- Hepatitis is a genetic disease. It can be passed from parent to children.
- A mother with hepatitis should not breastfeed their baby to avoid transmission of disease.
- Hepatitis cannot be inherited by children from their parents because it is not a genetic disease.
- Hepatitis is not transmitted through breastmilk but there is a possibility of transmission from the cracked nipples.



Coronavirus/Covid-19

An infectious disease caused by the virus called coronavirus.

- Coronavirus is created and spread by people.
- Alcohol drinking can help prevent/ protect you from COVID-19.
- COVID-19 affects rich person only.
- There is a drug that can help you prevent the disease and treat you COVID-19.
- Outbreaks may occur when a virus that are common to animals such as pigs, bats, or birds undergoes changes and passes to humans similar to the proposed origin of COVID-19.
- Drinking alcohol does not prevent COVID-19. Drinking alcohol may weaken your immune system.
- Anyone can get COVID-19 but children and the elderly are most susceptible.
- There is no drug approved that can treat COVID-19. Persons infected should take supportive care to alleviate the symptoms.



PRACTICE

Common Communicable Myths, Beliefs, and Misconception Debunking

Directions: Create an informative vlog about the facts, myths, beliefs, and misconceptions about common communicable disease.

RUBRICS

CATEGORY	BEGINNERS 5	ELITE 10	EXPERT 20
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EVALUATE

Directions: Write the word **FACT** if the statement is true about the common communicable diseases or write **BLUFF** if the statement is a myth, incorrect belief, or misconception only.

- _____ 1. You can get measles multiple times even if you already had it.
- _____ 2. Tuberculosis can be passed by parents to their children through genes.
- _____ 3. Conjunctivitis can be transmitted through eye contact.
- _____ 4. Coronavirus is fake and it is just made by the government.
- _____ 5. Head lice infestation is transmitted only by head-to-head contact from the person with head lice.

Lesson 04

MUSIC EDUCATION



OUTCOMES

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

- Identify key features of the vocal and instrumental music of Israel.



CHECK

Directions: Encircle the musical instruments of Pakistan.





EXPLAIN

VOCAL MUSIC OF ISRAEL

Since the ancient times, music has been part of the heritage of the people of Israel. The Bible mentions various musical instruments as well as musical expressions and even the names of different performers and conductors are recorded. This proves that music and song is an important part of Israeli people's lives since the time of ancient Israel.

DIVISION OF JEWISH MUSIC

Devotional

Devotional music is mostly vocal and is featured every Sabbath and other holy days. Israeli singers have a classic vocal style in which they sing with guttural and throaty enunciation. Devotional music also use shofar as a special call to prayer and repentance.

Secular

Secular music involves singing with accompaniment and is played during life passage events. Commonly the content is outside the religious domain. It has use popular and romantic texts and has very rhythmic sound.

MUSICAL INSTRUMENTS OF ISRAEL

SHOFAR

It is usually made from the horn of a ram. It is used during important Jewish public and religious events. In the Bible, shofar was sounded during the anointing of a new king.



PSALTERION

It is an ancient instrument of Israel played by plucking the strings with a plectrum or by the fingers.



JEWISH LYRE

It is referred to as the national instrument of the Jewish people. The Jewish lyre is also known as "kinnor". It is an ancient Israelite musical instrument with 3 to 12 gut strings. In earlier times, it usually has 10 gut strings.



GOBLET

It is a hand drum with the shape of a goblet, commonly used in the Middle East, Eastern Europe, and North Africa.



OD

It is an ancient instrument characterized with a short-neck lute type, pear shape, and fretless strings. It originated from a Persian instrument called the "barbat". It is considered as the king of the musical instruments in the Arab world.



PRACTICE

Directions: Perform the traditional Hebrew song Zum Gali Gali.

Zum Gali Gali

It is an Israeli folk song sometimes referred as the Israeli work song.

ZUM GALI GALI (ISRAELI LYRICS)

Zumgaligaligali, zumgaligali
(2x)

Hechalutz le' maanavodah

Avodah le' maanhechalutz

Hechalutz le' maanavodah

Avodah le' maanhechalutz

Zumgaligaligali, zumgaligali
(2x)

ZUM GALI GALI, (English)

Zum gali gali gali,

Zum gali gali.2X

The pioneer is meant for work;

Work is meant for the pioneer.

Zum gali gali gali,

Zum gali gali.2X

Go to this link and practice the song <https://www.youtube.com/watch?v=kHCK9Pw3QqM>

Sing the song and record it on your phone.

RUBRICS

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1. Which ancient instrument has a short-neck lute, pear shape, and fretless strings?
 - a. oud
 - b. psalterion
 - c. Jewish lyre
 - d. shofar
2. Which instrument is used during important Jewish public and religious events usually made from the horn of a ram?
 - a. oud
 - b. psalterion
 - c. Jewish lyre
 - d. shofar
3. Which ancient instrument of Israel is played by plucking the strings with a plectrum or by the fingers?
 - a. oud
 - b. psalterion
 - c. Jewish lyre
 - d. shofar
4. Which of the following is an Israeli folk song sometimes referred as the Israeli work song?
 - a. Zum Zum
 - b. Zum Gali
 - c. Gali Zum Zum
 - d. Zum Gali Gali
5. Which of the following is not an Israeli musical instrument?
 - a. dholak
 - b. psalterion
 - c. Jewish lyre
 - d. shofar

ARTS EDUCATION



OUTCOMES

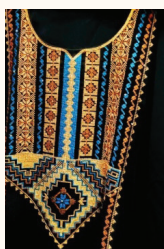
At the end of this module, you are expected to:

- Analyze the arts and crafts of Tibet.



CHECK

Directions: Encircle the picture that shows arts and crafts of Saudi Arabia.





EXPLAIN

ARTS AND CRAFTS OF TIBET



Tibetan artists played a key role in the culture of Tibet for more than a thousand of years. Artistic efforts from designs for painted furniture to elaborate murals in religious buildings spread in every facet of life on the Tibetan plateau. In the mid-20th century, a large majority of surviving artworks are created which are dedicated to the portrayal of religious subjects, with the main forms being thangka or distemper paintings on cloth. Tibetan people use rich exhibit of artifacts, or jewelry as a way of manifesting their happiness and importance. Clothing in Tibet reflects the cultural values and beliefs of the Tibetan people.

TIBETAN DRESS



Women in Tibet wear their traditional Tibetan dress comprising of an apron worn to indicate she is married. A woman now wearing her apron anymore indicates that she is a widow or has been divorced.

TAPESTRIES



It is one of the most famous traditional handicrafts of Tibet. Styles of carpets, tapestries, and cushions vary according to local customs and regional variations. Tibetan carpet is known for its unique weaving method, bright and harmonious colors, soft and delicate carpet surface, unfading washing, and durable materials. Its pattern shows strong ethnic colors which is why it has a high value of appreciation.

WOOL



It is a type of clothing material woven by hand with different colors such as black, red, and green. It is durable and warm which is good for Tibetan clothing, shoes, and hats.

BUTTER LAMP FESTIVAL



This festival is the climax of the New Year festival and the celebration of Monlam Prayer Festival. During this festival, people make lanterns with a series of stories telling about the ancient legends of Tibet. Artisans and amas create butter sculptures of different figures such as flowers, birds, and animals and display them on the shelves at Jokhang Monastery which are then lit by lanterns as the night falls.

BUTTER LAMP



The light from the flame of the butter lamps symbolizes the wisdom of the awakened mind, dispelling the darkness of delusion and mental. It is commonly used in Tibetan temples, households, and altars.

MANDALA

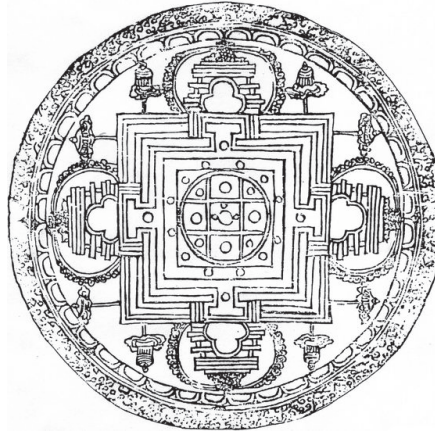


It is a spiritual and ritual symbol in Asian cultures. It is used for two different ways. The first is a symbol which serves as a visual representation of the universe and the second is an internal guide for several practices such as meditation that take place in many Asian traditions. Mandalas come in the form of circles contained within a square and arranged into sections that has been organized around a single central point. Mandalas are usually produced from paper or cloth or drawn on a surface with threads, fashioned in bronze, or built from stone.



PRACTICE

Directions: Create your own Mandala design using any sketch/drawing apps.



RUBRICS

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EVALUATE

Directions: Encircle the letter of the correct answer.

1. Which of the following is considered the one of the most well-known traditional handicrafts of Tibet?
 - a. Mandala
 - b. Tapestries
 - c. Wool weaving
 - d. Butter lamp Festival
2. Which of the following comes in the form of circles contained within a square and arranged into sections that has been organized around a single central point?
 - a. Mandala
 - b. Tapestries
 - c. Wool weaving
 - d. Butter lamp Festival
3. Which is held as the climax of the New Year festival and the celebration of Monlam Prayer Festival?
 - a. Butter Lamp Festival
 - b. Diwali Festival
 - c. Janadriyah National Festival
 - d. Eid al-Fitr
4. Which refers to the material that is durable and warm and good for Tibetan clothing, shoes, and hats?
 - a. Incense burner
 - b. butter lamp
 - c. Camel Skin
 - d. Wool
5. Which of the following does not belong to the arts and crafts of Tibet?
 - a. Tapestries
 - b. Butter Lamp
 - c. Mandala
 - d. Diwali

PHYSICAL EDUCATION



OUTCOMES

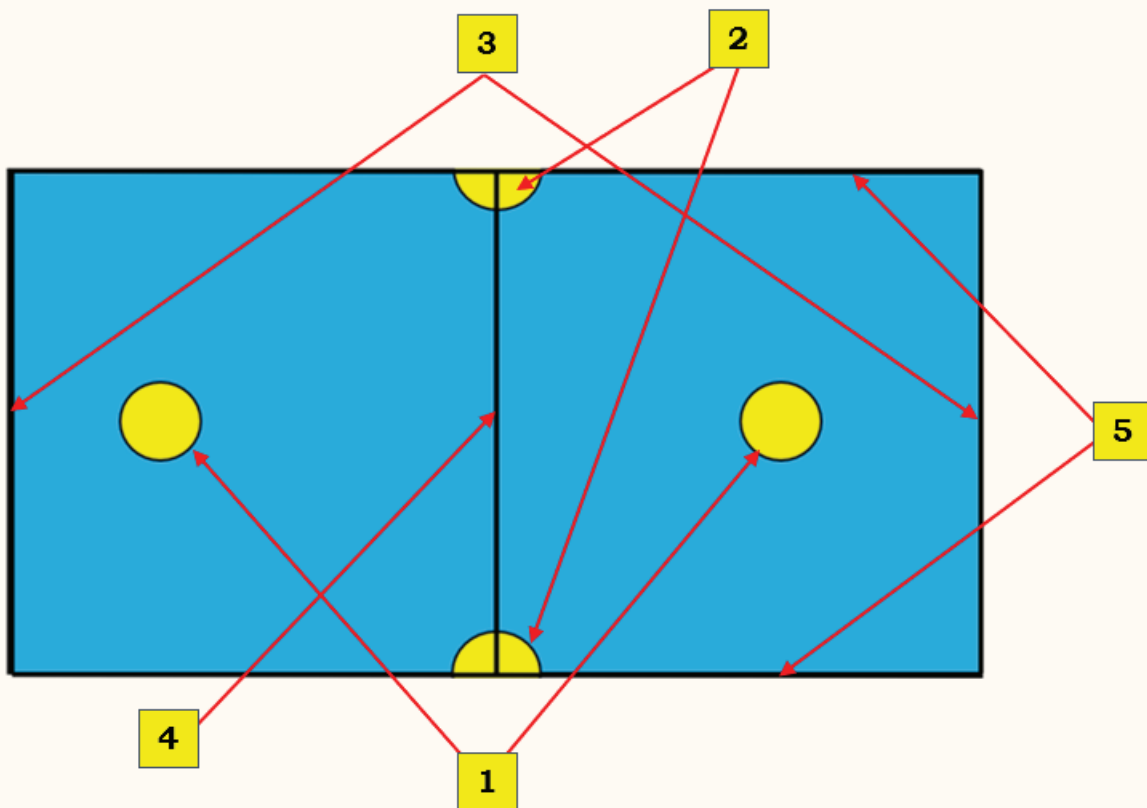
At the end of this module, you are expected to:

- Identify the basic skills in Sepaktakraw.
- Execute the basic skills in Sepaktakraw.



CHECK

Directions: Identify the parts of the Sepaktakraw Court. Write your answer on the box.





EXPLAIN

Player's Position

There are three different roles of players in sepaktakraw with different positions in playing.

Tekong

The one who serves the ball. He or she is positioned at the service circle of the court.



Tosser/Feeder

They are the one who sets the ball on the second touch following the striker to attach the ball to gain a point.



Striker

They are the one who spikes the ball to score a point and usually blocks the spike of the opposing striker.



BASIC SKILLS IN SEPAKTAKRAW

I. Ball Controlling

- It is a technique in sepaktakraw done by touching the ball with the player's feet, thigh, chest, and head.
- It is the most fundamental thing to learn as player of sepaktakraw.
- One must know how to control the ball to create an effective offense.
- It also helps the team to have a good defense from the services and attacks of the opponent.



Different techniques in Ball Control

- Inside Kick
- Head Control
- Instep Kick
- Thigh Bump
- Outside Kick

II. Serving

- It is done to start a play.
- The tekong is the one who serve the ball tossed by an inside player either the feeder or striker.

Different Techniques in Serving

The Under Serve – it is a technique done by hitting the ball with a low inside kick.

The Basic Serve – it is a technique usually perform by a high inside kick to hit the ball with power and direction.



The Horse Kick – usually known as “koda”. It is a service that brings a higher efficiency and speed with power in serving. It is done by kicking the ball at the top of the head with the players instep foot.



III. Spiking

- It is an attempt to earn score by attacking the ball over the net down to the opponent's court. The striker usually performs this attack using different style.

Different Techniques in Spiking

Header – it is done by hitting the ball over the net using the forehead or side part of the head.

Basic Spike – it is done by hitting the ball overhead with an instep kick while on the air. The player who executes this attack must have good flexibility to perform it smoothly.

Roll Spike – It is one of the most difficult techniques in spiking. It is done by jumping very high with one leg and followed by another leg to rotate/flip on air while hitting the ball over the net and slamming the ball to the opponent's court.



PRACTICE

Directions: Create a fitness vlog showing sepaktakraw ball control. Follow the instructions below.

- Wear appropriate attire (jersey short, t-shirt, and rubber shoes).
- Perform proper warm up and stretching exercise.
- Control the ball with the following:

Head Control – 10 reps

Thigh bump – 20 reps

Inside Kick – 30 reps

Instep Kick – 20 reps

Record yourself performing these skills.

RUBRICS

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EVALUATE

Directions: Encircle the letter of the correct answer.

- Which player serves the ball and is positioned at the service circle?
a. Feeder b. Striker c. Tekong d. Tosser
- Which player in sepaktakraw usually attacks by spiking and usually blocks the spikes of the opponent?
a. Feeder b. Striker c. Tekong d. Tosser
- Which of the following is not a technique in serving in sepaktakraw?
a. Under Serve b. Basic Serve c. Header d. Horse Kick
- Which of the following is not a technique in spiking in sepaktakraw?
a. header b. basic spike c. roll spike d. horse kick
- Which of the following is not true about ball controlling?
a. It helps to create an effective offense.
b. The most fundamental skill that you must learn in playing sepaktakraw.
c. It is a technique done by hitting the ball with the player's arms, shoulder, and hands.
d. It helps the team to have a good defense from the services and attacks of the opponent.

HEALTH EDUCATION



OUTCOMES

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

- Identify ways to prevent and control communicable diseases.



CHECK

Directions: List down five common communicable diseases and write the facts, myths, beliefs, and misconceptions about the disease.

Common Communicable Disease	Myths, Beliefs, and Misconception	Facts
1.		
2.		
3.		
4.		
5.		



EXPLAIN

SELF-MONITORING SKILLS TO PREVENT COMMUNICABLE DISEASES

Prepare food safely



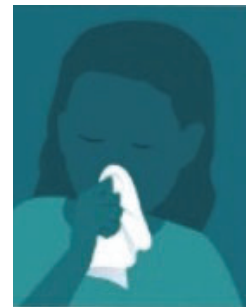
Wash hands properly



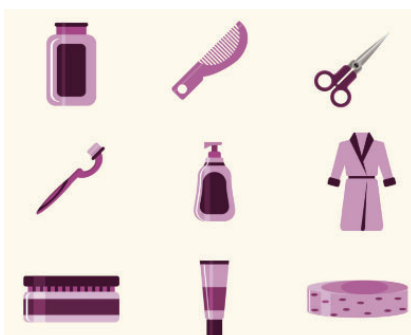
Disinfect commonly use area



Cover mouth and nose when coughing or sneezing



Avoid sharing personal items



When sick, it's better to stay at home



Primary prevention – these are done to prevent one from having the diseases.

The following are the activities done to prevent getting sick:

- getting immunized
- eating a balanced diet
- getting enough sleep
- avoiding vices
- preventing yourself from doing excessive work that can cause sickness

Secondary prevention – these are done to prevent further damages when a diseases have already started.

- prompt diagnosis – visit a healthcare practitioner for a reliable information
- treatment – take a prescribed medication given by a physician

Tertiary prevention – the focus is on rehabilitating the person with sickness to prevent long-term complications of the disease.

- following up and monitoring the patients to ensure that he/she is taking the prescribed medications
- having physical therapy to restore the functions in debilitating diseases
- undergo medical procedure to treat or cure the disease itself

The core functions in the prevention and control of disease are:

- Setting priorities (a fundamental step in selecting diseases for prevention and control).
- Detecting and reporting cases.
- Investigating outbreaks and if necessary, confirming their existence.
- Undertaking action (control/response; policy; feedback).
- Assessing the results of action.

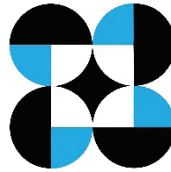
Some prevention and control tasks

- Immunization
- Safe water supply and sanitation
- Food safety
- Injection safety/sterilization
- Vector control

Agencies Responsible for Prevention and Control of Communicable Diseases



World Health Organization



Department of Science and Technology



FDA



DOH-RITM



DEPED



DOH



PHILCAT



Philippine Coalition for the Prevention and Control of Non-Communicable diseases



PRACTICE

Directions: Create a social awareness vlog about self-monitoring skills in prevention and control of communicable diseases.

RUBRICS

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EVALUATE

Directions: Draw a 😊 on the underline if the statement shows prevention and control of communicable disease and put ☹️ if not.

- _____ 1. Cover your mouth and nose if you are sneezing or coughing.
- _____ 2. You can go outside and play basketball even if there is a pandemic.
- _____ 3. Do not share personal items to avoid disease transmission.
- _____ 4. Wash hands properly especially when you touched commonly used things or surface.
- _____ 5. Prepare and handle food safely.

UNIT 4

Lesson 01

MUSIC EDUCATION



OUTCOMES

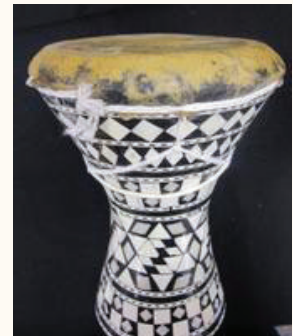
At the end of this module, you are expected to:

- Analyze the characteristics and musical elements of traditional Asian theatre.



CHECK

Directions: Encircle the musical instruments that originates from Israel.





EXPLAIN

TRADITIONAL ASIAN THEATER

Asian Theater usually involves storytelling, dancing, music, and mimes. It focuses on performance rather than a specific text. Theatre productions feature live performance of actors or puppets along with the use of masks, makeup, costumes, sceneries, and props. Theatrical performance is also done as a form of entertainment, a cultural or social event, a religious and political gatherings, or as a part of ethical education.

PEKING OPERA



Peking Opera gained popularity through the simplicity of its form with few singing and voice patterns that allowed anyone to sing arias themselves.

There are three categories of the melodies that is played by the accompaniment.

Aria – it is divided into Erhuang and Xipi varieties.

Fixed – tune Melody or Huapai – it refers to the instrumental tunes that used a wider range than the Arias.

Percussion Pattern – it provides context to the music in ways like the fixed-tune melodies.

KABUKI THEATER



The combination of music, drama, dances, wild costumes, and intense choreography are key features of the Kabuki Theater.

Nori Technique – it implies a very delicate capacity of following the rhythm of the shamisen which is a popular Japanese stringed instrument.

Yakuhari Technique – it refers to an artful delivery of poetical text that is written in Japanese metrical form with seven and five syllables alternately.

Ipponchoshi – also known as the continuous pattern, it is used in building speeches up to an explosive climax which requires excellent breath control.

WAYANG KULIT



Wayang is a Javanese word which means theater while *Kulit* means skin or leather. The bright, lingering sound, and the range from slow melody to the clangorous vibrancy of gamelan ensemble sets the mood or atmosphere of a wayang kulit theatrical play. Music has major dramatic functions in wayang kulit and accompanies the singing, chanting, dancing, and other stage actions.



PRACTICE

Directions: Create a travel brochure that features the traditional Asian theaters. You can use any digital application to do this activity.

RUBRICS

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Directions: Encircle the letter of the correct answer.

1. Which Javanese word which literally means theater?
 - a. kulit
 - b. wayang
 - c. kabuki
 - d. aria
2. Which technique it implies a very delicate capacity of following the rhythm of the shamisen?
 - a. Nori Technique
 - b. Yakuhari Technique
 - c. Huapai
 - d. Ipponchoshi
3. Which is used in building speeches up to an explosive climax in the Kabuki Theater?
 - a. Nori Technique
 - b. Yakuhari Technique
 - c. Huapai
 - d. Ipponchoshi
4. Which instrumental tune in the Peking opera is used a wider range than the Arias?
 - a. Nori Technique
 - b. Yakuhari Technique
 - c. Huapai
 - d. Ipponchoshi
5. Which of the following does not belong to categories of the melodies that is played by the accompaniment in Peking opera?
 - a. Nori Technique
 - b. Aria
 - c. Huapai
 - d. Percussion Pattern

ARTS EDUCATION



OUTCOMES

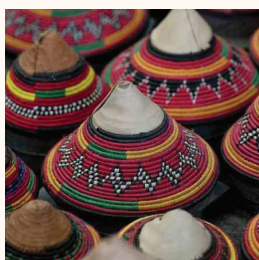
At the end of this module, you are expected to:

- Identify key features and characteristics of selected festivals and theatrical forms celebrated all over the Asian region.



CHECK

Directions: Encircle the picture that shows examples of arts and crafts of Tibet.





EXPLAIN

FESTIVALS

Festivals are celebrations or special events that last over a period of time which reflect the traditions and culture of one place or community. These festivals showcase bright and colorful dances and lively performances that brings everyone together.

Asia has its variety of cultural festivals which shows the cultural diversity of the Asian people. It also shows the importance of tradition and customs in every Asian country and our shared mindset of enjoying lively and colorful celebrations.

THEATER

Asian performing arts is composed of music, drama, and dance. These different artforms share a lot of characteristics and features which makes it difficult to clearly differentiate. These artforms feature live performance of actors or puppets which integrates the use of masks, makeup, costumes, scenery, and props. It is performed as a form of entertainment, as a cultural, social, religious or political event, and even as a part of ethical education.

ASIAN FESTIVALS AND PERFORMANCES

CHINA

Spring Festival



It is commonly known as Chinese New Year. It is the longest and most important festival in China. It starts from the first day of the first month in the Chinese Calendar and ends with the Lantern Festival which falls on 15th day. Chinese people clean their houses because they believe that they have to sweep away any ill-fortune and to invite good luck to enter their house. They also pour out their money to buy new clothes, foods, and decorations for their windows and doors.

Dragon Dance



It refers to a traditional dance and performance in China and one of the highlights of the Chinese New Year aside from spectacular fireworks display. Dragon signifies power, strength, and good luck. It is an important symbolism in Chinese culture.

JAPAN

Taiko Drum Festival



It is one of the most exciting summer festivals of Japan that features the best taiko groups. The taiko group's performance lasts for only 1 hour and 40 minutes. A taiko drummer is called *Uchite*.

Kodo

It is one of the examples of taiko group that travels all over Japan, the United States, and Europe to perform. The word Kodo have two meanings; "heartbeat", which is the main source of all rhythm and "children of the drum", which means the heart of a child to play drum.

Costume and Props

Happi – It is a baggy sleeved short cotton jacket usually in plain blue or black with a symbol printed on it. It is tied with an obi around the waist.

Hachimaki – It is a white headband with a symbol printed on it.

Tabi – it is a shoe with the big toe separated.

INDONESIA

Balinese Dance Festival



This festival involves dances rooted in the ancient traditions of the people in the island of Bali in Indonesia. These dances reflect the Hindu culture of the islands and its folk rituals. The dance signifies how characters from Hindu sculptures fight demons and evil spirits.

THAILAND

Yi Peng or Sky Lantern Festival

It refers to a special event in Thailand celebrated every full moon of the 2nd month of the traditional Thai Calendar called Lanna. The festival participants release a sky lantern and ask for a small prayer or wishes.



Loy Krathong / Loi Krathong or Water Lantern Festival

This festival is celebrated every full moon of the 12th month of Thai Calendar. It originated from the ancient practice of paying respect to the water spirits.

“Loy/Loi” means floating while “krathong” means a lotus shaped vessel that can float on water. These *krathong* or water lanterns have candles or incense sticks and are released in lakes or rivers to honor the spirits.





PRACTICE

Directions: Create your own travel brochure featuring different festivals and performances in Asia. You can use any editing applications to complete this activity.

RUBRICS

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- Which festival originated from ancient practice of paying respect to the spirit of waters?
 - Taiko Drum Festival
 - Spring Festival
 - Sky Lantern Festival
 - Loi Krathong Festival
- Which refers to the longest and most important festival of China commonly known as Chinese New Year?
 - Taiko Drum Festival
 - Spring Festival
 - Sky Lantern Festival
 - Loi Krathong Festival
- Which refers to the dance culture that combined Hindu culture and story telling through music and dances?
 - Balinese Dance Festival
 - Spring Festival
 - Sky Lantern Festival
 - Loi Krathong Festival
- Which of the following is not a prop used in Taiko drum festival?
 - Happi
 - Hachimaki
 - Tabi
 - Uchite
- What is the Japanese term for a taiko drummer?
 - Happi
 - Hachimaki
 - Tabi
 - Uchite

PHYSICAL EDUCATION



OUTCOMES

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

- Identify the basic steps in folk dancing.



CHECK

Directions: Encircle the letter of the correct answer.

1. Which of the following is not a technique in ball controlling?
a. inside kick c. thigh bump
b. outside kick d. shoulder bump
2. Which of the following skills is done to start a play in sepaktakraw?
a. striking c. blocking
b. serving d. ball controlling
3. Which position in sepaktakraw is considered as the second touch?
a. feeder c. blocker
b. striker d. tekong
4. Which of the following is not a player position in sepaktakraw?
a. feeder c. libero
b. striker d. tekong
5. Which of the following is NOT TRUE about ball controlling?
a. It is a technique in sepaktakraw done by touching the ball with the player's feet, thigh, chest, and head.
b. It helps the team to have a good defense from the services and attacks of the opponent.
c. It is the most difficult skill in sepaktakraw because of its acrobatic style.
d. None of the above.



EXPLAIN

FOLK DANCE

These are popular dances that are considered to be an important part of the traditions and customs of a particular place or group of people. Filipino folk dance developed from different parts of the country and reflects the diverse culture and religion and of the Filipino people.

Fundamental Steps/Position in Folk Dancing

1st Position

Arms: Raised your arms in front of your chest forming a circle.

Feet: Put your heels close to touch with toes apart.

(45 degrees)

2nd Position

Arms: Open your arms sideward in shoulder level with a graceful curve.

Feet: Bring your feet apart /sideward.

3rd Position

Arms: Raise your one arm over your head while the other arm remains in 2nd position.

Feet: Move the heel of your one foot to touch the instep of the other foot.

4th Position

Arms: Raise your one arm in front forming a half circle, while the other arm remains positioned over your head.

Feet: Move your one foot in front of the other foot to walk strike.

5th Position

Arms: Raise your both arms over your head with a graceful curve.

Feet: Move the heel of your one foot to touch the toe of the other.

BASIC STEPS IN FOLK DANCE

Saludo – it means to bow or to give respect/honor.

Padyak – it refers to stomping or tapping your one foot while the weight of the body is on another foot.

Bend – it means to move your body or parts of the body around a wide axis.

Step – it involves transferring your weight from one foot to another.

Hop – it means to move in a quick springy leap.

Skip – it is the combination of step and hop in one count.

Slide – it involves gliding over the floor with one foot leading.



PRACTICE

Directions: Create a TikTok dance using the basic steps in folk dance. Choose any folk/traditional music to accompany your dance. You may also ask family members to participate in the activity.

RUBRICS

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EVALUATE

Directions: Encircle the letter of the correct answer.

1. Which refers to stomping or tapping your one foot while the weight of the body is on another foot?
 - a. padyak
 - b. saludo
 - c. bend
 - d. slide

2. Which step in folk dance involves moving your body or parts of the body around wide axis?
 - a. padyak
 - b. saludo
 - c. bend
 - d. slide

3. Which term means to bow or to give a respect/honor?
 - a. padyak
 - b. saludo
 - c. bend
 - d. slide

4. Which of the following fundamental position in folk dance is described as raising your both arms over your head with a graceful curve?
 - a. fifth
 - b. first
 - c. second
 - d. fourth

5. Which of the following states the position of the body in the third position of folk dance?
 - a. Raise your both arms over your head with a graceful curve. Move the heel of your one foot to touch the toe of the other.
 - b. Raised your arms in front of your chest forming a circle. Put your heels close to touch with toes apart.
 - c. Raise your one arm over your head while the other arm remains in 2nd position. Move the heel of your one foot to touch the instep of the other foot.
 - d. Open your arms sideward in shoulder level with a graceful curve. Bring your feet apart /sideward.

HEALTH EDUCATION



OUTCOMES

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

- Analyze the gateway drugs, cigarette smoking, and alcohol.



CHECK

Directions: List down five self-monitoring skills to prevent communicable disease.

Self-Monitoring Skills
1.
2.
3.
4.
5.



EXPLAIN

Many people who were dependent on illegal drugs started from using drugs that they noticed to be harmless. What seemingly is a harmless habit at first may lead into illegal drug dependency and it all started with gateway drugs.

GATE WAY DRUGS

Gateway drugs are substances that lead a person into using more dangerous and illegal drugs that can be develop into addiction and dependency. Gateway drugs are typically known to be drugs that are less harmful but the danger of these drugs start when the users begin to seek for other harmful drugs such as heroin and cocaine.



SMOKING



It involves burning a substance and inhaling the smoke produced in the combustion process to be tasted and absorbed in the bloodstream.

CIGARETTE



It is a substance produced from dried leaves of tobacco plant that has been rolled into a rice paper or other synthetic wrapping material to create a round cylinder.

NICOTINE

It is a widely used stimulant and potent parasympathomimetic alkaloid that comes from the nightshade family of plants. It can be found in tobacco leaves used in cigarettes, and in some substances used for e-cigarettes that contains many dangerous products and chemicals that is dangerous for our body.

ALCOHOL



It is sometimes referred by its chemical name ethanol that is considered as one of the oldest and most common recreational substances. It is a psychoactive drug that is found in some drinks such as beer, wine, and distilled spirits such as brandy, whiskey and rum causing alcohol intoxication or drunkenness. Alcohol produces mood lift and euphoria, decreased anxiety, sedation, impairment of cognitive, motor, memory, and sensory function, and generalized depression of central nervous system function.

Why do gateway drugs lead people to illegal drug use and dependence?

People enjoy and love pleasure. When people try something that makes them feel better, the brain releases dopamine, a neurotransmitter from the brain, and that will send message to the neurons to seek out that event in the future to repeat the good feeling experienced. If one person takes drugs, the brain function will be altered, one of this is to produce more dopamine than normal. Elevated levels of dopamine is then sought by the body and this mechanism in our nervous system leads people to illegal drug use and dependence.



PRACTICE

Poster Making

Directions: Draw a poster about the dangers of using gateway drugs. Your poster should communicate awareness of the health risks and possible ways to avoid use of gateway drugs. You can use any sketch/drawing applications to complete this activity.

RUBRICS

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EVALUATE

Directions: Write **TRUE** if the statement is correct about gateway drugs and write **FALSE** if it is wrong.

- _____ 1. Alcohol produces mood lift and euphoria, decreased anxiety, sedation, impairment of cognitive, motor, memory, and sensory function.
- _____ 2. Alcohol can be found in tobacco leaves used in cigarettes, and substances used in e-cigarettes.
- _____ 3. Cigarette is a substance that contains dried leaves of tobacco plant that has been rolled to create a round cylinder.
- _____ 4. Gateway drugs are substances that leads a person who use into abuse and dependence on more dangerous drugs.
- _____ 5. Alcohol is considered as one of the oldest and most common recreational substances.

Lesson 02

MUSIC EDUCATION



OUTCOMES

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

- Identify the key feature and characteristics of the music of Japanese theater.



CHECK

Directions: Write the word **FACT** if the statement is correct about traditional Asian theater, write **BLUFF** if it is wrong.

- _____ 1. Asian theater is composed of storytelling, dancing, music, and mimes. It usually focuses on performance rather than the specific text.
- _____ 2. Asian theater features live performance of actors or puppets which integrates the use of masks, makeup, costumes, scenery, and props.
- _____ 3. Wayang Kulit came from the Javanese words “wayang” which means shadow, and “kulit” which means skin or leather.
- _____ 4. Nori, Yakuhari, and Ipponchoshi are the three categories of melodies that is played by the accompaniment in Peking Opera.
- _____ 5. Gamelan ensemble accompanies a Kabuki theater play.



EXPLAIN

Japanese Theater

Japanese theater became one of the most popular forms of entertainment by the end of the 16th century. Kabuki and Noh is known for its unique and genuine expressions of spirit and culture which is considered as the most important contribution of Japan in world theater.

KABUKI

Kabuki is the traditional theater drama performance in Japan. It is a combination of music, drama, and dance that uses peculiar costumes and exciting choreography.



Kabuki plays are accompanied by shamisen music from the combination of different forms of Japanese music from gagaku, kagura, nō, folk songs and even new songs of today.

NAUGATA

It is also known as long song and the most popular music of shamisen. It can be performed by one shamisen or by an entire orchestra.

MUSICAL INSTRUMENTS USED IN KABUKI

SHAMISEN – also known as “sangen” which means “three strings”. It refers to a three-stringed Japanese traditional musical instrument played by using a plectrum called “bachi”.



TAIKO – a traditional Japanese musical instrument in the form of a drum with a variety of sizes. It is used to play different genre of music.



TSUZUMI – It is a traditional hour-glass shaped musical instrument of Japan. It has two different kinds. The first one is “kotsuzumi” which is smaller and is usually held on the right shoulder. It has to be squeezed by its lace to produce sound. The second one is “otsuzumi” or “okawa” which is the larger version of kotsuzumi but with higher and sharper pitch. It is usually placed at the left thigh of the player.



FUE – It is a Japanese traditional musical instrument in the form of a bamboo flute that is played in both harmonious and non-harmonious rhythmic styles in entrance music and instrumental dances.





PRACTICE

Directions: Create your own do-it-yourself vlog on how to make a traditional musical instrument used in Kabuki out of recycled materials. Choose between shamisen, taiko, tsuzumi, and fue.

RUBRICS

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Directions: Encircle the letter of the correct answer.

1. Which refers to a bamboo flute of Japanese traditional musical instrument?
 - a. fue
 - b. taiko
 - c. tsuzumi
 - d. shamisen
2. Which three-stringed Japanese traditional musical instrument is played by the use of a plectrum?
 - a. fue
 - b. taiko
 - c. tsuzumi
 - d. shamisen
3. Which is also known as long song and the most popular music of shamisen?
 - a. naugata
 - b. kabuki
 - c. taiko
 - d. tsuzumi
4. Which of the following is a kind of tsuzumi with high and sharp pitch and usually placed at the left thigh of the player?
 - a. kotsuzumi
 - b. otsuzumi
 - c. katsuzumi
 - d. itsuzumi
5. Which of the following is NOT a traditional musical instrument used in kabuki plays?
 - a. koto
 - b. taiko
 - c. tsuzumi
 - d. shamisen

ARTS EDUCATION



OUTCOMES

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

- Identify the key features and characteristics of the arts of Kabuki Theater.



CHECK

Directions: Determine if festivals or performances shown in each picture belong to Japan, China, Indonesia, or Thailand. Write your answer on the blank.



1.



2.



3.



4.



5.



EXPLAIN

KABUKI THEATER

It refers to the Japanese traditional drama or stage performance that is composed of mime, dance, and highly deliberated song. It is popular for its drama style and the elaborate makeup of the performers.



Categories of Kabuki Play

Jidaimono – it is Kabuki play based on major events of Japanese history.

Shosagoto – it refers to a dance piece in Kabuki plays.

Sewamono – it is a Kabuki play that focuses upon the lives of normal people.

Kabuki Elements

Mie – it is the act of the Kabuki performers wherein the actor holding a vivid pose that establishes his character.

Yago – it is the name of the guild where Kabuki actors belong to. It is sometimes heard in a loud shout in Kabuki plays.

Kakagoe-an – it is a form of call-and-response singing in Kabuki plays to externalize and heighten the audience perception of the actor's achievement.

Kesho – it refers to the make-up used in Kabuki plays to make the actors' faces more visible and dramatic.

Two Main Categories of Actors



Onna-Gata – it refers to the female roles of the kabuki plays.

Aragoto – it refers to the male roles of the kabuki plays.

KABUKI MAKE UP

It is one of the most popular and classic parts of Kabuki. Actors apply make up on their own by painting their faces and necks white then adding melodramatic lines in red, black, or blue. Colors and lines describe the characteristics of the role of the performers.

Oshiroi – it is the base for the stage makeup used in Kabuki. It literally means white powder and rice powder is used in its application.

Kumadori – it consists of bright-colored stripes and lines which amplify or magnify the facial lines that produce animal-like or supernatural character.

Meaning of the Kumadori's Design:

Red lines – signifies passion, righteousness, heroism, and other positive traits.

Pink – describes youthful joy.

Light blue – used to signify an even temper.

Pale green – portrays peacefulness.

Blue or Black – characterizes villainy, jealousy, and other negative traits.

Green – portrays supernatural.

Purple – depicts nobility.

KABUKI STAGE

Hanamichi – it refers to the flower path or a walkway that extends into audience and is used for dramatic entrances and exits.

Kogakudo – it refers to the stages in front of the audience and along the sides that helps to build a connection between actors and the viewers.



Mawaro Butai – it refers to the central part of the theater which contains a revolving stage.

Suppon – it refers to a platform wherein an actor is raised up from the below stage.

Hanamicho – it refers to the walkways which cut through the audience to connect the main stage to the backstage of the theater.

KABUKI ACTS

Jo – it is the first act. It is an encouraging and slow opening that introduces the audience to the characters and plot.

Ha – it covers the second to fourth act and refers to the speeding up events culminating to a dramatic moment or tragedy in the third act. Battles are commonly depicted in the second or fourth act.

Kyu – it is the fifth act and provides a quick and delightful conclusion.

KABUKI PROPS

Flicking rolls of linen – it represents flowing water or creatures like insects and foxes.

Fans – it signifies wind, sword, tobacco pipe, waves, or food.

KABUKI COSTUME

Black Hooded Robes – it is part of the Kabuki costume worn internally and not visible to the audience.

Kimono and Obi – this elaborate costume was usually worn by the female characters.

Pleated Hakama Trousers – it is a costume worn by both male and female characters.



PRACTICE

Directions: Create a tutorial vlog for your own kumadori make-up. Explain what each design elements mean in your make-up. You may ask family members to participate in the vlog.

RUBRICS

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EVALUATE

Directions: Encircle the letter of the correct answer.

1. Which refers to the vivid pose held by a Kabuki performer that establishes his or her character?
 - a. Mie
 - b. Yago
 - c. Kakegoe-an
 - d. Kesho
2. Which refers to a play about history which context are based on major events of Japanese history?
 - a. Jidaimono
 - b. Shosagoto
 - c. Sewamono
 - d. Kakegoe-an
3. Which part of Kabuki play involves an encouraging and slow opening that introduces the audience to the characters and plot?
 - a. Kyu
 - b. Jo
 - c. Ha
 - d. Yago
4. Which refers to the flower path or a walkway that extends into audience used for dramatic entrances and exits?
 - a. suppon
 - b. kogakudo
 - c. mawaro butal
 - d. hanamichi
5. Which kumadori design signifies passion, righteousness, heroism, and other positive traits?
 - a. Red Lines
 - b. Light Blue
 - c. Pale Green
 - d. Blue or Black

PHYSICAL EDUCATION



OUTCOMES

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

- Analyze the Regional Dances with Asian Influence: Sakuting.



CHECK

Directions: Encircle the letter of the correct answer.

- Which of the following is the combination of a step and a hop in one count?
a. bend
b. padyak
c. saludo
d. skip
- Which word means to move your body or parts of the body around a wide axis?
a. bend
b. padyak
c. saludo
d. skip
- Which refers to the stomping or tapping your one foot while the weight of the body is on another foot?
a. bend
b. padyak
c. saludo
d. skip
- Which fundamental position is done by raising both arms over the head with a graceful curve, while moving the heel of one foot to touch the toe of the other?
a. first
b. third
c. fifth
d. fourth
- Which describes the second fundamental dance position?
a. Open your arms sideward in shoulder level with a graceful curve. Bring your feet apart /sideward.
b. Raise your both arms over your head with a graceful curve, while moving the heel of your one foot to touch the toe of the other.
c. Raised your arms in front of your chest forming a circle. Put your heels close to touch with toes apart.
d. None of the above.



EXPLAIN

SAKUTING



It is a Filipino ethnic dance that is accompanied by sounds produced from rhythmic sticks. This dance originated from the people living at the western side of the Cordillera especially in Abra and Ilocos Norte. This was originally danced by male dancers to depict a fight using pair of stick that is also used in Arnis, an art of Filipino traditional stick fighting.

Origin

During the Spanish colonization of the Philippines, the practice of arnis was banned but Filipinos found ways to continue the traditional art by creating a folk dance following the step of arnis movements. Sakuting music reflects influences from China with the use of staccato inflections and rhythmic tapping, and from the Spanish through the use of rondalla.

Dance Composition

The dancers use sticks in the performance by tapping each other's stick or the floor. The steps are combined with marching and shuffling steps while moving around and exchanging place with others. Different steps or interpretations of the dance are developed throughout the years such as highlighting more on martial arts demonstration or adding ballet movements but the element of depicting a fight is still present.

Costume and Props

Male dancers wear camisa de chino and red pants while female dances wear siesgo and kimono with loose and long sleeves and a soft panuelo.

The main prop used for the dance are a pair of arnis sticks.

Music and Count

The time signature of the music is $\frac{2}{4}$ and $\frac{3}{4}$ and is composed of two parts Music A and B. The count is (1, 2) and (1 and 2) to a measure of $\frac{2}{4}$ while (1,2,3) to a measure of $\frac{3}{4}$.

Formation

Both partners stand about six feet apart.

Basic Steps in Sakuting

Basic Steps	Music	Counts	Pattern
Change Step	$\frac{2}{4}$	One and two	Step close step
	$\frac{3}{4}$	One, two, three	
Waltz Step	$\frac{2}{4}$	One and two	Step right sideward; step left close to right in rear side; step right foot
	$\frac{3}{4}$	One, two, three	
Waltz Turn	$\frac{2}{4}$	One and two	Turn around by performing 2 waltz steps
	$\frac{3}{4}$	One, two, three	



PRACTICE

Directions: Perform the basic steps of sakuting as listed below. Record your performance in a video. You may ask family members to participate in the performance.

Do the following steps:

- Starts with your right foot, perform 4 change steps;
- Perform 4 waltz step facing your right, another 4 waltz steps facing your left;
- Starts with your right foot, perform 4 change steps facing the audience; and
- Perform 2 waltz turn start with right foot then followed by 4 change steps.

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EVALUATE

Directions: Encircle the letter of the correct answer.

- What is the costume for female dancers in sakuting?
 - bajo and kantiu
 - barawasi and sawal
 - camisa de chino and red pants
 - Siesgo and kimono
- Which basic step in sakuting is performed by stepping right sideward, stepping the left foot close to right in rear side; and then stepping the right foot?
 - change step
 - waltz step
 - waltz turn
 - slide step
- What is the main prop used in sakuting dance?
 - candle
 - bamboo
 - fans
 - sticks
- Which of the following country influenced the sakuting dance?
 - China
 - Indonesia
 - Malaysia
 - Korea
- Which of the following is not part of the basic steps in sakuting dance?
 - change step
 - waltz step
 - waltz turn
 - slide step

HEALTH EDUCATION



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

- Analyze the negative health impact of cigarette smoking and drinking alcohol.



Directions: Encircle the letter of the correct answer.

1. Which substance leads a person who use into abuse of more dangerous drugs?
 - a. Illegal Drugs
 - b. Nicotine
 - c. Gateway Drugs
 - d. Prescription Drugs
2. Which substance is widely used as a stimulant and potent parasympathomimetic alkaloid that came from nightshade family of the plants?
 - a. Tobacco
 - b. Nicotine
 - c. Cigarettes
 - d. Marijuana
3. Which substance is made from dried leaves of tobacco plant that has been rolled into a rice paper to create a round cylinder?
 - a. Tobacco
 - b. Nicotine
 - c. Cigarettes
 - d. Marijuana
4. Which of the following does not contain alcohol?
 - a. beer
 - b. wine
 - c. whiskey
 - d. water
5. Which of the following is not considered as gateway drugs?
 - a. cigarette
 - b. alcohol
 - c. marijuana
 - d. tobacco



EXPLAIN

Negative Health Impact of Cigarette Smoking and Drinking Alcohol

Three Kinds of Cigarette Smoke

Mainstream smoke – it is the smoke that smokers directly inhale.

Side stream smoke – it is also known as second-hand smoke. It comes out from the exhaled smoke of a cigarette smoker. It is more dangerous than mainstream smoke because it affects people who are not cigarette smokers.

Third-hand smoke – it refers to the smoke left on your clothing, sofa, pillows, beds, and other objects after being exposed to cigarette smoke. It still contains carcinogens and other harmful chemicals.

Harmful Chemicals in Tobacco Products



Negative Effects of Cigarette Smoking

High Blood Pressure – cigarette smoke run through your bloodstream thickening the walls of the blood vessels. Too much exertion of blood against the arteries can cause damage.

Heart Disease – cigarettes smoking can affect the regulation and function of your cardiovascular system.

Bronchitis – cigarettes contain harmful chemicals that cause inflammation to the airways from your trachea going to the lungs.

Pneumonia – cigarette smoking also causes lung infection to you and the person living with you through second hand smoke.

Asthma – it is a chronic disease causes by the harmful chemicals in cigarette which obstructs your airways.

Cancer – it is the worst effect you can get from smoking. Cancer-causing substances in cigarettes makes body cells grow uncontrollably.

Body Odor – it is the effect of cigarette smoking to the scent of your body.

Bad Breath – it is one of the minor effects of cigarette smoking that brings you a foul smell from mouth when exhaling.

Negative Health Effects of Drinking Alcohol

Too much alcohol drinking can lead you to mental and physical health problems which includes poor performance in school, social problems, lost productivity, accidents, unemployment, and family problems.

Long Term Effects of Alcohol

- High blood pressure and cardiovascular system problem.
- Excessive alcohol consumption may lead to pancreatitis (an inflammation of the pancreas).
- It affects the arteries that carries blood to the brain which increases the risk of stroke.
- Any kind of alcohol may contribute to cancers of the mouth and throat, larynx, colon and rectum, and liver.
- Heavy alcohol makes you more likely to get fatty liver thus making it harder for your liver to function.



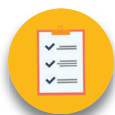
PRACTICE

Poster Making

Directions: Draw a poster encouraging people to avoid cigarette smoking and alcohol drinking. You may use any sketch/drawing apps to complete this activity.

RUBRICS

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EVALUATE

Directions: Write **TRUE** if the statement is correct about cigarette smoking and drinking alcohol and write **FALSE** if it is wrong.

- _____ 1. Alcohol consumption can cause high blood pressure.
- _____ 2. Alcohol contains vitamins and minerals that is needed by the body.
- _____ 3. Second hand smoke can be as dangerous as mainstream smoke.
- _____ 4. Third hand smoke is cigarette smoke that sticks to your clothing material and is potentially harmful as well.
- _____ 5. Alcohol drinking can cause accidents that can be fatal to the intoxicated person and the people around him.

Lesson 03

MUSIC EDUCATION



OUTCOMES

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

- Identify the key features and characteristics of the music of Peking Opera.



CHECK

Directions: Encircle the Japanese traditional instrument that is used in Kabuki Theater.





EXPLAIN

Chinese Theater

It also called Chinese Opera. It is a form of musical theater and considered as one of the highest form of arts in China.



Peking Opera or Beijing Opera

It refers to a form of Chinese traditional theater that incorporates music, dance, mimes, vocal performance, and acrobatics. It started from late 18th century and became popular during 19th century and is now considered as one of the cultural treasures of China. It is composed of two main styles of music, “erhuang” and “his-p’l”. Both styles are very similar but differ in key because his-p’l has a lower tone than erhuang. They also apply “fan-pan”, a technique commonly used for songs of sorrow that is sung exclusively by a bearded character.



In traditional plays, the musicians are visible throughout the performance and considered as stage assistants and they were never considered as part of stage picture. Although in contemporary China, musicians of the plays are now usually seated in a specific area and kept offstage.

Music is an essential part of the theater performances because it sets the mood and atmosphere of the play. It also accompanies sung passages, controls the timing of movements, and compounds the performances into a rhythmical whole.

Traditional Musical Instruments Used in Peking Opera

Percussion instruments are used as the signal of entrances and exits. Gongs signify the beginning of the play while the drums are used to build tempo for the performance.



TA-LO & SIAO LO



TAN PI KU

Wind and string instruments accompany the songs of the opera.



JINGHU



YUEQIN



SANXIAN



SUONA



XIAO



PRACTICE

Directions: Create your own tutorial vlog teaching people how to create a traditional musical instrument of the Peking Opera using improvised and recycled materials. Perform the tutorial vlog with adult supervision.

RUBRICS

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1. Which music style in Peking opera has a lower tone?
 - a. erhuang
 - b. his-p'li
 - c. fan-pan
 - d. peking
2. Which technique is commonly used for songs of sorrow sung by a bearded character?
 - a. erhuang
 - b. his-p'li
 - c. fan-pan
 - d. peking
3. Which of the following is considered as one of the highest form of arts in China?
 - a. painting
 - b. dance
 - c. theater
 - d. martial arts
4. Which instrument is used to signal the beginning of the opera?
 - a. ta-lo & siao lo
 - b. jinghu
 - c. sanxian
 - d. yueqin
5. Which of the following is not a string instrument used in Peking opera?
 - a. jinghu
 - b. suona
 - c. yueqin
 - d. sanxian

ARTS EDUCATION



OUTCOMES

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

- Identify the key features and characteristics of the arts of Peking Opera.



CHECK

Directions: On the space provided, write the word **FACT** if the statement is correct about Kabuki Theater and **BLUFF** if it is incorrect.

- _____ 1. Traditional makeup is one of the most iconic and classic parts of Kabuki.
- _____ 2. Jidaimono, Shosagoto, and Sewamono are the three categories of Kabuki plays.
- _____ 3. Red lines in kumadori signifies villainy, jealousy, and other negative traits.
- _____ 4. Mawaro Butai is the internal part of the theater which contains a revolving stage.
- _____ 5. Flicking rolls of linen represents flowing water or creatures like insects and foxes.



EXPLAIN

Peking Opera

It is also known as Beijing opera. It is one of the most famous traditional theater artforms of China. It has the combination of vocal performances, music, dance, pantomime, and acrobatics.



Peking Opera Roles and Characters



Dan – it refers to any female role in Peking opera.

Sheng – it refers to the main male role in Peking opera.

Jing – it refers to a painted face male role in Peking opera which plays either primary or secondary roles. Jing actor requires a strong voice and exaggerated gestures because this role depicts a forceful character.

Chou – it refers to a male clown role which commonly plays secondary roles. It depicts the traditional belief that the combination of a clown's ugliness and laughter could drive away spirits.

Peking Opera Elements

Peking Opera performers should employ four main skills:

- Singing
- Speech
- Dance-acting (composed of pure dance, pantomime, etc.)
- Combat (composed of both acrobatics and fighting with different weaponry)

Masks and Makeup in Peking Opera

Meaning of Colors

Red – courage, bravery, devotion, uprightness, and loyalty

Yellow – fierceness, ambition, and cool-headedness

Blue – loyalty, fierceness, and sharpness

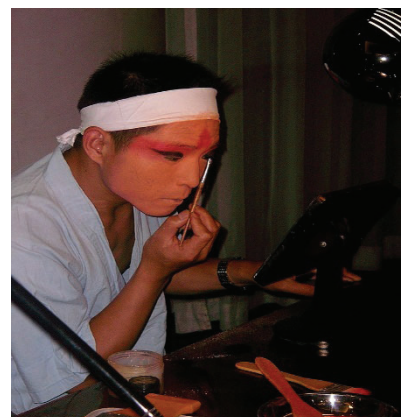
Purple – uprightness, sophistication, and cool-headedness

Reddish purple – justice and nobility

White – dangerousness, suspiciousness, and craftiness

Green – impulsiveness, violence, and stubbornness

Black – roughness and fierceness



Xiaohualian – it as a small patch of white chalk around the nose. It signifies a mean and secretive character.



Peking Opera Costume



Xingtou – also known as “juzhuang”. This is the general term for clothing worn by various characters in Peking Opera.

Chizi – it is an oblong wing attached to a gauze hat that describes a loyal official while a rhomboidal wing is attached to a corrupt official.

Peking Opera Props

Performers utilize very few props sometimes just a table and at least one chair that can be used to represent different objects such as a city wall, a mountain, or a bed. An oar symbolizes a boat, and a whip is used to depict a horse.



PRACTICE

Directions: Design your own digital mask using the colors in masks and makeup of Peking opera. Explain the symbolisms found in the digital mask that you prepared and describe the personality of the character that would wear it. You can use any sketch/drawing apps to do this activity.

RUBRICS

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1. Which refers to a small patch of white chalk around the nose signifying a mean and secretive character?
 - a. Jing
 - b. Chizi
 - c. Sheng
 - d. Xiaohualian
2. Which refers to a painted face male role in Peking opera which plays either primary or secondary roles?
 - a. Jing
 - b. Chizi
 - c. Sheng
 - d. Xiaohualian
3. Which refers to the main male role in Peking opera?
 - a. Jing
 - b. Chizi
 - c. Sheng
 - d. Xiaohualian
4. Which of the following is an oblong wing attached to a gauze hat that describes a loyal official?
 - a. Jing
 - b. Chizi
 - c. Sheng
 - d. Xiaohualian
5. Which of the following is not a role or character in Peking opera?
 - a. Sheng
 - b. Jing
 - c. Chou
 - d. Chizi

PHYSICAL EDUCATION



OUTCOMES

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

- Identify key features and characteristics of the regional dances with Asian nfluence: Sua ku Sua.



CHECK

Directions: Complete the table below.

Basic Steps	Music	Counts	Pattern
Change Step	1.	One and two	2.
	3/4	One, two, three	
Waltz Step	2/4	One and two	4.
	3/4	3.	
Waltz Turn	2/4	One and two	5.
	3/4	One, two, three	



EXPLAIN

Sua Ku Sua



It is a courtship dance of the Tausug people in Jolo, Sulu influenced by Chinese, Malaysian, and Indonesian traditions. It literally means “My Pomelo Tree”.

Origin

The Tausug people are known as fearsome warriors. Aside from that, they are also known as tough sailor and industrious farmers. They planted orchards with coconuts and pomelos and fields with rice and different root crops.

Sua ku Sua dance is a metaphor comparing the sua or pomelo’s gentle leaves, tiny branches, aesthetic fruits, and scented flowers to the virtues of a lady. It is danced along a music by a couple while flapping two white fans that depicts the rustling in the wind.

Costume and Props

Female:

Barawasi – a traditional loose blouse, long sleeves with plunging keyhole neckline

Sawal or Kantiu – a loose Chinese pants with a 10-inch soft white band attached to a wide waist

Male:

Bajo – a short-waist collarless shirt

Sawal or Kantiu – pants similar to female but in darker color with bolder designs

Props:

fans

Music and Count

The music used has time signatures of 2/4 and 4/4 composed of three parts: A, B, and C.

The count is 1, 2 to a measure in 2/4-time signature and 1, 2, 3, 4 to a measure in 4/4-time signature.

Formation

Partners will stand opposite each other about 8 feet apart with the female at the right side of her partner when facing the audience. The fans will be held with the second and third fingers on one side towards the top, and the other fingers are under the other side.

Let us Dance Sua-ku-Sua!

Sua ku sua Step

- Point your right or left in front. Slide forward with your toes of the same foot and put your weight on the sole of the other foot. (count 1)
- Arm moves with an open fan held in each hand. Put arm in second position then move your wrist into a horizontal figure of eight motion. (count 1, 2)

FIGURE I MUSIC A

Partners face each other.

- a. Start with your right foot. Partners will meet at the center by performing four “sua ku sua” steps.
- b. Starting with the right foot. The female will continuously move forward by performing four sua ku sua steps while the male steps backward to his original place by performing four sua ku sua steps backward.
- c. Start with the right foot. The female moves backward to her original place by performing eight sua ku sua steps. Males perform the same steps but in forward movement.

FIGURE II MUSIC B

- a. Start with the right foot. Partners face each other and join both hands with the open fans. Perform four sua ku sua steps in clockwise direction.
- b. With the same arm movements, drop your hands and both male and female moves to the center by performing four sua ku sua steps. The male moves backward while the female moves forward.
- c. Repeat step (a) but in counterclockwise direction. Drop your hands after the fourth step.
- d. Start with the right foot and perform four sua ku sua steps to male’s place. Male moves backward while the female moves forward. Partner’s finish standing side by side with the female standing at the right side of the male.

FIGURE III MUSIC C

- Start with your outside foot and perform sua ku sua steps going to the center. Drop your hands at the end of the fourth step.
- Partners stand side by side near their right shoulders. Perform four sua ku sua steps in clockwise direction.
- Turn to your right and repeat step (b) in counterclockwise direction. Finish with the female standing at the right side.
- Join your outside and inside hands above. Repeat step (a) moving backward to the female's place.

FINALE

- Start with your outside foot. Perform three steps turn by turning under the arch of the front arms then under the rear arms.
- Male will kneel on right side with hands down at the sides with open fan while the female stands in front of the male with her right arm in reverse T position and left arm down at the side.



PRACTICE

Directions: Record a video performance of Sua ku Sua. You may ask family members to participate in the performance.

RUBRICS

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EVALUATE

Directions: Encircle the letter of the correct answer.

1. Sua ku Sua is a _____ dance.
 - a. marriage
 - b. courtship
 - c. war
 - d. tribal
2. What is the main prop used in Sua ku Sua dance?
 - a. candle
 - b. bamboo
 - c. fans
 - d. sticks
3. Which of the following describes the Sua ku Sua step?
 - a. Arm moves with an open fan held in each hand put arm in second position then move your wrist into a horizontal figure of eight motion.
 - b. Starts with your outside foot, perform three steps turn by turning under the arch of the front arms then under the rear arms.
 - c. Starts with right foot; partners face each other then join both hands with the open fans.
 - d. Male will kneel on right side, hands down at the sides with open fan while the female stands in front of the male.
4. What is the costume for the upper body of a female performer in sua ku sua dance?
 - a. bajo
 - b. barawasi
 - c. sawal
 - d. kantiu
5. Which tree does sua ku sua dance depict?
 - a. coconut tree
 - b. narra tree
 - c. pomelo tree
 - d. mango tree

HEALTH EDUCATION



OUTCOMES

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

- Identify ways to prevent and control of cigarette smoking and drinking alcoholic beverages.



CHECK

Directions: List down five negative health impacts of drinking alcohol and smoking cigarette.

NEGATIVE HEALTH IMPACT	
CIGARETTE SMOKING	DRINKING ALCOHOL
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.



EXPLAIN

HOW TO PREVENT USING GATEWAY DRUGS?

Dealing with Peer Pressure Effectively



The biggest mistake of teenagers when dealing with their peers is their need to be involved and be acknowledged in a group. Peer pressure is often the first reason why teenagers start to use gateway drugs. As a teenager, you need to find a better group of friends that won't pressure you to do harmful things, or develop the skills to say no. You should be prepared and plan before it happens to avoid temptation.

Dealing with Pressures in Life



Teenagers today deal with different problems in school, family, and peers. There are times when teenagers feel that using gateway drugs is a good way to escape problems and pressure in life without knowing that they are making their life more stressful because of the effects of gateway drugs. To prevent this, you should find other ways to handle stress and unwind. Make yourself busy with sports or hobbies, find a relaxing place to unwind, treat yourself some delicious food, read different books, and hone your skills and knowledge. Activities that are positive and are good for your mental health and help fend off urges of using gateway drugs to relieve stress and problems.

Think about the long-term effects of gateway drugs



Before you try doing harmful things take time to think of the negative impacts that you could possibly get from doing it. One wrong decision may potentially change your life negatively and the effects may have far-reaching consequences in your future. The main question people should is “Are you willing to sacrifice your life for just a small pleasure?”

How to Prevent Use of Gateway Drugs

- Identify the harmful effects of cigarette and alcohol to your body.
- Commit yourself on quitting and set exact goals.
- Get rid of all addictive substance, lighter, shot glass, and anything that remind you of using gateway drugs.
- Avoid places where cigarettes and alcohol are commonly used.
- Avoid people you know who regularly drink or smoke and explain to them that you are trying to quit using gateway drugs.
- Avoid high risk situations that may trigger you to use gateway drugs.
- You can replace using of cigarette and drinking alcohol by other healthier options like joining a fitness program or sports, finding way to relax, and treating yourself with some delicious food.





PRACTICE

Directions: Perform a skit that shows prevention and control of cigarette smoking and drinking alcoholic beverages. Record your performance in a video and submit it to your teacher.

RUBRICS

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EVALUATE

Direction: Write **TRUE** if the statement about prevention and control of gateway drugs is correct and write **FALSE** if it is wrong.

- _____ 1. It is okay to use gateway drugs if you are with your trusted friends.
- _____ 2. The best way to deal with problems and pressure in life is to have a shot of drinks and a stick of cigarette.
- _____ 3. A better alternative for cigarette smoking and alcohol drinking is joining in a fitness program or sports.
- _____ 4. In preventing the use of gateway drugs, you should avoid going to places where cigarettes and alcohols are commonly available.
- _____ 5. You need to get rid of all addictive substance, lighter, shot glass, and anything that remind you of using gateway drugs.

Lesson 04

MUSIC EDUCATION



OUTCOMES

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

- Identify the key features and characteristics of the music of Wayang Kulit.



CHECK

Directions: Encircle the Japanese traditional instruments that is used in Kabuki Theater.





EXPLAIN

Indonesian Theater

This refers to an artform of drama performances that are set on stage with a notable Indonesian theme. It also includes traditional and modern theater performing arts that are located in what is known as Nusantara, the term used for the Indonesian archipelago. Examples of Indonesian theater are Wayang Kulit, Arja, Wayang Wong, Lenong, and Jangers.



Wayang Kulit

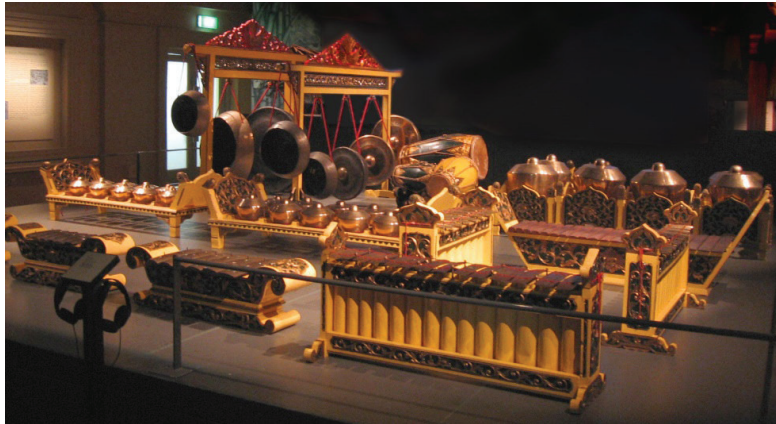
“Wayang” is an Indonesian term for shadow sometimes referring to the puppet itself or the theater performance, while “Kulit” means skin.



Wayang Kulit has three main components:

1. **Wayang Kulit** – the shadow puppets
2. **Dalang** – the puppeteer who controls the wayang kulit. They are characterized by their creativity, humor, flexibility, switchable voice, and they speak the parts of all characters. They also sing the mood songs, also known as “Suluk.” In a whole nine-hour performance, the dalang sings about fifty or sixty songs.
3. **Gamelan Ensemble** – composed of mostly bronze musical instruments that sets the mood and the theme of the performances.

Gamelan Ensemble



Javanese Gamelan



Balinese Gamelan





PRACTICE

Directions: Record a video of your performance as a dalang in a Wayang Kulit presentation. Follow the instructions below:

- Imagine you are a “dalang”, the chief performer of the Wayang Kulit.
- Write your own epic story that relates to the following topic:
 - love
 - adventure
 - comedy
- Study the characteristics of a dalang and apply it to your performance.
- Perform a story telling with appropriate voice and tone and record it in a video.

RRUBRICS

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EVALUATE

Directions: Write the word **FACT** if the statement is correct and **BLUFF** if it is wrong.

- _____ 1. Wayang is the chief performer of the Wayang Kulit.
- _____ 2. The word "Kulit" means skin or refers to the material made out of leather.
- _____ 3. Gamelan sets the mood and the theme of the Wayang kulit performance.
- _____ 4. Being creative, humorous, flexible, and having interchangeable voice are the characteristics of a dalang.
- _____ 5. Examples of Indonesian theater are Noh and Kabuki theater.

ARTS EDUCATION



OUTCOMES

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

- Analyze the arts of Wayang Kulit.



CHECK

Directions: Write the word **FACT** if the statement is correct about Peking opera and **BLUFF** if it is wrong.

- _____ 1. Song, speech, dance-acting, and combat are the elements of Peking Opera.
- _____ 2. Performers of Peking Opera utilize very few props.
- _____ 3. Sheng is the main male role in Peking Opera.
- _____ 4. Red color in mask and makeup signifies a mean and secretive character.
- _____ 5. Dan, Jing, and Chou are the Peking Opera costumes.



EXPLAIN

Wayang Kulit

It refers to the oldest tradition of storytelling in the world with the use of puppet materials and musical background that makes the show more interesting. It is a popular traditional Indonesian theater known around the world. It is usually performed in the royal court and spread out to the public through its performance during religious occasions. "Wayang" is an Indonesian term for shadow sometimes refer to the puppet itself or the theater performance, while "Kulit" means skin.



THE DALANG



It is the person who controls the puppet or the puppeteer and the chief performer who tells the story of the performance. The dalang is characterized by being humorous, creative, and flexible. The dalang also delivers the speaking lines of every character that is why the most important ability of a dalang is to use their voice interchangeably.

Wayang Kulit Elements



Kelir – it refers to the white stretched linen canvass that separates the dalang from the audience.

Blencong – it refers to the coconut oil lamp that creates a shadow from the puppet. Nowadays, it is replaced by electric lights.

Debog – it refers to the stage where the puppets are stuck to hold them in place. It is usually made of the trunk of a banana plant.

Kotak – it refers to the puppet chest. It can be played by the dalang as a drum by hitting it with a wooden mallet.

Kepyak – it is a metal plate that is played with the dalang's foot to give signal to the gamelan orchestra.

Gamelan Orchestra – it is one of the most important parts of the performance. It is composed of mostly bronze instruments that sets the mood and the theme of the performances.



PRACTICE

Directions: Create a Wayang Kulit puppet that would represent the characters from the play you have written and prepared from the lesson in music. Follow the steps procedures below in creating your Wayang Kulit puppet:



Procedure

Step 1: Draw your own character on a piece of cardstock or any hard paper materials, then cut it out. Cut the arms and legs from the body to move it separately.

Step 2: Design your puppet, you can put any details and color you want to make your puppet amazing.

Step 3: Make a hole in the areas where you want to attach the arms and legs of the puppet.

Step 4: Attach the arms and legs to the body by the use of paper fasteners.

Step 5: Attach a stick to the puppet by taping the sticks to the moving body parts. Place another stick to the body to support the puppet.

Step 6: You can add any details or decorations to your puppet.

Record a video of your performance of your Wayang Kulit play using the story you have written and the puppets to that you have created. Submit the video to your teacher.

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EVALUATE

Directions: Encircle the letter of the correct answer.

- Who controls the puppet and is the chief performer who tells the story of the performance?
 - Kelir
 - Dalang
 - Debog
 - Kotak
- Which refers to the white stretched linen canvass that separates the dalang from the audience?
 - Kelir
 - Dalang
 - Debog
 - Kotak
- Which Indonesian term means shadow or sometimes refer to the puppet itself or the theater performance?
 - Kulit
 - Dalang
 - Blencong
 - Wayang
- Which refers to the coconut oil lamp that creates a shadow from the puppet?
 - Kotak
 - Dalang
 - Blencong
 - Kepyak
- Which refers to the puppet chest which can also be used as a drum?
 - Kotak
 - Dalang
 - Blencong
 - Kepyak

PHYSICAL EDUCATION



OUTCOMES

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

- Identify the key features and characteristics of the regional dances with Asian influence: Pangalay.



CHECK

Directions: Supply the missing information about Sua ku Sua.

Sua ku Sua

1. Costume:
Male: _____ Female: _____
2. Props:
Male: _____ Female: _____
3. Music: _____
4. Count: _____
5. Formation: _____



EXPLAIN

Pangalay

Pangalay is the traditional dance of the Tausug people of the Sulu. It is usually performed during weddings and other festive celebrations. It is a dance with sophisticated body postures and movements combined with the dancers' graceful arm and hand movements that is extended by the use of "janggay" or metal claws. The male version of pangalay is called "pangasik" that performs mostly martial arts movements. The dance is called "pangiluk" if both male and female dance the pangalay.



Other Versions of Pangalay

Pangalay Linggisan – it refers to a solo dance performed only by females. It depicts a bird's movement when in flight.



Pangalay Courtship – it refers to a dance performed by a pair of dancers that depicts the graceful movements of birds' courtship dance.



Pangalay ha Patung – it refers to a dance composed of two men carrying two bamboo poles in their shoulders with a female dancer on top keeping herself balanced in the two bamboo poles.

Costume: Typical Joloana and usually barefoot

Prop: Janggay (a metal finger extender for fingernails)

Music: Played as long as necessary

Count: (1, 2) or (1 and 2 and) to a measure

Formation: Indefinite formations, sequence, number, or kinds of steps when performed by natives.



PRACTICE

Directions: Record a DIY vlog that shows how to create a *janggay* or a metal finger extender for fingernails used in pangalay dance.



RUBRICS

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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.



1. Which refers to a dance composed of two men carrying two bamboo poles on their shoulders with a female dancer on top keeping herself balanced in the two bamboo poles?
 - a. pangalay linggisan
 - b. pangalay courtship
 - c. pangalay ha patung
 - d. pangasik
2. Which dance involves a pair of dancers that depicts the graceful movements of birds' courtship dance?
 - a. pangalay linggisan
 - b. pangalay courtship
 - c. pangalay ha patung
 - d. pangasik
3. Which refers to a solo dance performed only by females depicting a bird's movement when in flight?
 - a. pangalay linggisan
 - b. pangalay courtship
 - c. pangalay ha patung
 - d. pangasik
4. What is the costume used by dancers in Pangalay?
 - a. joloana
 - b. barawasi
 - c. sawal
 - d. kantiu
5. _____ is the dance if both male and female dance the pangalay.
 - a. pangalay linggisan
 - b. pangalay courtship
 - c. pangalay ha patung
 - d. pangiluk

HEALTH EDUCATION



OUTCOMES

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

- Analyze the policies and laws affecting the family, school, and community related to cigarette and alcohol use.



CHECK

Directions: Write the appropriate response to complete the dialogue for the comic strip on how to prevent and control gateway drugs.



**Join us!
Let's smoke!
Just try! It is cool!**



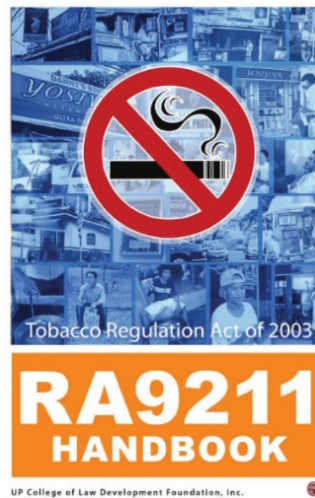
**Let us celebrate
and drink!
Just one bottle!**



EXPLAIN

Policies and Laws Affecting the Family, School, and Community Related to Cigarette and Alcohol Use

Republic Act. No. 9211



It is commonly known as “The Tobacco Regulation Act of 2003”. It is a law that supervises the production, distribution, and use of tobacco.

The Important Provisions are the following:

Sec. 5. Smoking in Public Places

This section states that smoking in different public places like, schools, public and private hospitals, government buildings, and any public facilities are prohibited.



Sec. 9. Minimum Age Sales

Under this act, selling or distributing any tobacco products to minors (18 years old and below) are unlawful and punishable by the law. Being unaware of the real age of the minor is not a defense.

Sec. 10. Sale of Tobacco Products within School Perimeters.

Sales and distribution of any tobacco products are not allowed within 100 meters from any point of the school, public playground, or other facilities for minors.

Chapter 2, Article 5, Section 24 of Republic Act No. 8749

This act is also known as the "Philippine Clean Air Act of 1999" and it states that smoking inside public places, vehicles, or any not designated smoking area is not allowed. This act shall be implemented in all Local Government Units.

PRESIDENTIAL DECREE No. 1619



Section 6

This law states that sales or distribution of liquors or beverages that contain alcohol thirty per centum or above to minors (18 yrs. old and below) is prohibited and punishable by the law.



PRACTICE

Poster Making

Directions: Create a poster about the policies and laws relating to gateway drugs. You can use any sketch/drawing apps to do this activity.

RUBRICS

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 which policy and law relating to gateway drugs is described by each sentence. Choose your answer from the box below. Write only the letter of the correct answer.

- A. Republic Act. No. 9211
- B. Sec. 5. Smoking in Public Places
- C. Sec. 9. Minimum Age Sales
- D. Sec. 10. Sale of Tobacco Products within School Perimeters
- E. Chapter 2, Article 5, Section 24 of Republic Act No. 8749
- F. PRESIDENTIAL DECREE No. 1619 Sec. 6

- _____ 1. This law states that selling or distributing liquors or beverages that contain alcohol to minors is prohibited and punishable by the law.
- _____ 2. It is also known as The Tobacco Regulation Act of 2003.
- _____ 3. Under this act, selling or distributing any tobacco products to minors are unlawful and punishable by the law.
- _____ 4. This section states that smoking in different public places like, schools, public and private hospitals, government buildings, and any public facilities are prohibited.
- _____ 5. This act is also known as the "Philippine Clean Air Act of 1999".