

SHS

**DepED**  
DEPARTMENT OF EDUCATION

# AIRs - LM in Physical Education and Health 4 Module 1



GOVERNMENT PROPERTY  
**NOT FOR SALE**

## **Physical Education and Health 4**

Grade 12 Module 1

First Edition, 2020

Copyright © 2020

La Union Schools Division

Region I

All rights reserved. No part of this module may be reproduced in any form without written permission from the copyright owners.

### **Development Team of the Module**

**Author:** Joan C. Bugayong, *MT I*

**Editor:** SDO La Union, Learning Resource Quality Assurance Team

**Illustrator:** Ernesto F. Ramos Jr., *P II*

### **Management Team:**

Atty. Donato D. Balderas, Jr.  
*Schools Division Superintendent*

Vivian Luz S. Pagatpatan, Ph.D  
*Assistant Schools Division Superintendent*

German E. Flora, Ph.D, *CID Chief*

Virgilio C. Boado, Ph.D, *EPS in Charge of LRMS*

Delia P. Hufalar, Ph.D., *EPS in Charge of MAPEH*

Michael Jason D. Morales, *PDO II*

Claire P. Toluyen, *Librarian II*

# **Physical Education and Health 4**

Module 1



## TARGET

Health –related fitness is all about psychology, personal health and how physical activity influences us as a person. This is important for anyone who wants to live a physically active lifestyle to support a higher quality of life.

In your previous lessons you become aware that being physically fit can help you get through with stresses and demands of life and this improves your self-esteem, develops your confidence and self-concept, which can only be realized when, are much older.

This module is designed for you as a Grade 12 student, to explore knowledge and skills that will help you develop a lifelong habit of physical fitness and wellness.

After going through this module, you are expected to:

1. self-assess health-related fitness (HRF) status, barriers to physical activity assessment participation and one's diet **(PEH12FH-IIg-i-6)**

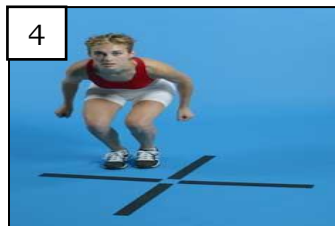
Before going on, proceed to the next page and accomplish the  
pre-test.

# Pre-test

## A.What I know.

**Direction:** Identify and classify the pictures as shown based on the components of health-related fitness. **(10 points)**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



## B. Where I am?

**Direction:** Find in the word search box the terms that compose the Health-Related Fitness Components. The words to be found can be in any direction as long as the letters are all inter-connected. Use the definitions below as a guide, box then write the identified terms on the line beside the correct description of the word.

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

\_\_\_\_\_ 1. It pertains to the proportion of fat, muscle, and bone of an individual's body.

\_\_\_\_\_ 2. It is described as the ability of a muscle to move high resistance for a short period of time.

\_\_\_\_\_ 3. It is the ability of a muscle to move low resistance for a long period of time.

\_\_\_\_\_ 4. It is defined as the joint's ability to move through its full range of motion.

\_\_\_\_\_ 5. It refers to the ability to engage in physical activity for long periods due to strong heart and lungs and clear blood vessels.

If you have found the words and were able to define each, that would mean that you have the basic knowledge of HRF.



7. If you are going to start engaging in Physical activity program, what would be your priority fitness goal?

- Appearance
- Lose Weight
- Reduce stress level
- General health
- Reduce Body Fat
- Cardiovascular Endurance
- Self Esteem
- Sports Performance
- Flexibility
- Free from Sickness
- Improve Posture

8. Which of the following hinder you from pursuing a regular physical activity program?

- I got bored pretty when I do physical activities
- I cannot really find time to do physical activities
- I cannot really find time to do physical activities.
- Family obligations
- I got frustrated because I do not see any results anyway.
- No companion
- I am just plain lazy.

Others: \_\_\_\_\_

9. What equipment are available that you can use if you are to adopt a regular exercise program?

- Nothing
- Resistance balls or other home equipment
- Treadmill or other home machine
- Bicycle. Tennis, etc.
- Exercise videos
- Jump rope
- Weights (dumbbells)
- Other tools like punching bag, gloves, etc.

10. How do you describe your physical fitness level?

- Minimally (doing physical activities a few times a month)
- Often (2 -3 times a week at least 30-45 minutes or longer)
- Regularly (3-5 times a week at least 30-45 minutes or longer)
- Habitually as often as possible.



B. Analyze your answers, why do you think physical activity influence or affect you as a person?

---

---

---

---

---

<b>RUBRICS</b>	
Met the objectives of the task	_____/5
Completion(Task is 100% complete)	_____/5
Depth Reflection	_____/5
Total:	_____/15

## Activity II: BARRIERS TO PHYSICAL ACTIVITY

A. Listed below are reasons that people give to justify why they do not get as much physical activity as they think they should. Please read each statement and indicate how likely are you to say the following by putting a check mark (✓) under your rating.

<b>How likely are you to say?</b>	<b>Very likely 3</b>	<b>Somewhat likely 2</b>	<b>Somewhat unlikely 1</b>	<b>Very unlikely 0</b>
1. I am so busy now, I just don't think I can have the time to include physical activity between school schedule and my work at home.				
2. None of my family members nor friends are engaged in a regular physical workout, so I don't have a chance to exercise.				
3. I'm just too tired after school to do any exercise.				
4. I've been thinking about participating in a regular workout, but I just can't seem to get started.				
5. I'm getting bigger and taller so no need to exercise.				
6. I don't get enough exercise because I have never learned the skills for any sport.				
7. I don't have access to workout equipment, gym, bike paths, etc.				
8. Physical activity takes too much time away from other communities, school, family, etc.				
9. I'm embarrassed about how I will look when I exercise with others.				

10. I don't get enough sleep. I just couldn't get up early or stay up late to get some exercise				
11. It's easier for me to find excuses not to exercise than to go out to do something.				
12. I know too many people who are not into physical workout but still manage to become as healthy as possible.				
13. I really can't see myself learning a new sport at my age.				
14. It's just too expensive. You have to take a class or join a club or buy the right equipment.				
15. My free time during the day are too short to include exercise.				
16. I'm too tired during the week and I need the weekend to catch up on my rest and homework.				
17. I want to get more exercise, but I just can't seem to make myself be committed to the schedule.				
18. I'm afraid I might injure myself.				
19. I'm not good enough at any physical activity to make it fun.				
20. If we had exercise facilities and showers at work, then I would be more likely to exercise.				

B. Evaluation

Analyze your answers from the above activity. Enumerate your top three reasons for not engaging into a regular physical exercise. Devise or think of a solution or alternative activities to counter these factors from hindering you into engaging in physical fitness activity.

<b>I cannot engage into a regular physical activity/exercise because...</b>	<b>But I am determined to...</b>

<b>RUBRIC- Survey</b>	
1.Met the Objective of the task	_____/5
2.Completed the surveywith accuracy	_____/10
<b>Rubric -Journal</b>	
1.Ideas and content	_____/5
2.Personal Reflection	_____/5
<b>Total:</b>	_____/25



## DISCOVER

### A. Components of Health-Related Fitness

**Fitness** is as a condition in which an individual has enough energy to avoid fatigue and enjoy life. Try to look back and reflect on your day's activity. Do you have lots of energy, or do you get tired easily?

#### Physical fitness Components:

a. **Skill-related fitness** enhances one's performance in athletic or sports events.

b. **Health-related fitness** is the ability to become and stay physically healthy.

Health Components	Skill Components
Cardiorespiratory fitness	Agility
Muscular strength and endurance	Balance
Flexibility	Power
Body composition	Speed
	Coordination
	Reaction Time

**Health-related** components focus on factors that promote optimum health and prevent the onset of disease and problems associated with inactivity.

#### Four Components of Health-Related Fitness

- **Cardiovascular fitness** is the ability of the heart (cardio) and circulatory system (vascular) to supply oxygen to muscles for an extended period of time.

#### **Cardiovascular or cardiorespiratory (lungs) fitness.**

Usually the 1km run or some other type of continuous fitness activity (12-minute run, cycling, step-test, etc.) is used to assess cardiovascular fitness.

- **Muscular endurance** refers to the ability of the muscle to work over an extended period of time without fatigue. Performing push-ups and sit-ups or crunches for one minute is commonly used in fitness testing of muscular endurance.

- **Muscular strength** refers to the maximum amount of force a muscle can exert against an opposing force. Fitness testing usually consists of a one-time maximum lift using weights (bench press, leg press, etc.).

- **Flexibility** is the ability to move a body part through a full range of motion (ROM) at a joint. The sit-and-reach is commonly used to determine flexibility.

- **Body composition** is the ratio of body fat to lean body mass (including water, bones, muscles, and connective tissues). Having too many fat tissues is a risk factor for cardiovascular diseases, diabetes, cancer, and arthritis.

In addition to improving quality of life, healthy- related fitness

- increases muscle tone and strength;
- decreases susceptibility to injuries and illness;
- improves bone mineral density;
- reduces risk of osteoporosis;
- improves posture;
- increases efficiency of the respiratory and circulatory systems;
- decreases risk of cardiovascular disease and stroke;
- improves blood pressure;
- decreases risk of diabetes and some cancers;
- improves self-esteem and self-confidence;
- decreases body fat and improves metabolism; and
- Increases energy level and academic achievement.

❖ Cardio- Respiratory Endurance (CRE) is perhaps the *most essential* fitness element. It is the capability of the heart, blood vessels, and lungs to supply oxygen and important nutrients to the functioning muscles, and get rid of waste products during dynamic physical activity. Our life depends on the efficient performance of our cardio respiratory system. Studies show that vigorous workout is required to maintain a healthy heart and avoid heart disease. In addition, good CRE is necessary to enjoy running, swimming, cycling, and other vigorous activities to survive at the peak of health and take pleasure in life.

**Activities vary in intensity level:**

**Light Activities** are physical activities that engage large group muscle groups. While engaging in light activities, people begin to notice their breathing , but they can still talk easily.

**Moderate activities** are physical activities that cause breathing and heart rate to increase. People engaging in moderate activities can hear themselves breath, but they can still talk.

**Vigorous activities** are physical activities that cause breathing and heart rate to rise to a high level, making it difficult to talk.

An individual may be working at the moderate to vigorous intensity level while engaging in muscular strength activities and muscular endurance activities if carried-out in a fitness circuit set up.

## **B. Health Related Fitness Test**

### **1. Cardiovascular Endurance Test/ Assessment**

The three-minute step test (also known as the cooper test) is a simple way to evaluate your cardiovascular endurance. Follow the instructions to determine your level of fitness in this area.

#### **The Three-Minute Step Test**

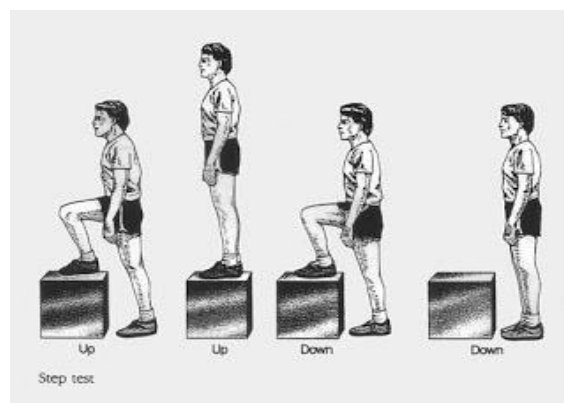
##### **Materials:**

(12 inches high box or stair step, Stopwatch)

##### **How to do it**

Have a household member to time you and count out your pace for three minute during this test. When your family member tells you to begin, step up on the box with your right foot, then bring your left foot up next to it. Step down with your right foot, then your left. Stick to a pace that allows you to do 24 steps per minute. Your friend should keep you on pace by saying. Up,up, down, down” as you go.

Step up and down on the box for three consecutive minutes. When you are done, sit down and rest for one minute. When one minute is up, take your pulse for one full minute.



Remember, this test is meant to give you general idea of your level of cardiovascular fitness-only a doctor or professional trainer can give you a personalized assessment.

If you have good cardiovascular endurance, your heart will be able to quickly recover from the exercise. The lower your heart rate is, the quicker it recovers and the better your endurance becomes.

## 2. Muscular Strength

Strength is also known as muscular strength, It is vital for everyone, not just to athletes. Strength is also the ability of a particular muscle or muscle group to put forth force in a single maximal contraction to conquer other form of resistance. Relating to everyday life, this resistance is classified as an activity that involves a level of strength to perform such as picking up and carrying shopping bags from the supermarket. A good level of strength permits an individual to carry out daily activities concerning strength without feeling exhaustion or weariness. In addition, a good level of strength helps:

- Maintain good posture in old age
- Maintain an independent lifestyle, for instance, being capable of climbing the stairs at home
- Avoid certain types of injuries such as back injuries
- With coordination while moving such as walking and running

In relation to sport, strength is very important for activities such as:

- Weightlifting- to lift a heavy weight
- Boxing- to make a powerful punch
- Gymnastics- for example, upper body strength is essential to sustain a handstand

### **Materials:**

(None)

### **How to do it:**

In this test, you will perform as many push-ups as you can without resting. To do a push-up, lie on your stomach. Place your palm next to your shoulders so that your arms make a 45-degree angle with your body. Make sure your toes are pointing straight into the ground. Keeping your legs backside tight, push your body up, making sure that your body stays in a straight line and your hips do not sag your stomach should be pulled in and head relaxed and in line with your body. Do as many push-ups as possible while still using the correct form.

Write down your total score.





### **3. MUSCULAR ENDURANCE**

Unlike strength that involves the muscle performing one action, muscular endurance involves the muscle in building a number of continuous movements. Muscular endurance can be a specific muscle or muscle group such as the biceps, making continual contractions over a considerable period, perhaps over a number of minutes.

The following are a number of everyday activities that require good muscular endurance:

- Pump the well
- Gardening
- Cleaning your backyards

As all these activities involve a number of muscular contractions over a number of minutes, it would require a good intensity of muscular endurance. It also vital for nearly all sports.

### **4. Muscular strength and Endurance Tests**

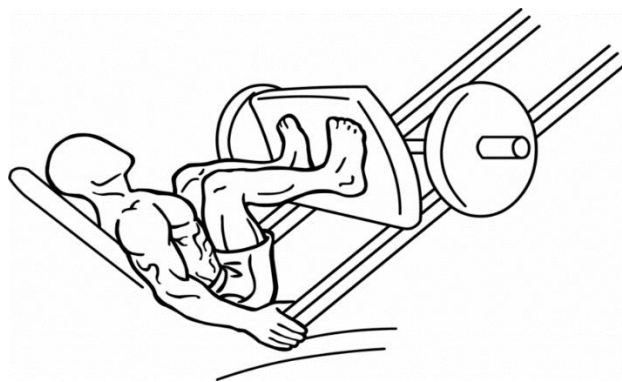
Muscular strength and endurance are advantages in the capability to carry out daily activities such as lifting, carrying, pushing, and pulling without tension or unwarranted exhaustion. Strength and endurance of the abdominal muscles are mainly significant for good stance and lower back health. Muscular fitness activities shape and control muscle necessary for a trimmed, well-toned look. For years, muscular strength and muscular endurance tests have been used to determine physical fitness. Strength is best developed by weight training and is often measured by one maximal lift with weight. Muscular strength and muscular endurance are measured by different tests. You can assess the strength of major muscle groups by

taking the Leg Press Strength Test and the Bench Press Strength Test Exercises.

### **Abdominal Curls and Push-Ups**

Abdominal curls are perhaps the best way to appraise the endurance of the abdominal muscles. The traditional Bent-Knee Sit-Up Test requires use of the thighs and hip flexors plus abdominals and may put the back in danger. Abdominal curls separate and test abdominal muscles, lessening hazard to the lower back. Push-ups test the muscular endurance of the arms and upper body muscles.

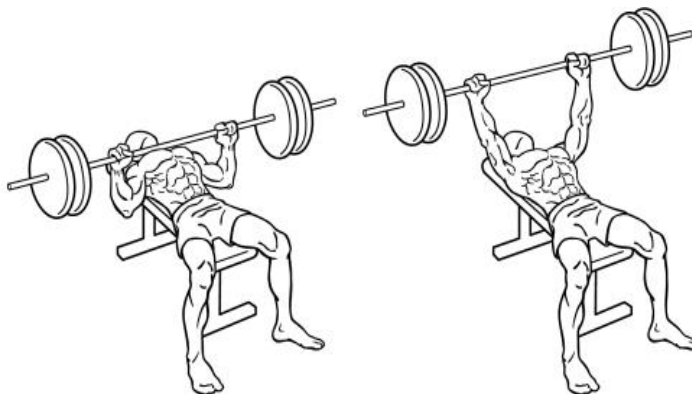
### **Leg Press Strength Test**



look for a leg press illustration

The excellent measure of strength is one single maximal lift. This should be tried only after a number of sessions of weight training, highlighting right lifting figure for protection because the threat of harm is high for an inexperienced lifter. If you have knee, ankle, or lower back problems, make sure to consult your physician before trying a maximal lift. As there is no industry standard for resistance levels on weight machines. “70 pounds” will give a somewhat different resistance level. Strength testing using a machine is promoted, as it is more secure than using free weights.

### **Bench Press Strength Test**



If you have shoulder troubles, check with your physician. Before trying a maximal lift. Although free weights may be used, strength testing using a machine is recommended, as it is safer than using free weights.

## 5. Flexibility

Picking up scattered pieces of paper from the floor or reaching for something needs good flexibility. Flexibility is the capability of a particular joint such as our knee, to move during a complete range of movement. A flexible body possesses a better variety of motion which should help in the performance of skills.

Flexibility is the ability of the joints to move. Each joint (location where your bones join together) in your body is designed to move in a certain way. Flexibility is as important as aerobic endurance and must be specifically included during training. Sports performers have a tendency to carry out stretches for a couple of minutes at the start and end of their session within the warm-up and cool-down.



**Below are a number of benefits connected to good level of flexibility:**

- Development of posture
- Avoidance of lower back pain
- Preservation of healthy joints
- Decrease in the danger of injury
- Improved dynamic balance while moving
- Decrease in muscle discomfort after exercise
- Improved blood flow and nutrients to the joints

Poor flexibility can also contribute to poor posture. Regular stretching can help you maintain good posture.

**Flexibility Tests**

Flexibility is a helpful advantage in daily activities and in any kind of forceful exercise programs. The capability to move joints during a full range of motion without severity or stiffness makes exercise more relaxed and may reduce dangers. Flexibility tests signify whether you have a normal range of movement in the lower back and other vital areas.

**Quick Check for Flexibility**

The quick checks for flexibility are simple ways of measuring the elasticity of key muscle groups frequently shortened and stiffened in daily activities. Every quick check is also a stretch, so if your series of motion is limited or if you feel extreme tension in a joint or muscle group, apply the similar position to develop flexibility in that area.

**Flexibility**

Flexibility can be tested in many different ways. It is possible to be more flexible in one area of your body and less flexible in another—for example, you might have good flexibility in your shoulders, but need to work on the flexibility in your legs and hips. It is especially important to work toward balanced flexibility on both sides of your body. If one of your shoulders or one of legs is more flexible than the other, you are at a higher risk for injury.

**Flexibility Exercises for Basic Fitness**

As part of a warm-up or cool-down, flexibility exercises are important for runners, walker, and aerobic dancers. Cyclists, swimmers, and water exercises, on the other hand, should add upper-body stretches. (See stretches on the next page). If time is limited, save stretching for the cool-down. For basic fitness flexibility, perform the full program of exercises. Hold each one for 10 to 30 seconds and repeat at least four times. These exercises give an introductory flexibility session that you can incorporate into your routine.

## **6. Body composition**

Body composition is the percentage of body fat and lean body tissue in an individual. Lean body tissue is composed of water, blood, skin, muscle, and bone. From a health viewpoint, it is significant to have low levels of body fat.

For a sports person, increased levels of fat can accumulate through inactivity caused by injury or during the off-season, and can lead to a decrease in performance. An increase in body fat can reduce the fitness level of a player and can make him or her slower.

Having too much body fat can also cause problems. People who have too much fat (also called being over fat) or have a high Body Mass Index (also called being overweight) have a greater risk of having diseases such as heart disease, cancer, and high blood pressure. Another disease called diabetes exists when the body's sugar level are too high. People with this condition may need special medication and must pay particular attention to what they eat and how they exercise. The most common form of diabetes is much more frequent among people who have too much body fat.

### **Body Composition Tests**

Fat works as an insulator, keeping body heat. As such, certain amount of body fat is necessary to good health. It protect the bones, protects internal organs and it stores, and provides energy for later use.

Not many people recognize that extreme leanness can be as unhealthy as extreme fatness. For young adults, a usual range of body fat for women is 21 to 24 percent, and for men, it is 14 to 17 percent. Remember that all of us have inherited a certain body build and fat distribution; it is innate for some bodies to take more fat than others do. It is also normal to increase body fat slightly as we grow old.

Although weight scales can tell you how much you weigh, it cannot tell you how much of your body consisted fat. An inactive person may retain a normal weight for height but increases fat and drop lean body mass or muscle tissue in due course. A body builder may be "overweight" according to height and weight charts, but this is because of the development of muscle and bone rather than fat. Being overweight due to having a considerable amount of lean muscle tissue is not the same as being plump due to excess fat tissue. People who have a muscular build-up may feel they are excessively heavy even when the weight is primarily lean tissue. They could jeopardize their health trying to lose weight unreasonably. Then again, inactive people who are content with their weight may be surprised to find out that their body fat percentage is over 30 percent, high enough to cause health threat. In the early phases of a fitness program, excess fat will frequently be lost and lean muscle weight will raise as fitness progresses. Even in the absence of a considerable weight change occurrence, the

exerciser is leaner and looks trimmer, as a pound of muscle is denser than a pound of fat.

Body fat is measured by using a number of different methods. Laboratory tests contain Dual-Energy X-ray Absorptiometry (DEXA) and hydrostatic weighing. Non-laboratory tests that use indirect methods to calculate body composition include bioelectrical impedance, skin fold assessment, and measurements of circumference. Although these tests are not 100 percent accurate, they are helpful for assessing change in body composition.

The Body Mass Index (BMI) and skinfold measurement test will help you determine if you are in the healthy fitness zone. Your test results will show if you are in a zone that helps you function effectively and avoid problems associated with having too much or too little body fat or body weight.

### **C. Barriers to Physical Activity Involvement**

You might have experienced that no matter how determined you exercise, you suddenly lose interest and when an emergency comes up, you feel like you are not in the mood etc. In fact, many people come up with excuses to avoid exercise.

What keeps young people from engaging into regular physical activity?

#### ➤ **Lack of Time**

If you think that you do not have the time to engage yourself in physical activities, make an effort to:

1. Maintain a journal of your daily activities for a week. Use it to check how much free time you have.
2. Manage to break up your workout sessions into two 15-minute blocks, or even into three 10-minute blocks, in case dedicating a 30-minute exercise each day, is not possible.
3. Get a quick 15-minute walk at lunchtime. Try to include physical activity into your daily activities. For instance, get off public transport one stop earlier and walk the rest of the way or use the stairs instead of the elevator.

#### ➤ **Exercise is Uninteresting**

At times, it is the lack of interest rather than the lack of time that is the problem. If you think exercise is boring, try to:

1. Exercise with a friend or an associate. Join a group or take up a team sport.

2. Consider the physical activities you enjoyed when you were still a kid. That could be roller-skating, biking or jumping jack. Return to these activities and you may find them just as pleasurable at present.
3. Do not think that exercising is painful or boring. It would be good to change the way you think about physical activity. Physical activity is all in relation to getting more movement into your day. It should be enjoyable. Think about hobbies like dancing, gardening, or yoga.
4. Arrange participation into a variety of physical activities. Combine them.
5. Think about using workout equipment at home such as stationary bike or treadmill. This way, you can exercise at the same time you are watching your favorite television series.

➤ **Does not have the idea how to be active (Lack of Skill)**

Many people are willing to help when you decide to be active and get moving. Suggestions include:

1. Checking with your doctor for suggestions and support when getting on a physical activity plan.
2. Getting in touch with your local community center. Most centers suggest an assortment of physical activity classes at modest fees.
3. Visiting your local gym or sports center. Most gyms, sporting clubs and dance clubs offer an introductory free first lesson. Take advantage of these free lessons to help you find a activity that suits you.

➤ **Tired (Lack of Energy)**

Life can be very tiring but incredibly, the more that you are on the go, the more vigor you will have for everything else. Ideas include:

1. Trying to be active on most days of the week and you will soon feel more vigorous. The fitter you are, the more lively your life becomes.
2. Reorganizing your to-do list if you can. This way, you can be full of energy in the morning rather than at night.
3. Exercising during your lunch break or making activities during your travel to work by cycling or walking part or all of the way.
4. Perking up your diet as healthy foods can increase you energy levels.
5. Making sure to get quality sleep.

➤ **Not feeling well and not thinking fit**

There is something for every person to do, even if you are not feeling good. At times, activities can essentially help you feel better.

1. Examine your medical condition. Speak with your doctor or local support group, or browse through health channel articles to get physical activities that may be appropriate for you.
2. Decide on an activity that feels comfortable.

3. Begin gradually. Start by exercising for about 10 minutes daily then increase the time little by little and step up as your fitness progresses.
4. Never push yourself excessively. If you feel pain, reduce the intensity or discontinue everything. Pain is an indication that there is something wrong.

➤ **Excuses about the weather**

It is too hot, it is too cold, or it is raining, yet there are things you can do regardless of the weather:

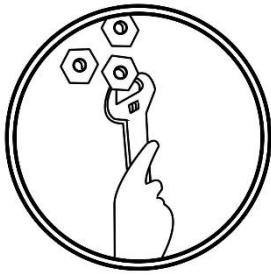
1. Have a range of indoor and outdoor activities to decide from so that weather cannot get in the way with your exercise arrangements.
2. Select indoor activities like working out using an exercise video or stationary cycling on days when you do not want to exercise outdoor.
3. Work out in a gym or swim at your local pool.
4. Take a brisk walk at your local air-conditioned shopping center.

➤ **I don't feel like it (Lack of Motivation)**

Shifting lifestyle is never easy but once you begin to feel better, you will realize the benefits of the changes you have made. If you do not feel like being active, try to:

1. Recognize your barriers to physical activity.
2. Surf through health channel and browse on the benefits of physical activity. Look for personal reasons to encourage you to become more active.
3. Choose single recreations such as working out using an exercise video if you feel uneasy exercising in front of other people.
4. Make certain your objectives are sensible. Avoid the 'all-or-nothing' catch that physical activity is a waste of time if it cannot make you fit or slim.
5. Plan physical activities ahead. Prepare appointments and put them in your diary.
6. Look for a workout friend, as you are more likely to commit to regular physical activity if you have someone else relying on you.

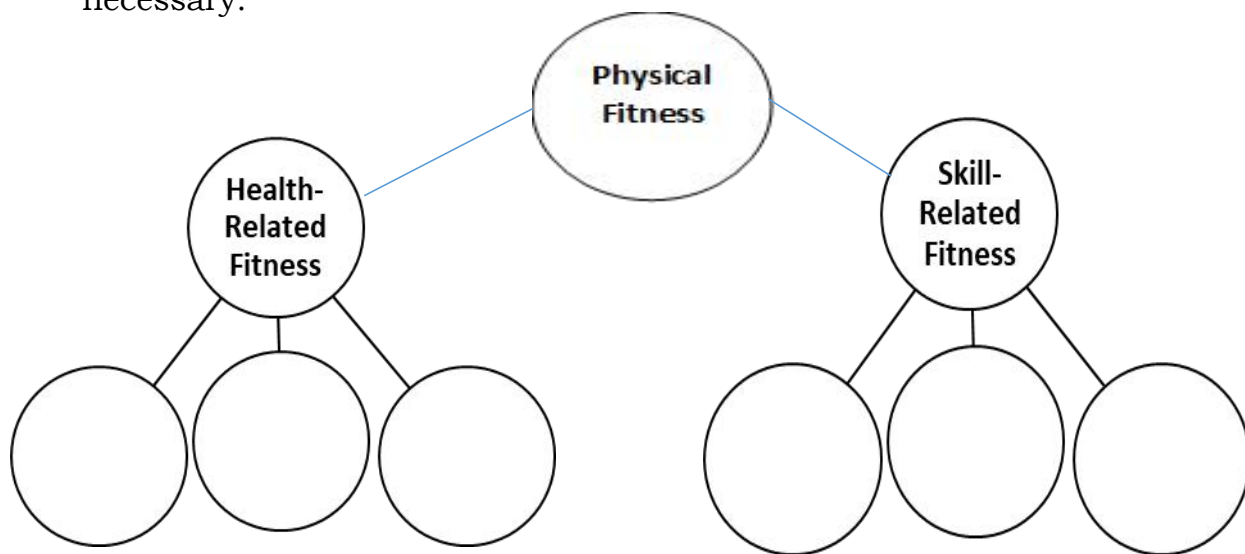




## EXPLORE

### Activity 1: COMPONENTS OF HEALTH- RELATED FITNESS:

A. Differentiate the health-related fitness components from the skill-related fitness components through the graphic organizer add some more circles if necessary.



B. Journal Writing:

1. How Health-Related Fitness improves one's health?

---

---

---

---

2. Why cardio-respiratory endurance considered the most important fitness component?

---

---

---

---

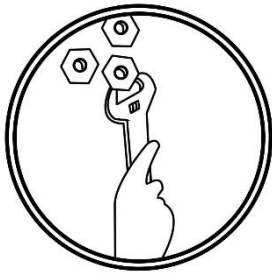
## Rubrics

	<b>Needs improvement 1 pts</b>	<b>Approaching standards 2 pts</b>	<b>Good 3 pts</b>	<b>Excellent 4 pts</b>
<b>Ideas and Content</b>	There is no clear or specific explanation in answer to the question.	You put thought into this, but there is no real evidence of learning. More specific information is needed or you need to follow the directions more closely.	What you are writing about is clear. You answered the question. Some support may be lacking, or your sentences may be a bit awkward. Overall, a decent job.	What you are writing about is clear and well expressed, including specific examples to demonstrate what you learned. Well done!
<b>Use of terms</b>	No terms from the lesson are used.	Only one term from the lesson is used in the answer. Try for a few more, next time.	Your answer included several terms from the lesson, demonstrating adequate understanding of the material.	Your answer included all the terms from the lesson that applied to the question asked. All terms are fully defined and used in the proper context.
	<b>Needs improvement 1 pts</b>	<b>Approaching standards 2 pts</b>	<b>Good 3 pts</b>	<b>Excellent 4 pts</b>
<b>Sentence Fluency</b>	Sentences are incomplete or too long. It makes reading them difficult.	Some sentences are complete and easy to understand. Others require some work.	Sentences are complete and able to be understood.	Sentences are complete and they connect to one another easily when they are read out loud. Your writing 'flows.'

## Activity II. QUALITY LIFESTYLE WITH HRF

A. Put a check mark (✓) under the appropriate Health-Related Fitness Component manifested in each of the physical activities listed below. **(10 points)**

<b>Movement</b>	<b>Cardio-vascular Endurance</b>	<b>Flexibility</b>	<b>Body Composition</b>	<b>Muscular Strength</b>	<b>Muscular Endurance</b>
Jogging for three (3) minutes					
Do sixty (60) curls					
Touch your toes ten (10) times					
Do fifty (50) jumping jacks					
Do five (5) push ups					
Touch your hands behind your back					
Running for ten (10) minutes					
Jump as high as you can twenty (20) times in a row					
What would you use if you will run for thirty (30) to sixty (60) minutes?					
Bend down and jump as high as you can					



## DEEPENING

### Activity I: EXERGAMES

**Directions:** You are provided with a reading article below. Read it carefully and make a reaction paper based on your readings. Your thoughts and opinion about this article will help you reflect on your understanding of fitness exercise. Write your reaction on your worksheet.

#### ***Active Video Games Help Some Kids Get Active***

***By Jennifer Warner***

*WebMD Health News Reviewed by Louise Chang, MD*

*Oct. 1, 2012 -- One type of TV time may actually play a valuable role in the battle against childhood obesity.*

*A new study suggests active video games may help children, especially girls, raise physical activity levels.*

*The results show most teens who play active video games play at moderate or vigorous intensity levels that would help them meet the recommended 60 minutes of physical activity on most days.*

*Researchers say so-called exergames may also help at-risk young people get moving.*

*"Because exergames can be played in a variety of settings, including unsafe neighborhoods, they can increase opportunities for youth to engage in [physical activity] and decrease sedentary behavior," researcher Erin O'Loughlin of the University of Montreal, Canada, and colleagues write in Pediatrics.*

Exergames are screen-based active video games in which individual players or groups interact in a physically active way. They include rhythmic dancing games, virtual bicycles, balance board simulators, and virtual sport simulators.

They require a screen, like a TV or computer, and a gaming console, such as the Nintendo Wii. The video games track the players' movements onscreen as they attempt to reach a goal.

Nearly three-fourths (73%) said they played at a moderate or vigorous level of physical intensity that would count toward meeting the recommended physical activity guidelines.

*Researchers also found that exercise video games like "Wii Fit" and "Dance Dance Revolution," which require high amounts of energy, were among the most popular active video games.*

*The study shows that boys are more likely to play non-active video games, and girls were more likely to play active video games.*

*Researchers also found that most children who played active video games played at home, but many also played at friends' homes.*

### *New Role for Active Video Games?*

*Researchers say the results suggest that active video games may have a unique role in the battle against rising childhood obesity rates.*

*"It is possible that some girls may be uncomfortable exercising at school or in community settings because they feel scrutinized or judged and therefore prefer exercising at home alone or with friends," the researchers write.*

*"Lack of school-based exergaming may represent a „missed opportunity“ to introduce young people to another form of [physical activity],” they write. “The feasibility of exergaming in community centers or at school needs to be tested, and research on the sustainability of exergaming is warranted.”*

[https://laney.edu/ari\\_krakovski/wp-content/uploads/sites/40/2011/01/Reaction-Paper-assignmt.pdf](https://laney.edu/ari_krakovski/wp-content/uploads/sites/40/2011/01/Reaction-Paper-assignmt.pdf)

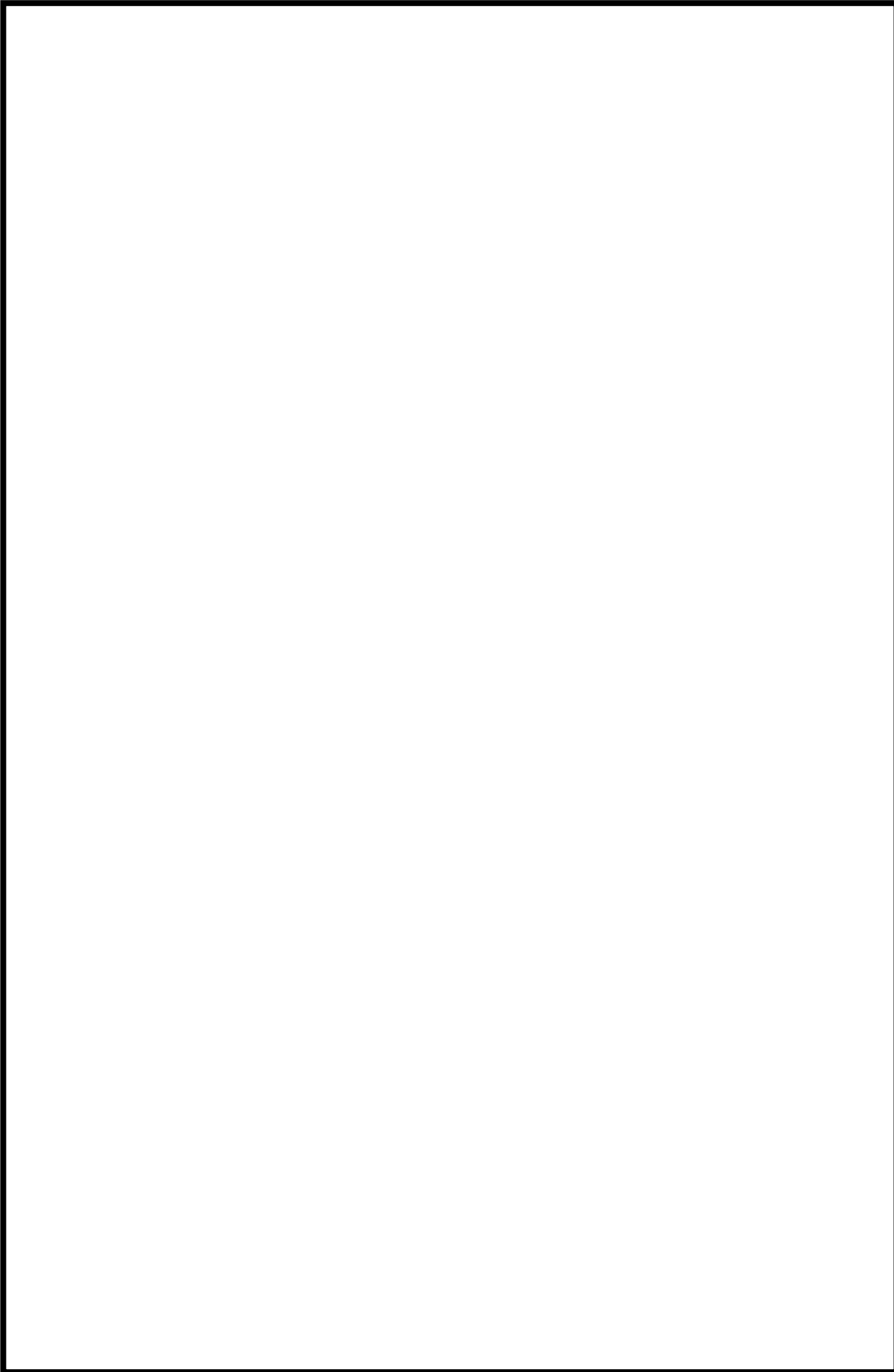
### **Rubric: Reaction Paper**

#### **Content (15 points)**

- BACKGROUND (5 pts):
  - Provide background information from the article (source, author etc.)
- OPINIONS & POINTS OF VIEW (5 pts):
  - What key points were made by the author?
  - Describe at least 3 key points—be specific!
- NEW INFO THAT YOU LEARNED (5 pts):
  - Describe at least 3 new pieces of information that you learned from the article.
  - Discuss your personal opinions about the article.

#### **Writing (15 points)**

- Make sure to pay attention to the overall organization and paragraph structure of your essay. Usually, a well-organized essay will begin with an introductory paragraph, continue with at least three body paragraphs, and end with a concluding paragraph.



## Activity II. SHAPE IT UP- MAKE A MEAL PLAN!

**Directions:** Make an ideal weekly meal planner by filling out the table below. Schedule the food that you will eat from Monday to Sunday. An example is provided for you to start.

MEAL	Example	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	1 Longaniza 1 cup of rice 1 banana Water							
Lunch	Adobong chicken 1 cup of rice water							
Snacks	Boiled saging Fruit juice							
Dinner	Sinigang na bangus 1 cup rice water							

**B. Journal Entry:** Answer the following questions:

1. Based on your meal plan, do you have a healthy eating habit? Why do you say so?

---

---

---

---

2. Why is it important to have a healthy diet?

---

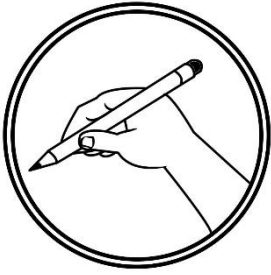
---

---

---

<b>RUBRICS- Meal Plan</b>	
1.Met the Objective of the task	_____/5
2.Completed the meal plan with accuracy	_____/10
<b>Rubric - Journal</b>	
1.Ideas and content	_____/5
2.Personal Reflection	_____/5
<b>Total:</b>	_____/25





## GAUGE

**Directions:** Listed below are reasons that people give to describe why they do not get as much physical activity as they think they should.

A. Please read each statement and indicate how likely you are to say each of the following statements by encircling the number of your choice:

How likely are you to say?	Very likely	Somewhat likely	Somewhat unlikely	Very likely
1. My day is so busy now; I just do not think I can make the time to include physical activity in my regular schedule.	3	2	1	0
2. None of my family members or friends like to do anything active, so I don't have a chance to exercise	3	2	1	0
3. I'm just too tired after work to get any exercise.	3	2	1	0
4. I've been thinking about getting more exercise, but I just can't seem to get started	3	2	1	0
5. I'm getting older so exercise can be risky	3	2	1	0
6. I don't get enough exercise because I have never learned the skills for any sport.	3	2	1	0
7. I don't have access to jogging trails, swimming pools, bike paths, etc	3	2	1	0
8. Physical activity takes too much time away from other commitments—time, work, family, etc.	3	2	1	0
9. I'm embarrassed about how I will look when I exercise with others.	3	2	1	0
10. I don't get enough sleep as it is. I just couldn't get up early or stay up late to get some exercise.	3	2	1	0
11. It's easier for me to find excuses not to exercise than to go out to do something.	3	2	1	0

12. I know of too many people who have hurt themselves by overdoing it with exercise.	3	2	1	0
13. I really can't see learning a new sport at my age.	3	2	1	0
14. It's just too expensive. You have to take a class or join a club or buy the right equipment.	3	2	1	0
15. My free times during the day are too short to include exercise.	3	2	1	0
16. My usual social activities with family or friends to not include physical activity.	3	2	1	0
17. I'm too tired during the week and I need the weekend to catch up on my rest.	3	2	1	0
18. I want to get more exercise, but I just can't seem to make myself stick to anything.	3	2	1	0
19. I'm afraid I might injure myself or have a heart attack.	3	2	1	0
20. I'm not good enough at any physical activity to make it fun.	3	2	1	0
21. If we had exercise facilities and showers at work, then I would be more likely exercise.	3	2	1	0

**B. Follow these instructions to score yourself:**

- Enter the encircled number in the spaces provided, putting together the number for statement 1 on line 1, statement 2 on line 2, and so on.
- Add the three scores on each line. Your barriers to physical activity fall into one or more of seven categories: lack of time, social influences, lack of energy, lack of willpower, fear of injury, lack of skill, and lack of resources. A score of 5 or above in any category shows that this is an important barrier for you to overcome.

1	_____ + _____ + _____ = _____	8      15	Lack of time
2	_____ + _____ + _____ = _____	9      16	Social influence
3	_____ + _____ + _____ = _____	10      17	Lack of energy
4	_____ + _____ + _____ = _____	11      18	Lack of willpower
	_____ + _____ + _____ = _____		

5            12    19            Fear of injury  
 \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_  
 6            13    20            Lack of skill  
 \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_  
 7            14    21            Lack of resources

C. Indicate your top three (3) important barriers that you need to overcome.

---



---



---

D. What strategies would best work for you in overcoming your own barriers to become more physically active?

---



---



---

<b>RUBRICS- Fitness log</b>	
Met the objectives of the task	_____/5
Accuracy	_____/5
Ideas and content	_____/5
Depth Reflection	_____/5
Completion(Task is 100% complete)	_____/5
<b>Total:</b>	<b>_____/25</b>

## Test II. Journal Writing

**Direction:** What are the benefits you get in participating in Health-Related Fitness activities? Discuss each component.

---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---

## Rubrics

	<b>Needs improvement 1 pts</b>	<b>Approaching standards 2 pts</b>	<b>Good 3 pts</b>	<b>Excellent 4 pts</b>
<b>Ideas and Content</b>	There is no clear or specific explanation in answer to the question.	You put thought into this, but there is no real evidence of learning. More specific information is needed or you need to follow the directions more closely.	What you are writing about is clear. You answered the question. Some support may be lacking or your sentences may be a bit awkward. Overall, a decent job.	What you are writing about is clear and well expressed, including specific examples to demonstrate what you learned. Well done!
	<b>Needs improvement 1 pts</b>	<b>Approaching standards 2 pts</b>	<b>Good 3 pts</b>	<b>Excellent 4 pts</b>
<b>Use of terms</b>	No terms from the lesson are used.	Only one term from the lesson is used in the answer. Try for a few more, next time.	Your answer included several terms from the lesson, demonstrating adequate understanding of the material.	Your answer included all the terms from the lesson that applied to the question asked. All terms are fully defined and used in the proper context.
	<b>Needs improvement 1 pts</b>	<b>Approaching standards 2 pts</b>	<b>Good 3 pts</b>	<b>Excellent 4 pts</b>
<b>Sentence Fluency</b>	Sentences are incomplete or too long. It makes reading them difficult.	Some sentences are complete and easy to understand. Others require some work.	Sentences are complete and able to be understood.	Sentences are complete and they connect to one another easily when they are read out loud. Your writing 'flows.'

## References

### Printed Materials:

Gialogo, R.C. & Gialogo, R.C.(2016). *Fit For Life*. Quezon City: Phoenix Publishing House Inc.

Fernandez, A.T. (2016). *Physical Education and Health (H.O.P.E. 1)*. Lipa City: Scolair Publishing.

### Website:

*Reaction Papers* (n. d.) Retrieved June 15, 2020 from [https://laney.edu/ari\\_krakovski/wpcontent/uploads/sites/40/2011/01/Reaction-Paper-assignmt.pdf](https://laney.edu/ari_krakovski/wpcontent/uploads/sites/40/2011/01/Reaction-Paper-assignmt.pdf)

The Philippine Physical Activity Pyramid Guide sa Batang Filipino. (2016, July 29). Retrieved June 17, 2020 from <http://philphysicalactivityguide.blogspot.com/2016/07/ang-pagsubok-sa-mga-sangkap-ng-physical.html>

Gun, R. (2016, May 10) *Push Up, Davies, Shark Skill Tests*. Retrieved July 17, 2020 from [https://medium.com/@rusty\\_gunn/push-up-davies-shark-skill-tests-4968329d0be9](https://medium.com/@rusty_gunn/push-up-davies-shark-skill-tests-4968329d0be9)

*Brain meets Brawn*. (n. d.) Retrieved July 27, 2020 from <https://brainsmeetbrawn.wordpress.com/blog/strength-training/chest/articles/influence-of-grip-type-on-incline-decline-and-flat-bench-press/>

*Barriers to being active quiz*. (n. d. ) Retrieved June 15, 2020 from <https://www.cdc.gov/diabetes/ndep/pdfs/8-road-to-health-barriers-quiz-508.pdf>

Riley, E. (2019, November 20). *List of 14 Cardio exercises to get you moving*. Retrieved June 16, 2020 from <https://www.healthline.com/health/fitness-exercise/cardio-exercises-list#1>

*MAPEH Grade 8 learning materials* (Under K to12 curriculum) file: Retrieved on June 19, 2020 from <file:///C:/Users/DepEd-Admin/Desktop/worksheet%20guide/pe-q1-lm-cameraready-130908005434-.pdf>

*Physical Education Grade 7 Learner's Material* (Units 1 & 2) Retrieved June 18, 2020 from <file:///C:/Users/DepEd-Admin/Desktop/worksheet%20guide/p-eunitiii-120811093452-phpapp01.pdf>

Department of Education Central Office first edition (2016). *Physical Education and Health Teacher's guide*. Retrieved from <file:///C:/Users/DepEd-Admin/Desktop/worksheet%20guide/PE%2011%20TG%20v3%20final.pdf>