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DEPARTMENT OF EDUCATION

# AIRs - LM in Physical Education and Health 4 Module 6



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## **Physical Education and Health 4**

Grade 12 Module 6

First Edition, 2020

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La Union Schools Division

Region I

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# **Physical Education and Health 4**

Module 6



## **Target**

Identifying the appropriate equipment for each sporting activity is an important first step, but making sure each participant is utilizing all the required equipment with care is even more important.

Every climber must complete all the necessary preparations, including the buying of necessary equipment and things in advance. The proper gear will play an important role in taking you to the top of the mountain and bringing you back safely. Defective and inadequate gears and equipment could lead to accidents. Most of the time, this could also mean the difference between life and death in some cases.

This module intends to provide activities that will help you exhibit proper etiquette and safety in the use of facilities and equipment.

After going through this module, you are expected to:

1. Demonstrates proper etiquette and safety in the use of facilities and equipment (**PEH12FH-IIa-t-12**); and
2. Identify facilities and equipment use in hiking, camping and mountain climbing.

***Before going on, take the pre-test. It will determine your weakest point in this topic. Answer the pretest in a separate sheet of***

**Multiple Choice:** Choose the correct answer. Write the **CAPITAL LETTER** of your choice on the blank provided before each number.

- \_\_\_\_ 1. In free climbing, what is the purpose of climbing equipment?  
A. To prevent injury                      C. To give room for rest  
B. To assist progress                      D. To ensure safe landing
- \_\_\_\_ 2. What are some of the safety reminders in hiking and trekking?  
I. Hike with group and never alone.  
II. Instructions from guides should be given utmost attention.  
III. Keep in mind and heart the “leave no trace seven principles”.  
IV. Ensure safety of self and others. Learn to apply first aid.  
A. I only    B. II and III              C. I and IV    D. I, II, III and IV
- \_\_\_\_ 3. While climbing a mountain, how does one ensure safety?  
I. Bring the right gear  
II. Bring sufficient food  
III. Bring medicine  
A. I only    B. I and II              C. II and III    D. I, II, and III
- \_\_\_\_ 4. Why is there a need to be careful in using facilities and equipment in mountaineering?  
A. To avoid injury.              C. So others can use it.  
B. Move on the double              D. So equipment’s and facilities will be clean.
- \_\_\_\_ 5. After using the facilities and equipment, what should be done to avoid an accident?  
A. Move on the double.  
B. Do not hug the equipment.  
C. Bring back all equipment in place  
D. Alert and aware in the training area.
- \_\_\_\_ 6. Mike showed proper etiquette and safety in using the facilities and equipment. Which of the following is **NOT** a proper etiquette in utilizing such objects?  
A. Be alert and aware at the training area.  
B. Take care in using facilities and equipment.  
C. Use equipment that you are not familiar on how to use it.  
D. Performing exercises and movement in general, practice good form first.
- \_\_\_\_ 7. Every hiker should demonstrate proper etiquette when hiking or trekking. Which is **NOT** an example of proper etiquette when hiking or trekking?  
A. Checking all equipment  
B. Map out emergency plans  
C. Walk alone and approach wild animals  
D. Protect self from sun, coldness and insects

- \_\_\_\_ 8. What would be the **BEST ETIQUETTE** one should manifest toward other climbers?
- A. Leave No Trace
  - B. Keep the noise reasonable
  - C. Respect the local ethics
  - D. Stay organized; avoid clutter
- \_\_\_\_ 9. Which of the following etiquettes is **NOT** good when doing activity in a climbing gym?
- A. Leave No Trace
  - B. Stay organized
  - C. Brush off excess chalk
  - D. Keep the noise reasonable
- \_\_\_\_ 10. Which of the following equipment in hiking is usually used in Ice climbing?
- A. Carabiners
  - B. Crampons
  - C. Harnesses
  - D. All of the above













## Jumpstart

*For you to understand the lesson well, do the following activities. Have fun and good luck!*

### Activity 1: Read and Understand!








Equipment/Gear	Primary Function
1. Fixed Rope 	Assists the climbers in harsh terrain by anchoring to the point of protection
2. Climbing Rope 	Assists the climbers in ascending and descending the mountain, absorbs the impact of a falling climber
3. Tent 	Provides shelter and warmth in the harsh mountainside conditions
4. Crampons 	Assists the climbers to walk or climb in slippery surfaces in the mountains
5. Mountaineering/ Climbing Boots 	Serves as a primary mode of transport and protect from external elements
7. Sleeping Bag 	Provides warmth and protect from external elements for a good night's sleep
8. Backpacks 	Serves as the primary storage option during the expedition
9. Gas Stove 	Assists in the preparation of daily meals and melt snow for drinking water






10. Gas Fuel		Serves as the main source of fuel for the gas stove
11. Ascender		Provides security while ascending with the help of a fixed rope
12. Figure 8/ Descender		Minimizes excess heat caused by friction, also used as a belaying device
13. Carabiner		Reversibly and swiftly connects components during climbing
14. Harness		Provides maximum access and safety while ascending and descending
15. Helmets		Safeguards from a head injury caused by falling of rocks
16. Belay Gloves		Protects your hands from rope burns while belaying
17. Headlamp		Helps in visibility during overcast and low light conditions

**Direction:** Identify the name of the following equipment shown below. Choose your answer from the table, then describe the use of each equipment/gear in two to three sentences.

Crampons	Helmet	Harnesses	Climbing rope
Tent	Belay gloves	Carabiners	Sleeping bag
Head lamps	Backpack		

	<p>1. _ _ e _ _ _ n _ _ a _</p> <p>_____</p> <p>_____</p> <p>_____</p>
	<p>2. B _ _ a _ _ _ _ _ e _</p> <p>_____</p> <p>_____</p> <p>_____</p>
	<p>3. _ a _ _ _ a _ _</p> <p>_____</p> <p>_____</p> <p>_____</p>
	<p>4. _ l _ mb _ _ _ r _ _ e</p> <p>_____</p> <p>_____</p> <p>_____</p>
	<p>5. C _ _ _ _ _ _ s</p> <p>_____</p> <p>_____</p> <p>_____</p>
	<p>6. _ _ l _ _ _</p> <p>_____</p> <p>_____</p> <p>_____</p>
	<p>7. _ _ n _</p> <p>_____</p> <p>_____</p> <p>_____</p>

	8. _ e _ _ _ _ _ s _____ _____ _____
	9. _ a _ _ _ _ _ _____ _____ _____
	10. C _ r a _ _ n _ _ s _____ _____ _____

<b>RUBRIC- Objective Part</b>	
1.Completed the task under with accuracy- Identification	_____/10
<b>Rubric –Reflection Part</b>	
1.Ideas and content	_____/5
2.Personal Reflection	_____/5
<b>Total:</b>	_____/25

**Direction:** Find and encircle all the necessary equipment and essential objects hidden in the word search box.

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

Water

Helmet

Food

Carabiners

Gloves

Flashlight

Candle

Bag pack

Harness

Ice Axe

Compass

Rope

Hiking boots

Knife

Eye protection



## Discovery

### Ten Essential Systems

1. **Navigation:** map, compass, altimeter, GPS device, personal locator beacon (PLB) or satellite messenger
2. **Headlamp:** plus extra batteries
3. **Sun protection:** sunglasses, sun-protective clothes and sunscreen
4. **First aid:** including foot care and insect repellent (as needed)
5. **Knife:** plus a gear repair kit
6. **Fire:** matches, lighter, tinder and/or stove
7. **Shelter:** carried at all times
8. **Extra food:** Beyond the minimum expectation
9. **Extra water:** Beyond the minimum expectation
10. **Extra clothes:** Beyond the minimum expectation



### How to Stay Safe While Hiking

#### 1. Hike at a fitness level that's appropriate for everyone you're with.

Hiking trails are usually marked with a difficulty level ranging from easy to extreme. Make sure that the hiking trail you choose is appropriate for everyone in your group, especially if you're bringing children or dogs along.



#### 2. Learn to read a map and use a compass

While you should always have a cell phone with you in case of emergency, be prepared to not have cell service on every hike. You should never rely on your phone's GPS to guide you while on a hike. Instead, take some time to brush up on your map reading and compass skills before you head out.<sup>1</sup>

#### 3. Wear proper hiking gear

Depending on the difficulty of your hike, you may be fine wearing sneakers or you may need to invest in a pair of hiking boots. Though a high-quality pair of hiking boots can be expensive, they can also help prevent blisters (as can good hiking socks) and twisted ankles.

#### 4. Protect your skin from the sun

Before you begin your hike, it's smart to put sunscreen on any exposed parts of your skin, including your face, ears, and neck. Even if it's a cloudy day, you can still get a sunburn.

## **5. Stay hydrated while hiking**

Staying hydrated while hiking can make a world of difference in keeping you healthy. A good principle is to drink approximately 1 liter of water every 2 hours that you're hiking.

## **6. Be aware of wildlife and take necessary safety precautions**

Before you head out on a hike, check online to find information about potential wildlife encounters in that area.

## **7. Get to know poisonous plants**

In the wild, there are many different types of plants—some are safe to touch, while others are incredibly poisonous. Before you go hiking, it's a good idea to learn more about the types of plants you may find.

## **8. Make sure someone knows where you are at all times**

Lastly, when you go on a hike, let someone you trust know where you're going, who you're with, and when you expect to be back. Arrange to check in with them at a certain time.

## **How to Stay Safe While Camping**

### **1. Keep a clean camp**

Regardless of whether you're camping in a campsite or in the backcountry (where you have to clear your own site), it's important to keep a clean camp.



### **2. Make camp before dark**

Always be sure to set up your campsite before nightfall. Doing it during the night can be challenging, even if you have headlamps and lanterns available. Not being able to see clearly can cause injury or accidents to occur.

### **3. Protect yourself from carbon monoxide poisoning**

Fuel-burning equipment like gas stoves, heaters, lanterns, and grills should never be used inside a tent, camper, or other enclosed shelter. They should only be used away from flammable materials, and never left unattended.

### **4. Learn how to properly make, maintain, and extinguish campfires**

A campfire is essential necessity for a camp. It's important that you understand how to safely make a fire—and put it out.





## **Hiking Etiquette: Do's and Don'ts**

### **Practice “Leave No Trace” Principle**

Always pick up after yourself. Don't throw your garbage along the trails or in your campsite. Keep a trash bag in your backpack and store your trash there temporarily. Make sure that you're not dropping plastic wrappers from your trail food, or leaving empty water bottles, used tissues, etc. Leave nothing but footprints, take nothing but photographs.

### **Stay on the Trail**

Don't stray from the established trail nor try to take another path, as this necessarily damages the surrounding plants. Additionally, don't cut down trees or damage any vegetation to set up camp. Only pitch tents at dedicated campsites. As hikers, always aim to make the least impact on the mountains you visit to keep them healthy and to maintain their beauty.

### **Keep Unnecessary Noise to a Minimum**

Don't blast loud music while hiking. This does not disturb only local wildlife, but it also disrespects other mountaineers who prefer to hike in silence or listen to the sounds of nature. Use your earphones if listening to music helps you hike.

### **Be Compassionate and Helpful to Fellow Hikers**

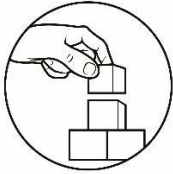
If you see any hiker encountering some kind of difficulty along the trail assist them as much as you can. If a fellow hiker ran out of trail food and you have more to spare, offer it to him/her. What comes around goes around.

### **Observe ‘Right of Way’ on the Trails**

Always give way to locals who are going about their daily lives. If you are descending, give way to hikers who are going uphill. Additionally, if your pace is slow, make way for fast-moving hikers. Similarly, if you are fast, politely ask slow-moving hikers for permission to advance on the trail.

### **Be Nice to Your Local Guides and Treat them with Respect**

Introduce yourself to the guide and make your guide feel like a part of your group. Invite them during socials, and offer them food and water. If your guide is moving too fast and way ahead of the team, politely ask him/her to slow down. Additionally, if you ask the guide to act as a porter, make sure to give extra compensation.



## Explore

*Here are some enrichment activities for you to work on to master and strengthen the basic concepts you have learned from this lesson.*

### Enrichment Activity 1: Everything You Need

**Direction:** Identify TEN essential systems needed to bring on a one-day hike. Write your answers on the blank provided.

Temporary Shelter	credit cards
Hiking Boots	First aid
Extra clothing	Cellphone
Headlamp	Navigation
ID	Fire
Extra food	Sun protection
Knife	Extra water
Lunch	Bandana

1. \_\_\_\_\_

6. \_\_\_\_\_

2. \_\_\_\_\_

7. \_\_\_\_\_

3. \_\_\_\_\_

8. \_\_\_\_\_

4. \_\_\_\_\_

9. \_\_\_\_\_

5. \_\_\_\_\_

10. \_\_\_\_\_



### Assessment 1: Doing Things Right

**Direction:** Explain the following safety precautions while hiking or camping in your own understanding.

1. Hike at a fitness level that's appropriate for everyone you're with.

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2. Stay hydrated while hiking.

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3. Make sure someone knows where you are at all times.

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4. Make camp before dark.

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5. Protect yourself from carbon monoxide poisoning.

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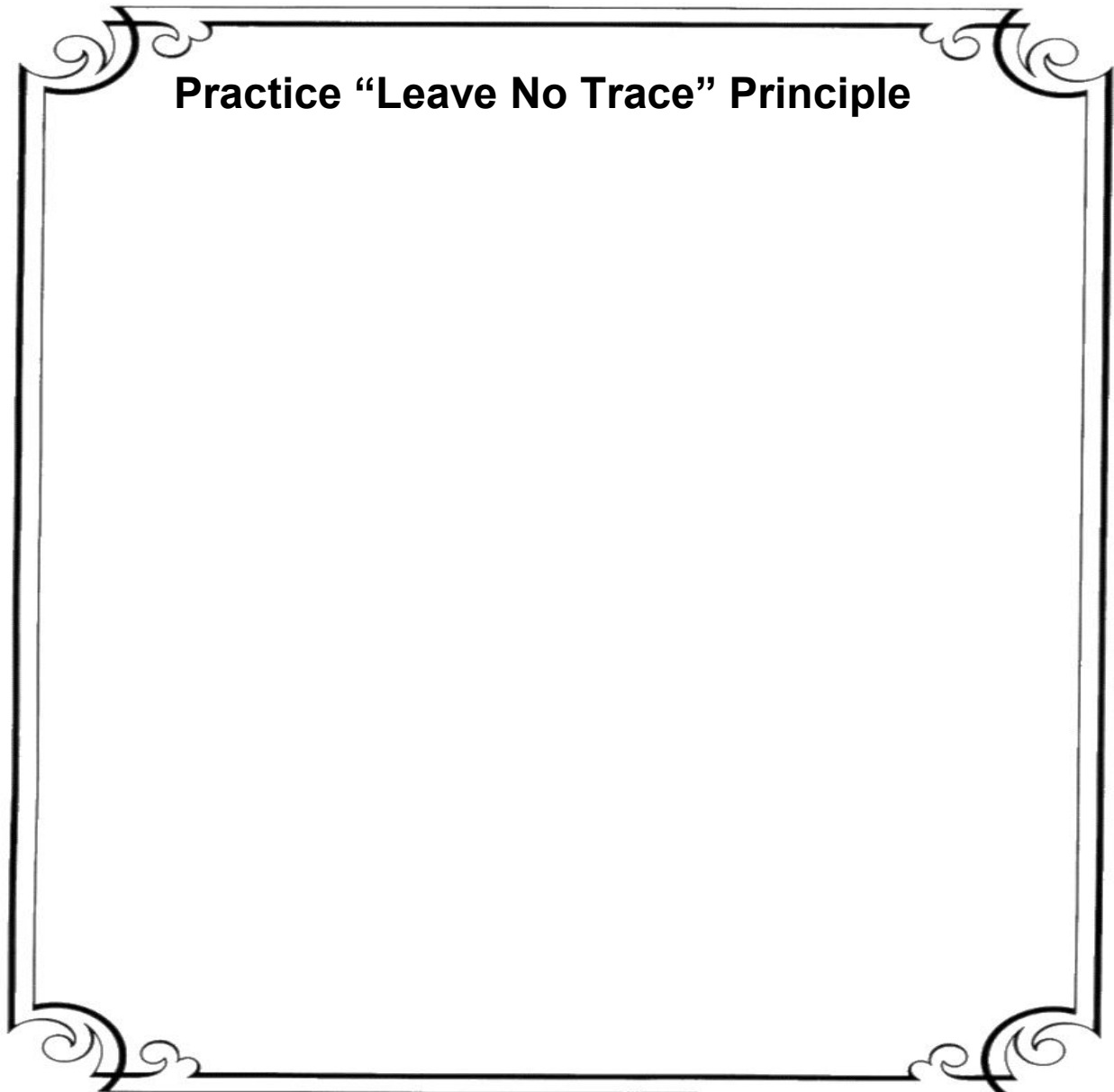
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<b>RUBRIC</b>	
Ideas and Content:	____/10
Use of important terms:	____/5
Completed task:	____/5
Total:	____/20

**Enrichment Activity 2: Taking a Hike**

**Direction:** Make a poster explaining the given hiking etiquette below.



# Presentation / Poster Rubric

Name: \_\_\_\_\_

Date \_\_\_\_\_

Skills	4	3	2	1	Score
<b>Use of Time</b>	Student uses their time to work productively and efficiently.	Students uses most of their time to work productively and efficiently.	Student uses some of their time to work productively and efficiently.	Student does not use their time to work productively and efficiently. Student is frequently off task.	
<b>Pictures / Graphics</b>	Pictures and graphics are clear and relevant.	Most pictures and graphics are clear and relevant.	Few of the pictures and graphics are clear and relevant.	The student's pictures are not clear or relevant.	
<b>Required Elements</b>	All of the required elements are clearly visible, organized and well placed.	Most of the required elements are clearly visible, organized and well placed.	Few of the required elements are clearly visible, organized and well placed. May be missing elements.	Missing most or all of the required elements.	
<b>Visual Clarity and Appeal</b>	The project has an excellent design and layout. It is neat and easy to understand the content.	The project has a nice design and layout. It is neat and easy to read.	The project needs improvement in design, layout or neatness.	The project needs significant improvement in design, layout and neatness.	
<b>Content Spelling Grammar Punctuation</b>	The project has excellent spelling, grammar, punctuation, and original content.	The project has 1–2 spelling, grammar, or punctuation errors with original content.	The project has 3-5 spelling, grammar, or punctuation errors with original content.	The project has multiple spelling, grammar, or punctuation errors. Some content is copy and paste or plagiarized.	

**Comments:**

**Total Score:**

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20= 100%	19= 95%	18= 90%	17= 85%	16= 80%	15= 75%	14= 70%	13= 65%	12= 60%	11= 55%
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**Assessment 2: Do's and Don'ts**

**Direction:** Explain each of the following etiquette in hiking in your own understanding.

1. Stay on the trail.

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2. Keep unnecessary noise to a minimum.

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3. Be compassionate and helpful to fellow hikers.

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4. Observe 'Right of Way' on the trails.

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5. Be nice to your local guides and treat them with respect.

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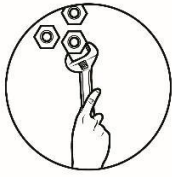
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<b>RUBRIC- Essay</b>	
Ideas and Content:	____/10
Use of important terms:	____/10
Completed task:	____/5
<b>Total:</b>	<b>____/25</b>

*Great job! You have understood the lesson.  
Are you now ready to summarize?*





## **Deepen**

At this point, make a journal about hiking, camping and mountaineering. Use the guide questions provided. Write your answer on the blank provided. The scoring rubric below the questions will be used in assessing your outputs.

Despite of all the challenges, difficulties, and hindrances in hiking, camping and mountain climbing;

1. What pushes you to engage still in the said activity?

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2. How will you do the activity safely?

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3. While doing the activity, how can you help protect and preserve the environment?

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<b>RUBRIC- Essay</b>	
Ideas and Content:	_____/5
Use of important terms:	_____/5
Personal Reflection:	_____/5
Completion(Task is 100% complete)	_____/5
<b>Total:</b>	<b>_____/20</b>

*Very well done! You are now ready to take your posttest. You may again go over the lessons, activities and maps to review for the final assessment.*

*Good luck!*



## Gauge

**Directions:** Read carefully each item. Use a separate sheet for your answers. Write only the letter of the best answer for each test item.

- \_\_\_\_\_ 1. What footwear is more advisable to use for longer treks with heavy loads?  
A. Backpacking boots  
B. Heavy Hiking boots  
C. Lighter Hiking boots  
D. Hiking sandals
- \_\_\_\_\_ 2. What would be the best footwear to use for well-defined trails, shorter hikes and relatively lighter loads?  
A. Backpacking boots  
B. Heavy Hiking boots  
C. Lighter Hiking boots  
D. Hiking sandals
- \_\_\_\_\_ 3. Which of the following statements is NOT an example of proper etiquette when performing a physical activity?  
A. Obeying the judges  
B. Questioning a decision made by the judges  
C. Shouting “well done” to one of the dancers  
D. Shaking hands with your opponent at the end of a match
- \_\_\_\_\_ 4. In planning the food for trekking or hiking, what important things are to be considered?  
I. Duration of the activity  
II. Calorie requirement for the activity  
III. Manageability to load, carry, store and cook  
A. I only      B. II only      C. III only      D. I, II and III
- \_\_\_\_\_ 5. What should be done in order to prevent accidents when you do mountain climbing or hiking activities?  
I. have self-discipline  
II. perform warm-up exercise  
III. help maintain facilities and proper use of equipment  
A. I only      B. II only      C. I and II      D. I, II and III

**Essay:** Enumerate 5 essential system needed to bring on a one-day hiking or camping. Identify the importance of each essential system.

<b>RUBRIC- Objective Part</b>	
1.Completed the task under with accuracy-Identification	_____/5
<b>Rubric -Reflection Part</b>	
1.Ideas and content	_____/5
2.Personal Reflection	_____/5
<b>Total:</b>	_____/15

***Great job!***

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