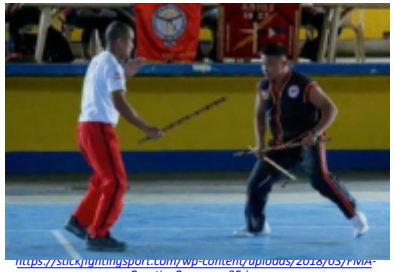
MATATAG K to 10 Curriculum Weekly Lesson Log	School:	Visit DepEdResources.com for More	Grade Level:	7
	Name of Teacher		Learning Area:	PE AND HEALTH)
	Teaching Dates and Time:	SEPTEMBER 16 - 20, 2024 (WEEK 8)	Quarter:	First

I. CURRICULUM CONTENT, STANDARDS, AND LESSON COMPETENCIES	
A. Content Standards	The learners demonstrate an understanding of mental health and target games in promoting personal wellness for active and healthy living.
B. Performance Standards	The learners participate in target games and other physical activities to promote personal wellness for active and healthy living.
C. Learning Competencies and Objectives	**Learning Competency** ● Execute appropriate skills and fitness concepts related to combative sport **Learning Objective** 1. Explain the fundamental principles that govern the sport's gameplay. 2. Demonstrate proficient execution of sports-specific skills and apply relevant fitness

	concepts within chosen combative sport to address tactical challenges effectively. 3. Foster a sense of camaraderie, sportsmanship, and healthy competition among students while promoting their personal development and holistic growth.
C. Content	Combative Sport Skills and Their Fitness Requirements
D. Integration	SDG 3: Good Health and Wellbeing

II. LEARNING RESOURCES

Bernas, D. (2021). 6 ARNIS MOVES (in 60 seconds!!). https://www.youtube.com/watch?v=tw9D7hVVPi0
Coach Ronald. (2023). Arnis Padded Combat men 55-60kg Philippines Red vs Vietnam Blue semi-finals 2023 SEAGames Full video. https://www.youtube.com/watch?v=4atnko7RMY0
MATTI San Juan Official. (2021). 12 BASIC STRIKES AND 12 BASIC BLOCKS | ARNIS. https://www.youtube.com/watch?v=XYM1tv4fp5s MATTI San Juan Official. (2021). DOUBLE SINAWALI | ARNIS BASIC TUTORIAL. https://www.youtube.com/watch?v=cukTp6dm--k

III. TEACHING AND LEARNING PROCEDURE		NOTES TO TEACHERS
A. Activating Prior Knowledge	**DAY 1** **1. Short Review** Go through the answers of the students from Lesson 3 "Activity 8" Tactical Self- assessment Checklist." Let the students share their assessment to themselves. **2. Feedback** Give feedback to the students and relate this to the next topic which is combative sport.	May ask students the difference between target games/sports and combative games/sports.
B. Establishing Lesson Purpose	**1. Lesson Purpose** **Activity 1: Show Us the Picture!** Show these pictures to the students and let them identify what is happening in the photos.  https://fmapulse.com/wp-content/uploads/2009/07/fmaSticks_LR.jpg  https://stickfightingsport.com/wp-content/uploads/2018/05/FMA-CreativeCommons35.jpg  https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSQUnnDNGZwBQd9AK_QugzKTPRI56DUpVu-Tcg&s **2. Unlocking Content Vocabulary** **Arnis,** also known as Eskrima or Kali, is a Filipino martial art focusing on stick and weapon fighting.	General Note: The teacher may use other combative sport for the lesson (e.g. boxing, pro-wrestling, kickboxing, judo, karate, taekwondo, jujitsu, capoeira, Brazilian jiu-jitsu, Greco-Roman wrestling, mixed martial arts) based from the availability of resources and skills. The teacher may add photos or choose other photos of materials and arnis forms. The teacher can present other concepts, some historical background of the sport, and some notable people that play the sport.
C. Developing and Deepening Understanding	**1. Explicitation** Show these videos of basic and combative Arnis Arnis Moves - https://www.youtube.com/watch?v=tw9D7hVVPi0 Combative Arnis - https://www.youtube.com/watch?v=4atnko7RMY0	If showing the videos is not possible, the teacher may demonstrate the basic moves of Arnis.

Materials:

- Sticks (or "Rattan Sticks"
- Training Knives
- Protective Gear
  - Headgear
  - Mouthguard
  - Gloves
  - Arm Guards
  - Groin Protector
- Body Armor
- Targeting Tools
- Training Swords and Blades

General Rules for Playing Arnis

Safety First: Safety is paramount. Always use proper protective gear, including helmets, gloves, and padding, especially during sparring and practice sessions. **Respect:** Show respect to your instructors, fellow practitioners, and the art itself. Follow the principles of respect and humility at all times.

Start Slowly: Begin training slowly to understand the techniques and movements correctly before progressing to full speed. This helps prevent injuries and promotes a solid foundation.

Fundamental Techniques: Focus on mastering the fundamental techniques before moving on to advanced moves. These include strikes, blocks, footwork, and basic combinations.

Partner Drills: Practicing with a partner is crucial in Arnis. Engage in partner drills to improve coordination, timing, and distance control. Start with basic patterns and gradually increase complexity.

Sparring Guidelines: Sparring is an essential aspect of Arnis training. Always spar with control and respect for your partner. Aim to touch, not injure. Use appropriate protective gear, and refrain from excessive force.

Know Your Range: Understanding your weapon's range is key. Arnis training often involves varying ranges—long, medium, and close-quarters. Learn to adapt your techniques accordingly.

Empty Hand Techniques: Arnis isn't just about weapons; it also includes empty- hand techniques. Train in both armed and unarmed combat, as they complement each other.

Defensive Techniques: Emphasize defensive techniques as much as offensive ones. Blocking, parrying, and evading are essential for staying safe in combat.

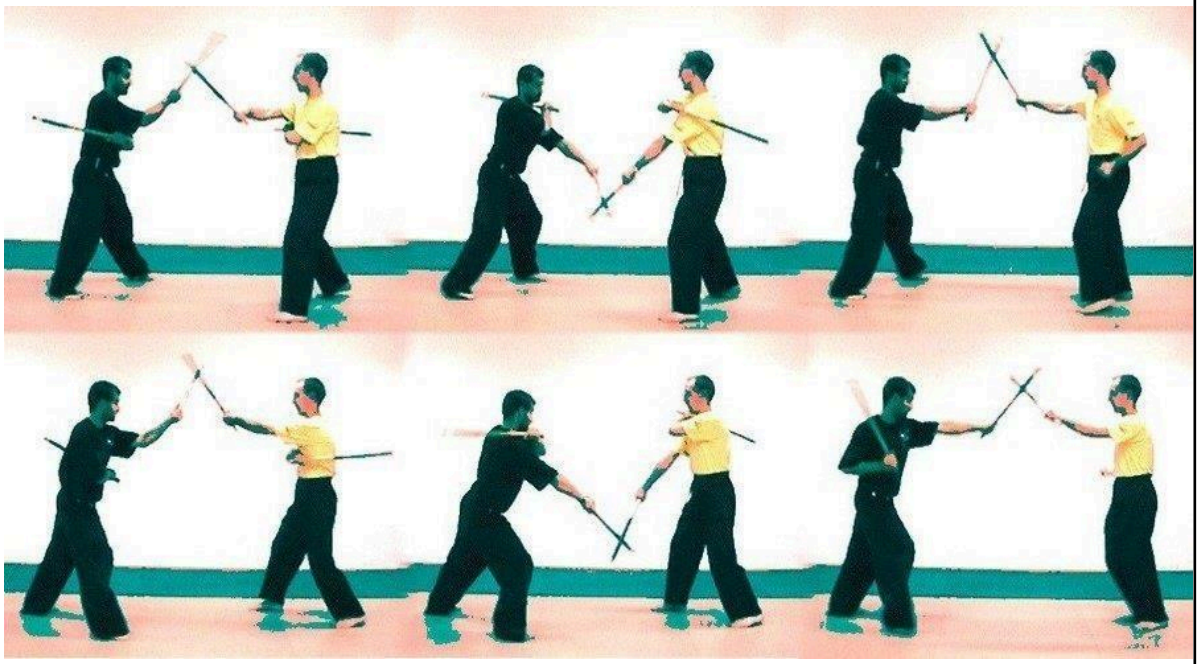
Flow and Adaptability: Arnis is known for its fluidity. Learn to flow smoothly between techniques and adapt to different situations. Avoid rigid and predictable movements.
Cultural Appreciation: Understand and appreciate the cultural heritage of Arnis. Familiarize yourself with its history and the values it embodies.
Regular Practice: Consistency is key. Regular practice is necessary to refine your skills and progress in Arnis. Set aside dedicated time for training.
Etiquette: Follow proper etiquette when entering and leaving the training area, addressing instructors, and interacting with fellow practitioners.
Open-mindedness: Be open to learning from various sources. Different instructors and schools might have their unique approaches to Arnis. Embrace new perspectives.
Self-Control: Practicing self-control is essential, both in training and real-life situations. Arnis teaches discipline and restraint.
Remember, these rules are a general guideline. Depending on the teacher, there might be additional rules or variations. Always follow the teacher's instructions and prioritize safety and respect in your practice.

DAY 2

2. Worked Example
12 Basic Strikes and 12 Basic Blocks for Arnis Demonstration



https://i.postimg.cc/xjWnFc3f/89d26b059996d6e86c71b6f779e11bca.png

	For the full demonstration of basic stricks and blocks, you can use this video - https://www.youtube.com/watch?v=XYM1tv4fp5s **Double Siniwali Demonstration**  *https://quizizz.com/media/resource/gs/quizizz-media/quizzes/48180917-c9e6-4b1b-a922-474283932834* For the full demonstration of double siniwali, you can use this video - https://www.youtube.com/watch?v=cukTp6dm--k **DAY 3** **3. Lesson Activity** **Activity 2: 12 Basic Strikes and 12 Basic Blocks for Arnis Demonstration** Students will demonstrate the 12 Basic Strikes and 12 Basic Blocks for Arnis Demonstration in pairs The teacher explains the criteria before the start of the activity.	The teacher may modify this activity through a creative performance and integrate it with Music and Arts.

Rubric for the Activity

Arnis Skills	Advanced 4 pts	Proficient 3 pts	Partially Proficient 2 pts	In Progress 1 pts
Strikes	Strikes correctly holds the stick correctly all time	Most of the strikes are correct and handles the stick very well	Some strikes are correct but majority needs improvement including the hold in the stick	Directions of and strikes as well as the hold in the the stick is different and incorrect
Stance	Masters the stance well and has the perfect shape of doing it	Most stance are correct and in proper execution often	Most stance are incorrect or in improper execution	No proper execution of stance at all
Courtesy	Shows overall courtesy as the game or sport requires	Did the courtesy execution before and after game	Lack of courtesy execution	Did not do or forgot the courtesy principle of the sport, specially "pugay" before and after execution

https://www.rcampus.com/rubricshowc.cfm?code=F22C958&sp=yes&

After the performance, the teacher will provide constructive feedback based on their performance that will help improve their striking technique.

D. Making Generalizations	**DAY 4** **1. Learners' Takeaways** How can the skills and principles you had learned in Arnis be applied to promote mental well-being during adolescence? **2. Reflection on Learning** **Activity 3: Express Your Ideas!** Allow the students to reflect on their demonstration and ask them to share their experiences. The following questions will serve as their guide. 1. How did participating in the demonstration make you feel mentally and emotionally? Did you notice any changes in your mood, stress levels, or overall mental state? 2. Did you find that your mental well-being influenced your performance in the demonstration? How did your mindset impact your ability to focus, strategize, and execute your skills?	

	3. Can you explain how your skills and fitness played a crucial role in demonstrating Arnis?	

IV. EVALUATING LEARNING: FORMATIVE ASSESSMENT AND TEACHER'S REFLECTION		**NOTES TO TEACHERS**
A. Evaluating Learning	**1. Formative Assessment** **Activity 4: Double Sinawali Demonstration** Students will demonstrate the double sinawali in pairs The teacher explains the criteria before the start of the activity. **Rubric for the Activity**	

Arnis Skills	Advanced 4 pts	Proficient 3 pts	Partially Proficient 2 pts	In Progress 1 pts
Strikes	Strikes correctly holds the stick correctly all time	Most of the strikes are correct and handles the stick very well	Some strikes are correct but majority needs improvement including the hold in the stick	Directions of and strikes as well as the hold in the the stick is different and incorrect
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After the performance, the teacher will provide constructive feedback based on their performance that will help improve their striking technique.

<table>
<tr><td></td><td colspan="3">2. Homework (Optional)

Practice the striking technique in an open space without a partner. Focus on correct form, body mechanics, and proper execution of each strike. Video yourself and look for the areas that need to be improved.</td><td></td></tr>
<tr><td rowspan="5">B. Teacher's Remarks</td><td>Note observations on any of the following areas:</td><td>Effective Practices</td><td>Problems Encountered</td><td rowspan="5">The teacher may take note of some observations related to the effective practices and problems encountered after utilizing the different strategies, materials used, learner engagement and other related stuff.

Teachers may also suggest ways to improve the different activities explored/ lesson exemplar.</td></tr>
<tr><td>strategies explored</td><td></td><td></td></tr>
<tr><td>materials used</td><td></td><td></td></tr>
<tr><td>learner engagement/ interaction</td><td></td><td></td></tr>
<tr><td>others</td><td></td><td></td></tr>
<tr><td>C. Teacher's Reflection</td><td colspan="3">Reflection guide or prompt can be on:
▪ <u>principles behind the teaching</u>
What principles and beliefs informed my lesson? Why did I teach the lesson the way I did?

▪ <u>students</u>
What roles did my students play in my lesson? What did my students learn? How did they learn?

▪ <u>ways forward</u>
What could I have done differently? What can I explore in the next lesson?</td><td>Teacher's reflection in every lesson conducted/ facilitated is essential and necessary to improve practice. You may also consider this as an input for the LAC/Collab sessions.</td></tr>
</table>