

MATATAG K to 10 Curriculum – Weekly Lesson Log	School:		Grade Level:	V
	Teacher:		Learning Area:	MAPEH
	Teaching Dates and Time:		Quarter:	1 <sup>st</sup> QUARTER Week 2

	MUSIC AND ARTS		PE AND HEALTH		FRIDAY
	DAY 1	DAY 2	DAY 1	DAY 2	
<b>I. CURRICULUM CONTENT, STANDARDS AND LESSON COMPETENCIES</b>					
<b>A. Content Standards</b>	The learners demonstrate understanding of the different functions of the early Philippine Music and Arts in relation to concepts, processes, and practices.		The learners demonstrate understanding of stress, coping strategies, bullying effects, stress-reduction activities, and striking/fielding games in promoting personal wellness for active and healthy living.		
<b>B. Performance Standards</b>	The learners produce early Philippine conventional and contemporary processes and practices in Music and Arts in their creative work.		The learners participate in stress-reduction activities and striking/fielding games in promoting personal wellness for active and healthy living.		
<b>C. Learning Competencies</b>	<p><b>Learning Competency</b> Differentiate evolving early Philippine conventional and contemporary performing and visual arts concepts, processes, and practices;</p> <p><i>Lesson Objective 1.</i> Identify characteristics of early Philippine conventional and contemporary performing and visual arts</p> <p><i>Lesson Objective 2.</i> Describe concepts, processes, and practices employed in early Philippine conventional and contemporary performing and visual arts</p> <p><i>Lesson Objective 3.</i> Compare evolving early Philippine conventional and contemporary performing and visual arts in</p>	<p><b>Learning Competency</b> 1. apply various healthy coping strategies to manage stress.</p> <p><b>Learning objectives:</b></p> <ol style="list-style-type: none"> <li>1. Define coping mechanisms.</li> <li>2. Differentiate between healthy and unhealthy coping strategies.</li> <li>3. Apply healthy coping strategies to manage stress.</li> </ol>			

	terms of concepts, processes and practices.		
D. Content	<p><b>Theme: “Exploring Early Philippine Music and Arts according to Forms and Function in Music and Arts”</b></p> <p><b>Early Philippine conventional and contemporary performing and visual arts concepts, processes, and practices</b></p> <ul style="list-style-type: none"> <li>Characteristics of early Philippine conventional and contemporary performing and visual arts</li> <li>Concepts, processes, and practices employed in early Philippine conventional and contemporary performing and visual arts</li> <li>Comparing evolving early Philippine conventional and contemporary performing and visual arts in terms of concepts, processes and practices.</li> </ul>	<p>Examples of unhealthy coping strategies to be avoided (use of alcohol and other drugs, comfort eating, avoidance, and blame)</p> <ul style="list-style-type: none"> <li>Examples of recommended healthful coping strategies (visualization, positive self-talk, managing time and energy, gratitude journal, talking to a responsible adult, seeking support and professional help, nurturing resiliency through grounding exercises and other mindfulness activities)</li> </ul>	
E. Integration	<ul style="list-style-type: none"> <li>Local/provincial/regional celebrations/holidays; local cultural practices</li> </ul>	Promotion of self-care	
<b>II.LEARNING RESOURCES</b>			
	<p><i>Bulul Guardian Sculpture from Ifugao Province - TAYO.ph - Life Portal of the Philippines PH.</i> (n.d.). Tayo.ph. Retrieved May 29, 2024, from <a href="https://tayo.ph/lifestyle/231-bulul-guardian-sculpture-from-ifugao-province">https://tayo.ph/lifestyle/231-bulul-guardian-sculpture-from-ifugao-province</a></p> <p><i>CCP Encyclopedia of Philippine Art / CCP Encyclopedia of Philippine Art.</i> (2013). CCP Encyclopedia of Philippine Art; EPA. <a href="https://epa.culturalcenter.gov.ph/project_intro_to_sections/">https://epa.culturalcenter.gov.ph/project_intro_to_sections/</a></p> <p><i>Comprehensive Guide to Philippine Contemporary Art.</i> (2023, August 7). Daisie Blog. <a href="https://blog.daisie.com/comprehensive-guide-to-philippine-contemporary-art/">https://blog.daisie.com/comprehensive-guide-to-philippine-contemporary-art/</a></p> <p><i>Contemporary Music.</i> (n.d.). National Commission for Culture and the Arts. <a href="https://ncca.gov.ph/about-ncca-3/subcommissions/subcommission-on-the-arts-sca/music/contemporary-music/">https://ncca.gov.ph/about-ncca-3/subcommissions/subcommission-on-the-arts-sca/music/contemporary-music/</a></p>	<p>Abdelmageed, R. I., Elhenawy, Y. I., Zaafar, D. K., &amp; Abdelaziz, A. W. (2022). Coping strategies among children and adolescents: validity and reliability of the Arabic version of the Kidcope scale. <i>Helijon</i>, 8(1), e08706. <a href="https://doi.org/10.1016/j.heliyon.2021.e08706">https://doi.org/10.1016/j.heliyon.2021.e08706</a></p> <p>Positive Reset Mental Health Services of Eatontown New Jersey. (2024, February 22). 5 Healthy &amp; Unhealthy Coping Skills. <a href="https://positivereseteatontown.com/5-healthy-unhealthy-coping-skills/">https://positivereseteatontown.com/5-healthy-unhealthy-coping-skills/</a></p> <p>R. T. (2008, December 21). Froggy Dance: Exercise, Ice Breaker, or Energizer. YouTube. <a href="https://www.youtube.com/watch?v=Z_Q96FgzGWg">https://www.youtube.com/watch?v=Z_Q96FgzGWg</a></p>	

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<https://www.filipinaslibrary.org.ph/uncategorized/the-diversity-of-philippine-music-cultures/>

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*Filipinas Heritage Library / Philippine Ethnic Music*. (n.d.).  
[Www.filipinaslibrary.org.ph](http://www.filipinaslibrary.org.ph).  
<https://www.filipinaslibrary.org.ph/himig/philippine-ethnic-music/>

imahica.art. (2021, November 17). *Contemplating the Contemporary: What makes Philippine contemporary art truly Filipino*. Imahica Art Gallery.  
<https://imahica.art/contemplating-the-contemporary-what-makes-philippine-contemporary-art-truly-filipino/>

Jennelyn Banaag. (2023, April 5). *PRE COLONIAL ART FORMS IN THE ARCHIPELAGO*. YouTube. <https://www.youtube.com/watch?v=yLaYQ2zGasg>

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<https://www.silent-gardens.com/culture.php>

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royalhartigan. (2012, July 15). *tongatong ensemble with drumset*. YouTube.  
<https://www.youtube.com/watch?v=ViahktZhY2c>

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*The Evolution of Philippine Theatre / Solaire Resort & Casino*. (2020). Solaire.  
<https://www.solaireresort.com/article/the-evolution-of-philippine-theatre>

*What Are The Characteristics Of Contemporary Art*. (n.d.). ATX Fine Arts.  
<https://www.atxfinearts.com/blogs/news/characteristics-of-contemporary-art>

<p><b>A. Activating Prior Knowledge</b></p> <p><b>1. Short Review:</b></p>	<p><b>Instructions:</b> Complete the sentences using the words: <i>conventional, contemporary, modern, traditional, change, innovation</i></p> <ol style="list-style-type: none"> <li>1. _____ practices are passed down from generation to generation.</li> <li>2. A _____ approach encourages creative solutions to problems.</li> <li>3. Artists often mix _____ and traditional styles in their work.</li> <li>4. The _____ classroom usually involves textbooks and lectures.</li> <li>5. _____ often challenges long-held beliefs.</li> </ol>	<p><b>Instructions:</b> Fill in the table with differences between conventional and contemporary in terms of the categories below.</p> <table border="1"> <thead> <tr> <th>Category</th><th>Conventional Approach</th><th>Contemporary Approach</th></tr> </thead> <tbody> <tr> <td>Clothing</td><td></td><td></td></tr> <tr> <td>Education</td><td></td><td></td></tr> <tr> <td>Communication</td><td></td><td></td></tr> <tr> <td>Art</td><td></td><td></td></tr> <tr> <td>Technology</td><td></td><td></td></tr> </tbody> </table>	Category	Conventional Approach	Contemporary Approach	Clothing			Education			Communication			Art			Technology			<p>How would you feel when you have a group presentation and your groupmate who is assigned to present is absent without informing your group?</p>	<p>How can doing a fun dance activity like the Froggy Dance help improve your learning and focus in the classroom? Explain your answer.</p>	<p>What do you like more, conventional or contemporary learning? Why?</p>
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<p><b>B. Establishing Lesson Purpose</b></p> <p><b>1. Lesson Purpose:</b></p>	<p><b>Instructions:</b> Create a two-part poster. On the left side, draw or paste images representing conventional practices. On the right side, represent contemporary practices. Label your work and add short</p>	<p><b>Instructions:</b> Write <i>True</i> if the statement is correct, and <i>False</i> if it is not.</p> <ol style="list-style-type: none"> <li>1. Conventional methods always use the latest technology.</li> <li>2. Contemporary designs often break away from tradition.</li> <li>3. Following social customs is a sign of</li> </ol>	<p><b>Brainstorming by group.</b> How do you manage your stress?</p> <p>Enumerate the coping mechanisms that you do when you feel stressed.</p> <table border="1"> <thead> <tr> <th>My Coping Mechanisms</th></tr> </thead> <tbody> <tr> <td>1. 2. 3. 4. 5.</td></tr> </tbody> </table>	My Coping Mechanisms	1. 2. 3. 4. 5.	<p><b>Instructions:</b> In the space below, draw your favorite movement from the Froggy Dance.</p>	<p>How do activities like the Froggy Dance and modern learning approaches help students become more active and engaged in class? Give examples from your experience.</p>
My Coping Mechanisms							
1. 2. 3. 4. 5.							

	captions explaining each image.	<p>conventional behavior.</p> <p>4. Using social media as a marketing tool is a contemporary practice.</p> <p>5. Conventional thinking promotes creativity and innovation.</p>																									
2. Unlocking Content Vocabulary	<p><b>Instructions:</b> Use the words in the box to complete the sentences.</p> <table border="1" data-bbox="399 616 1082 744"> <tr> <td>conventional</td> <td>modernize</td> </tr> <tr> <td>contemporary</td> <td>trend</td> </tr> <tr> <td>innovation</td> <td>standard</td> </tr> <tr> <td>tradition</td> <td>creativity</td> </tr> <tr> <td>outdated</td> <td>culture</td> </tr> </table> <p>1. The _____ classroom relies on textbooks and lectures.</p> <p>2. Technology has helped _____ old systems.</p> <p>3. Wearing barong Tagalog during formal events is part of Filipino _____.</p> <p>4. A _____ artist often breaks away from established techniques.</p> <p>5. _____ is important when trying to solve new problems.</p> <p>6. Some people still prefer _____ ways of doing things.</p> <p>7. Following a _____ means doing something that is popular now.</p>	conventional	modernize	contemporary	trend	innovation	standard	tradition	creativity	outdated	culture	<p><b>Coping Strategy-</b> Coping is the mindful energy we make to solve difficulties and relieve tension (Abdelmageed et al., 2022).</p> <p><b>Healthy coping strategy-</b> A healthy coping strategy is one where the coping behavior leads to the problem being resolved, or at least dealt with, in a way that reduces stress and reduces harm (5 Healthy &amp; Unhealthy Coping Skills, 2024).</p> <p><b>Unhealthy coping strategy</b> – Unhealthy coping strategies refer to often harmful strategies that individuals adopt in an attempt to deal with stress, challenges, and difficult emotions (5 Healthy &amp; Unhealthy Coping Skills, 2024).</p>		<p><b>Instructions:</b> Match each word to the idea it is most closely related to.</p> <table border="1" data-bbox="1927 664 2216 807"> <thead> <tr> <th>Word</th> <th>Associated Idea</th> </tr> </thead> <tbody> <tr> <td>1. Traditional</td> <td>A. Innovation</td> </tr> <tr> <td>2. Contemporary</td> <td>B. Routine practices</td> </tr> <tr> <td>3. Energizer</td> <td>C. Dance movement in class</td> </tr> <tr> <td>4. Creativity</td> <td>D. Following customs</td> </tr> <tr> <td>5. Technology</td> <td>E. Online learning</td> </tr> </tbody> </table>	Word	Associated Idea	1. Traditional	A. Innovation	2. Contemporary	B. Routine practices	3. Energizer	C. Dance movement in class	4. Creativity	D. Following customs	5. Technology	E. Online learning	
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	<p>8. The school followed a strict _____ when it came to uniforms.</p> <p>9. Some practices become _____ and need to be updated.</p> <p>10. _____ is necessary to keep up with modern life.</p>		
<p><b>C. Developing and Deepening Understanding</b></p> <p><b>SUB-TOPIC 1:</b></p> <p><input type="checkbox"/> <b>Explication</b></p>	<p>To further understand Philippine conventional and contemporary art, let the learners watch the following samples:</p> <ul style="list-style-type: none"> <li>• Conventional art - Ragragsakan from the link <a href="https://www.youtube.com/watch?v=yP1Q04hhk_8">https://www.youtube.com/watch?v=yP1Q04hhk_8</a></li> <li>• Contemporary - Mapa of SB 19 contemporary dance from the link <a href="https://www.youtube.com/watch?v=ogaOeefTiq0">https://www.youtube.com/watch?v=ogaOeefTiq0</a> and answer the guide questions. After which let them fill up the table based on the video that they watched.</li> </ul>	<p><b>Conventional vs Contemporary</b></p> <p><b>Conventional</b> refers to ideas, practices, or styles that follow established traditions, norms, or rules. These are often rooted in history and are widely accepted by society due to their familiarity and proven effectiveness.</p> <p>Conventional approaches are typically more conservative, emphasizing order, structure, and predictability. On the other hand, <b>contemporary</b> refers to what is modern, current, or happening in the present time. Contemporary practices often reflect innovation, creativity, and the influence of current events, technologies, and cultural shifts. While</p>	<p><b>Activity: Dancercise</b></p> <p>Ask the students to stand and follow the movements of the children in the video, "Froggy Dance: Exercise, Ice Breaker, or Energizer" (Source: <a href="https://www.youtube.com/watch?v=Z_Q96FgzGWg&amp;t=57s">https://www.youtube.com/watch?v=Z_Q96FgzGWg&amp;t=57s</a>)</p> <p>Note: Demonstrate the following stretching movements if the video cannot be downloaded or will not be accessible). Perform every stretching exercise movement in 16 counts.</p>  <p><b>Coping Strategy Charade</b></p> <p><b>Procedure:</b></p> <ol style="list-style-type: none"> <li>1. Place all the papers with the healthy and unhealthy stress coping mechanisms on the table, facing down.</li> <li>2. Divide the class into two teams.</li> <li>3. Let each team choose their actor and timer. The role of the actor is to present to the class the coping mechanism through action. The timer will ensure that the guessing team will guess the coping mechanism within one minute. If the coping mechanism has not been guessed within one minute, the score is awarded to the other team.</li> <li>4. Ask the actor to pick any card from the table</li> </ol> <p><b>Write T if the statement is true and F if it is false.</b></p> <ol style="list-style-type: none"> <li>1. _____ Conventional methods are always better than contemporary ones.</li> <li>2. _____ The Froggy Dance is used as a brain break or energizer in class.</li> <li>3. _____ Contemporary designs never follow rules or order.</li> <li>4. _____ Physical activity can improve classroom focus.</li> </ol>

conventional methods prioritize stability and consistency, contemporary ones embrace change and adaptability. Both have their strengths, with conventional approaches providing a sense of continuity and tradition, while contemporary approaches offer relevance and responsiveness to the ever-evolving world.

*(Note: The demonstration photos are with consent from a volunteer.)*

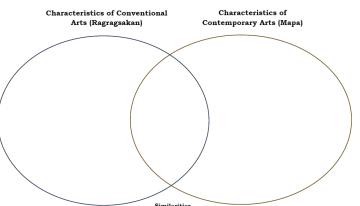
and show it to his/her classmates. The team will tell the actor how to present the coping mechanism clearly but without speaking.

5. Repeat the process with the other team taking turns.
6. Continue playing until all cards on the table have been used.
7. The team with the most points will win the game.

#### **Coping Strategies**

1. Mindfulness and Meditation
2. Physical Activity
3. Seeking Social Support
4. Journaling
5. Creative Expression
6. Setting Boundaries
7. Healthy Eating
8. Adequate Sleep
9. Problem-Solving
10. Seeking Professional Help
11. Withdrawal from Social Activities
12. Avoidance
13. Overeating or Under-eating for Comfort
14. Substance Use
15. Self-Harm
16. Excessive Work

5. \_\_\_\_\_ Traditions are usually linked to conventional practices.

				17. Denial 18. Anger and Aggression	
<input type="checkbox"/> <b>Worked Example</b>	<p>Answer the following questions:</p> <ol style="list-style-type: none"> <li>1. Describe the concept, process and practice of conventional arts based on the video.</li> <li>2. Describe concept, process and practice of contemporary arts based on the video</li> <li>3. What Filipino culture is reflected in the creative work presented?</li> <li>4. What art forms are incorporated/integrated in creative work?</li> <li>5. How did the incorporation/integration of other art forms contribute to the overall presentation of the creative work?</li> </ol>	<p>Complete the Venn Diagram by simple answering the question below.</p>  <p>Questions:</p> <ol style="list-style-type: none"> <li>1. What are the unique characteristics of Ragragsakan?</li> <li>2. What are the unique characteristics of "Mapa" of SB19?</li> <li>3. What are the similarities of the two creative works in between the two circles</li> </ol>	<p>Identify what are your feelings after doing the dancercise.</p>  <p>Enumerate the reasons why people dance/exercise.</p> 	<p><b>Healthy Coping Strategies:</b></p> <ul style="list-style-type: none"> <li>• <b>Mindfulness and Meditation:</b> Engaging in mindfulness practices or meditation can help center one's thoughts, reduce anxiety, and improve your overall sense of well-being.</li> <li>• <b>Physical Activity:</b> Regular exercise, whether it's a brisk walk, yoga, or any form of physical activity enjoyed by a person can significantly reduce stress and boost mood.</li> <li>• <b>Seeking Social Support:</b> Connecting with friends, family, or support groups provides a sense of belonging and can offer comfort and understanding.</li> <li>• <b>Journaling:</b> Writing down one's thoughts and feelings can be a therapeutic way to process emotions and gain clarity on what the person is experiencing.</li> <li>• <b>Creative Expression:</b> Channeling one's emotions through creative</li> </ul>	<p><b>Identify what is being described.</b></p> <ol style="list-style-type: none"> <li>1. A teaching approach that uses innovation and technology. → _____</li> <li>2. A movement activity used to energize students. → _____</li> <li>3. A classroom where lectures and textbooks are mainly used. → _____</li> <li>4. Following cultural or family practices from the past. → _____</li> </ol>

			<p>outlets like painting, music, or writing can be a powerful way to express yourself and find relief.</p> <ul style="list-style-type: none"> <li>• <b>Setting Boundaries:</b> Learning to say no and setting healthy boundaries in one's personal and professional life can help manage stress levels and prevent burnout.</li> <li>• <b>Healthy Eating:</b> Nourishing the body with balanced meals can improve mood and energy levels, supporting overall mental health.</li> <li>• <b>Adequate Sleep:</b> Prioritizing sleep and developing a regular sleep schedule are crucial for emotional regulation and stress management.</li> <li>• <b>Problem-Solving:</b> Facing problems head-on and seeking solutions, rather than avoiding issues, can reduce stress and empower the person to take control of your situation.</li> <li>• <b>Seeking Professional Help:</b> Sometimes, the best way to cope is to seek guidance from a mental health professional</li> </ul>	<p>5. _____</p> <p>A practice that breaks away from old methods.</p> <p>→ _____</p> <p>—</p>
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				<p>who can provide personalized strategies and support.</p> <p><b>Unhealthy Coping Strategies:</b></p> <ul style="list-style-type: none"><li>• <b>Withdrawal from Social Activities:</b> Isolating oneself from friends, family, and social activities can exacerbate feelings of loneliness and depression.</li><li>• <b>Avoidance:</b> Consistently avoiding facing problems, whether through procrastination or escaping into excessive sleep, video games, or binge-watching, can prevent addressing and resolving underlying issues.</li><li>• <b>Overeating or Under-eating for Comfort:</b> Using food as a comfort or control mechanism can disrupt healthy eating habits and lead to physical health issues.</li><li>• <b>Substance Use:</b> Turning to alcohol, drugs, or excessive smoking as a means to escape feelings or numb pain can lead to dependency and a host of health problems.</li><li>• <b>Self-Harm:</b> Engaging in self-harm as a way to express or manage</li></ul>	
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				<p>overwhelming emotions can result in immediate and long-term harm to oneself.</p> <ul style="list-style-type: none"> <li>• <b>Excessive Work:</b> Immersing oneself in work to avoid dealing with personal issues can lead to burnout and neglect of personal relationships and self-care.</li> <li>• <b>Denial:</b> Refusing to acknowledge stressors or emotional pain can prevent the healing process and lead to unresolved issues.</li> <li>• <b>Anger and Aggression:</b> Resorting to anger or aggressive behavior as a way to cope can harm relationships and one's own sense of peace.</li> </ul>																							
<input type="checkbox"/> <b>Lesson Activity</b>	<p><b>Say:</b> Based on the video you watched and, on your observations, identify the concept, process and practice of Ragragsakan and Mapa of SB 19 contemporary dance. Fill the table with the information asked. Present your output to the class.</p>	<p><b>Instructions:</b> Read each scenario and place it in the correct column.</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Scenario</th> <th>Conventional or Contemporary?</th> </tr> </thead> <tbody> <tr> <td>A teacher uses chalk and blackboard.</td> <td></td> </tr> <tr> <td>Students learn through online platforms.</td> <td></td> </tr> <tr> <td>People wear traditional costumes in festivals.</td> <td></td> </tr> <tr> <td>A company allows flexible working hours.</td> <td></td> </tr> </tbody> </table>	Scenario	Conventional or Contemporary?	A teacher uses chalk and blackboard.		Students learn through online platforms.		People wear traditional costumes in festivals.		A company allows flexible working hours.		<p><b>List three different movements you observed in the Froggy Dance:</b></p> <ul style="list-style-type: none"> <li>• a. _____</li> <li>• b. _____</li> </ul>	<p><b>Case Story:</b> Anna is joining a research contest in the Division category. She is experiencing so much pressure as the competition date approaches. Added to her worries is their upcoming examination. Although she has been preparing well for the research and reviewing her notes for</p>	<p>Match Column A with Column B.</p> <table border="0" style="width: 100%;"> <thead> <tr> <th style="text-align: left; width: 50%;">Column A</th> <th style="text-align: left;">Column B</th> </tr> </thead> <tbody> <tr> <td>1. Tradition</td> <td>A. Modern and up-to-date</td> </tr> <tr> <td>2. Contemporary</td> <td>B. Practice from the past</td> </tr> <tr> <td>3. Froggy Dance</td> <td>C. Physical activity for focus</td> </tr> <tr> <td>4. Creativity</td> <td>D. Making new ideas or styles</td> </tr> <tr> <td>5. Conventional</td> <td>E. Based on norms or customs</td> </tr> </tbody> </table>	Column A	Column B	1. Tradition	A. Modern and up-to-date	2. Contemporary	B. Practice from the past	3. Froggy Dance	C. Physical activity for focus	4. Creativity	D. Making new ideas or styles	5. Conventional	E. Based on norms or customs
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	Ragragasukan	Art forms found in the creative work	Mapa of SB 19 contemporary dance	Art forms found in the creative work
Concept				
Process				
Practice				

Possible answers:

	Ragragasukan	Art forms found in the creative work	Mapa of SB 19 contemporary dance	Art forms found in the creative work
Concept	Community celebration; homecoming of successful head takers; culmination of budong (peace pact weaving);	Dance, music (vocal and instrumental), visual arts (costume and tribal blanket; textile weaving,	Filipino identity which includes resiliency, perseverance, humble beginnings,	Dance, music film/ digital media

	labba basket weaving)	education and success	
Process	Community participation, non-verbal communication (steps of dance) as well as the balancing of labba mimics the movement of women through the terraced fields).	Collaboration, expression of emotions through dance movements that tell a story.	
Practice	Dance with the incorporation of balancing of labba, use of tribal blankets, singing of salidummay and instrumental accompaniment if using	Musical interpretation using creative dance steps, use of technology / digital media to film and put the different art forms into	
	bamboo instruments	one performance.	

- C.

her upcoming examination, she still feels anxious. Because her classmates wanted to make her feel relaxed, they invited her to watch a movie. Her best friend also offered to accompany her for a short walk in the park near their residence. Another friend, Ella, offers Anna wine and some cigarettes, saying it will help her relax and have a good night's sleep. Meanwhile, Anna's neighbor, Aliya, recommends listening to music while painting.

Case Questions:

1. What are the coping strategies suggested to Anna?
2. Which coping suggestions are healthy strategies to manage stress?
3. Why is this coping mechanism considered healthy?
4. Which coping strategies are unhealthy?
5. What alternative coping mechanism would you recommend to Anna to

				help her manage her stress more healthily? Explain why this coping strategy is beneficial for managing stress.											
<b>D. Making Generalization</b> <input type="checkbox"/> <b>Learners' Takeaways</b> <input type="checkbox"/> <b>Reflection on Learning</b>	Complete the following statements. 1. Early Philippine conventional arts are _____. _____. 2. Contemporary arts are _____. _____. 3. The significance of these arts include _____. _____.	<b>RECALL</b> - What have you remembered on the lesson that have been discussed?  <b>REACT</b> - Give your reaction and/or insight about the lesson. <b>UNDERSTAND</b> - What have you understand on our lesson as a whole?	A coping strategy is _____. Healthy coping strategies are - _____. Unhealthy coping strategies are - _____. Knowing the different stress coping strategies is important because _____.	<b>Instructions:</b> Sort the items below into the correct categories.  <b>Items:</b> Chalkboard, Zoom class, TikTok dance, Tribal dance, Froggy Dance, Notebook, Smartboard, Folk music, YouTube	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Conventional Practices</td> <td style="width: 50%;">Contemporary Practices</td> </tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> </table>	Conventional Practices	Contemporary Practices								
Conventional Practices	Contemporary Practices														

#### IV. EVALUATING LEARNING: FORMATIVE ASSESSMENT AND TEACHER'S REFLECTION

A. Evaluating Learning					
<b>Formative Assessment</b>	Identify whether the following statements are <b>True</b> or <b>False</b> . Write <b>True</b> if the statement is correct and if the statement is <b>incorrect</b> write the word that makes the statement wrong. 1. Animism is one of the concepts of early Philippine	<b>Instructions:</b> Write a short essay (5-7 sentences) answering the prompt:  “Which do you prefer in education: a conventional or a contemporary approach? Explain your answer with examples.”	<b>Instructions:</b> Match the words to their correct definitions.	Make a slogan about stress coping strategies.	<b>Instructions:</b> Use the given words to construct meaningful sentences about the topic. 1. <b>contemporar</b> y – _____ _____ _____ _____

<p>arts because early Filipinos believe in spirits.</p> <p>2. Music, dance and theater are part of rituals and ceremonies during the early period.</p> <p>3. Stories, songs as well as dances are all written during the early period.</p> <p>4. Art process during the early period in the Philippines involved use of technology.</p> <p>5. Textile weaving, music, and dance are some of the early Philippine art practices.</p> <p>6. There is no significant difference between conventional and contemporary arts.</p> <p>7. Contemporary art has limitless concept.</p> <p>8. Social issues as well as globalization can be a concept of contemporary art.</p> <p>9. Traditional styles are never used in contemporary creative work.</p> <p>10. Different artforms can be integrated in either a conventional or</p>	<p>enthusiasm.</p> <p>D. The ability to use different parts of the body together smoothly and efficiently.</p> <p>E. The act of moving the body or a part of the body.</p> <p>1. Energizer 2. Movement 3. Coordination 4. Rhythm 5. Exercise</p>	<p>2. <b>energizer</b> –</p> <hr/> <hr/> <hr/> <p>3. <b>tradition</b> –</p> <hr/> <hr/> <hr/> <p>4. <b>creative</b> –</p> <hr/> <hr/> <hr/> <p>5. <b>movement</b> –</p> <hr/> <hr/> <hr/>
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	contemporary performance.				
<b>Homework</b>					
<b>B. Teacher's Remarks:</b>	Note observations on any of the following areas:	<b>Effective Practices</b>	<b>Problems Encountered</b>		
	<i>strategies explored</i>				
	<i>materials used</i>				
	<i>learner engagement/interaction</i>				
<b>C. Teacher's Reflection</b>	<p><i>Reflection guide or prompt can be on:</i></p> <ul style="list-style-type: none"> <li>• <i>principles behind the teaching</i></li> </ul> <p><i>What principles and beliefs informed my lesson?</i>  <i>Why did I teach the lesson the way I did?</i></p> <ul style="list-style-type: none"> <li>• <i>students</i></li> </ul> <p><i>What roles did my students play in my lesson?</i>  <i>What did my students learn? How did they learn?</i></p> <ul style="list-style-type: none"> <li>• <i>ways forward</i></li> </ul> <p><i>What could I have done differently?</i>  <i>What can I explore in the next lesson?</i></p>				

PREPARED BY: