

SENIOR HIGH SCHOOL



PE and HEALTH

Quarter 1 – Module 2:

Dance in the 21st Century



**PAG-AARI NG PAMAHALAAN
HINDI IPINAGBIBILI**

PE and HEALTH – Grade 12
Alternative Delivery Mode
Quarter 1 – Module 1: Dance Cognition
First Edition, 2020

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Published by the Department of Education
Secretary: Leonor Magtolis Briones
Undersecretary: Diosdado M. San Antonio

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Printed in the Philippines by _____

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SENIOR HIGH SCHOOL

PE and HEALTH

**Quarter 1 – Module 2:
Dance in the 21st Century**

Introductory Message

For the facilitator:

Welcome to the PE and Health 12 Alternative Delivery Mode (ADM) Module on Dance in the 21st Century.

This module was collaboratively designed, developed and reviewed by educators both from public and private institutions to assist you, the teacher or facilitator in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

This learning resource hopes to engage the learners into guided and independent learning activities at their own pace and time. Furthermore, this also aims to help learners acquire the needed 21st century skills while taking into consideration their needs and circumstances.

In addition to the material in the main text, you will also see this box in the body of the module:

Notes to the Teacher

This contains helpful tips or strategies that will help you in guiding the learners.

As a facilitator, you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.

For the learner:

Welcome to the PE and Health 12 Alternative Delivery Mode (ADM) Module Dance in the 21st Century.

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons:

 <i>What I Need to Know</i>	This will give you an idea of the skills or competencies you are expected to learn in the module.
 <i>What I Know</i>	This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correct (100%), you may decide to skip this module.
 <i>What's In</i>	This is a brief drill or review to help you link the current lesson with the previous one.
 <i>What's New</i>	In this portion, the new lesson will be introduced to you in various ways; a story, a song, a poem, a problem opener, an activity or a situation.
 <i>What is It</i>	This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.
 <i>What's More</i>	This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.
 <i>What I Have Learned</i>	This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.
 <i>What I Can Do</i>	This section provides an activity which will help you transfer your new knowledge or skill into real life situations or concerns.

 Assessment	This is a task which aims to evaluate your level of mastery in achieving the learning competency.
 Additional Activities	In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned.
 Answer Key	This contains answers to all activities in the module.

At the end of this module you will also find:

References

This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!



What I Need to Know

This module was designed and written with you in mind. It is here to help you master the nature of dance. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

The module is divided into two lessons, namely:

- Lesson 1 – Dance in the 21st Century
- Lesson 2 – Level of Physical Activities

After going through this module, you are expected to:

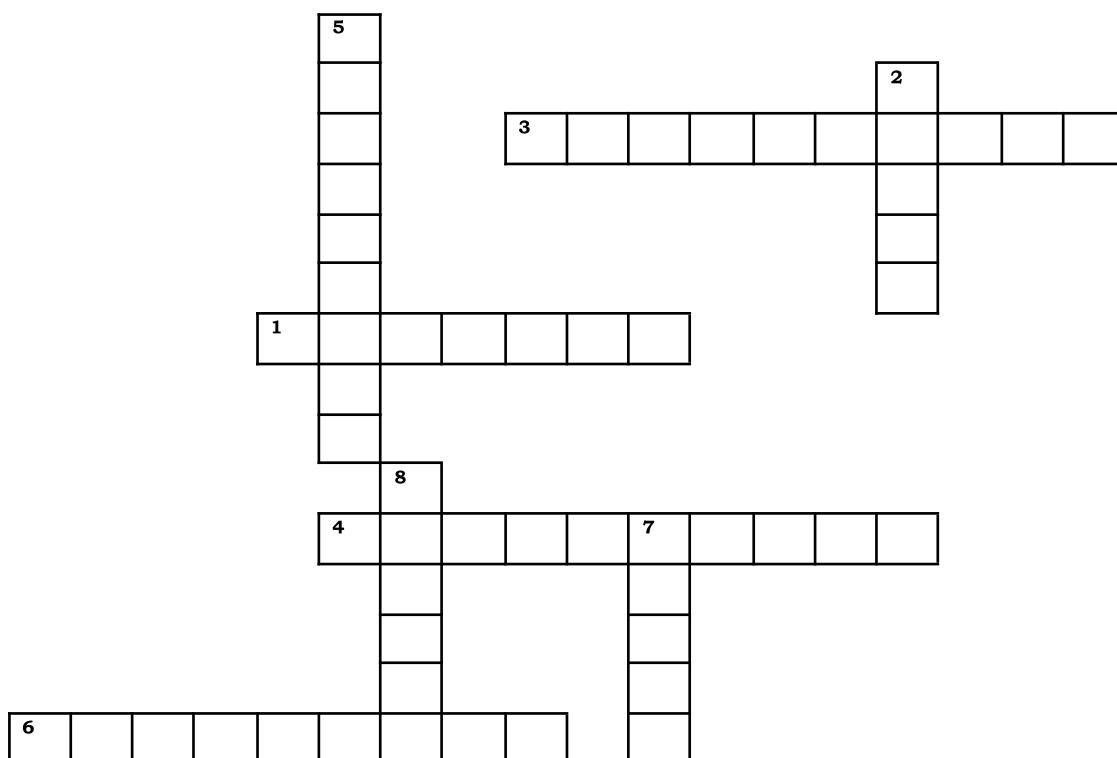
1. Have a deep understanding of dance in the 21st century.
2. Get involved in participating into different dance activities for at least 60 minutes



What I Know

Activity 1. Crossword Puzzle

Answer the crossword puzzle. Use a separate sheet.



Across

1. Steps start with funky beats and vibrant sound
3. Routines are combination of stunts and gymnastics skills.
4. A competitive ballroom dancing.
6. From Foxtrot this dance was originated.

Down

2. A sensual dance performed by couple with close body contact.
5. This court dance is performed in a special occasion.
7. A national dance of Brazil.

8. King Louis XIV was a known performer and propagator of this dance.

Dance in the 21st Century

The Renaissance Era was considered as a golden age, especially in dance. As it opens its door; from the famous court dance and its transition to different genre up to the modern dance that this generation is enjoying now. Still, the purpose of dancing is self- expression and pleasure in the movement itself.

In this module, you will be able to appreciate a variety of dances.

Ballroom Dance

Centuries ago, ballroom dancing was substantially for the concession and well- off, while for the commoners are subject to enjoy with folk dancing; nonetheless, these verges had fade, leaving ballroom dancing a fun for everyone. “Ballroom dancing” hails from the Latin word “ballare” which, concurrently means “to dance”

The latter part of the 1990 was a critical period for Philippine ballroom. Back then, dance sport was born here. It was when the sport enthusiasts began to discover this as a new knowledge- a doorway to a more refined and higher level of ballroom dancing. Our passion for being competitive in ballroom dancing began and quickly proliferate.

In Dance sports, Ballroom dance is divided into two categories: (1) Western Style or Standard Dance (Tango, Waltz, Foxtrot, and Quickstep. (2) Latin Dance (Jive, Rumba, Cha- cha, Samba and Paso Doble). *Western Style* is more of traditional form ballroom dancing, the flow of the form of the couple is constantly moving in circular fashion. Whereas, the *Latins Style* is more of a rhythm- initiated in which the couple placing is most of the time fixed and their steps are zippy and precise.



What's In

Activity 1.2

Answer the following questions. (minimum of 50 words per item)

1. Why do you think that Ballroom dancing becomes popular and emerge as a dance sport nowadays?
2. How Ballroom dancing affects our own Philippine Folk Dance in terms of popularity and performances?
3. What will you suggest in encouraging your generation to patronize our Philippine Folk Dance instead of Ballroom dance?

Notes to the Teacher

Rubrics in grading the activity:

Clarity of thoughts	40%
Relevance	30%
Originality	30%
TOTAL	100%

You may also ask your learner to have a further research for two category of Ballroom dancing.



What's New

Western Style

Tango – this dance was developed in Buenos Aires with a mixed cultural element from African, Native American and Latin Dance. Known to be performed by a couple in a highly sensual and erotic dance with close body and direct eye contact. La Cumparsita is considered the most famous Tango song ever recorded.

Waltz – when we watch about fairytale movies, it is certainly that waltz dance is one of the highlight scenes. History of this dance dates to the 1500's, from the simple gliding or sliding steps to gliding rotation rather than going straight forward without turning. Waltz becomes fashionable in Vienna around 1780's, spreading to many countries in years to follow and it becomes fashionable in Britain during the Regency period.

Foxtrot – in 1914 Arthur Carrington (Harry Fox) developed and performed the famous two slow steps followed by 4 quicksteps which gained popularity in society and brought in dance hall in New York vaudeville theaters.

Quickstep – termed as “joy” dance of modern dancing. While the basic figures are simple, the tempo of the music and the character of this dance invites a carefree interpretation of its inviolable rhythm. Also, quickstep is the fast version of Foxtrot.

Latin Style

Paso Doble - the dance and music of Paso Doble is based on the Spanish bullfight. The man takes the part of the matador, and the woman takes the part of the man's cape. Though this dance originates from France the Spanish style took its present form. The music is a march type

Cha cha – from slow version of Mambo comes into new dance called Cha cha which has a modified Cuban Motion hip action, because of the speed of the triple step. It was only in 1954 when this was introduced in the US.

Samba – it was in 1956 when it was introduced into a couple dance in a ballroom dance. A fun, upbeat, lively dance that progress counter- clockwise around

the floor. Although it is considered as a national dance in Brazil, the style of Samba performed in the Carnival parade is different from the Ballroom Samba.

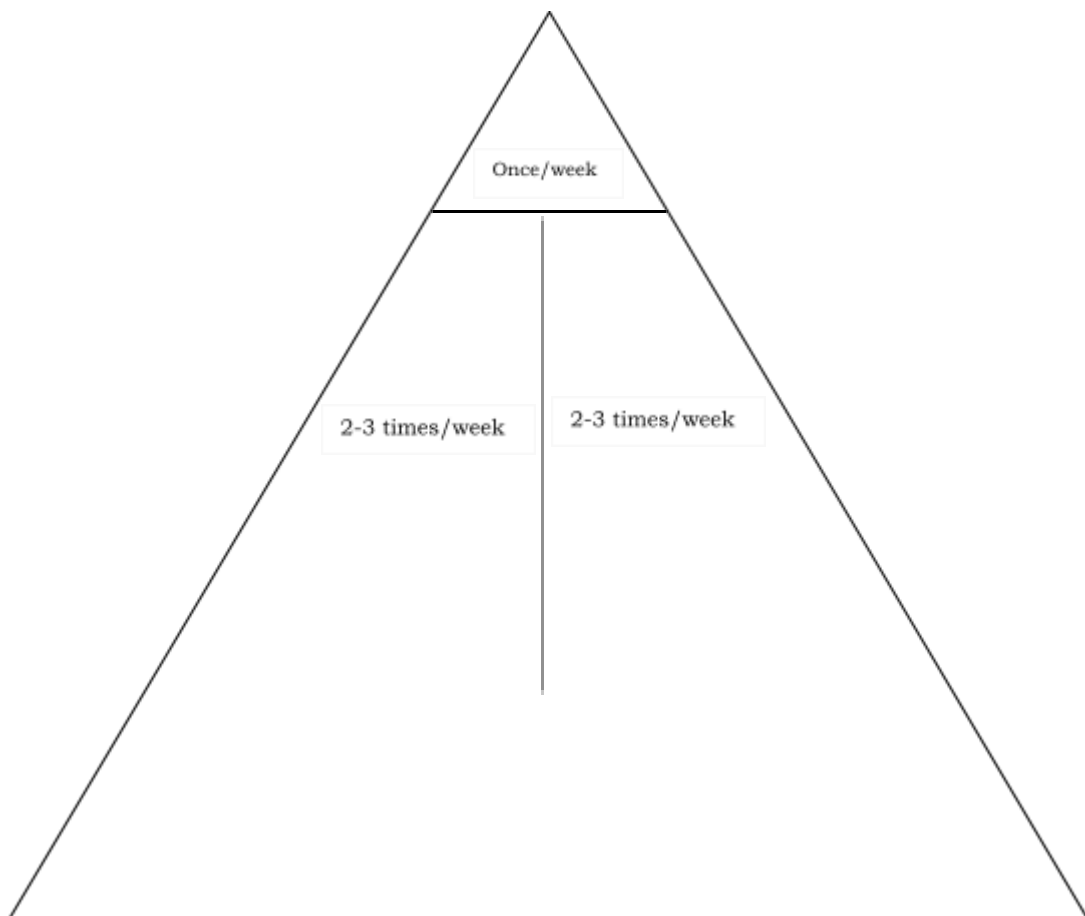
Jive – resembles to a triple- step East Coast Wing, nonetheless Jive is faster and uses a lot of knee and hip action.

Rumba – is universally recognized as the dance of love. It is dance with sensual music and features a hip action. A non- progressive dance with continuous flowing motion which gives it sensual look.



What's More

Let start our next lesson by simply filling out each box in the pyramid the level of physical activities that you usually do.



3-5 times/week

3-5 times/week

Everyday

LESSON 2. – Levels of Physical Activities

Keeping track of your physical activity will bring you beyond improving your appearance; moreover, it will provide you with significant health benefits. It is important as well that you enjoy the things that you do. Different physical activity level provides health advantages. Here are the four level of physical activity and the positive benefits that each one provides.

Sedentary Activity Level – this means that there is no formal exercise and no physical activity during the day. It is like spending your weekend after a long weekdays of school workloads. The tendency is you just want to relax, eat, and play online games the whole day. It is good that you find time to recharge after a busy week. However, if you keep this kind of lifestyle, it will contribute to weight gain and eventually obesity. It will also result to decrease your sense of overall well-being and increase in developing certain health problems and diseases.

Light Physical Activity Level – this refers to physical activities that you do regularly as a part of your everyday routine. The health benefits of this may include better blood cholesterol levels, reduced body fats, improved blood pressure and ameliorate your metabolic health.

Moderate Physical Activity Level – this pertains to physical activities that may include cardiovascular endurance exercises for at least 20 -30 minutes, three – to five days a week. May also be a strength and flexibility exercises. Having this physical activity in your lifestyle may reduce the risk of chronic disease.

Vigorous Physical Activity Level – this refers to a 30 - 90 minutes, two- to three days a week. This may include aerobic exercise, muscle strength and stretching exercise. Those who follows a vigorous exercise program have benefited a great increase in fitness. Additionally, a greater reduction in chronic disease risk. Yet, it is imperative to note that being engage in this level without being cautious will lead to the risk of injury and burn out from overtraining.

With all these different levels of physical activity, you should seek first your doctor's advice before engaging in any of the activities.

Did you know?

A *Pedometer* is a small device that counts the number of your steps. It also called as step counter.

Notes to the Teacher

You may create work sheet to determines the level of activities that students were engage to.



What I Have Learned

1. The Renaissance Era has a big influence in the development of Ballroom dance that we enjoy now.
2. Standard and Latin Dance are two categories in Ballroom Dance Sports.
3. The characteristic of each dance being performed in dance sports.
4. The importance of knowing the different level of physical activity.
5. Self- assess my engagement in physical activity on my everyday routine.
6. Design plan in improving my physical activities involvement.



What I Can Do

Activity 1.3 Search, Look and Listen

Search the following link and identify what type of ballroom dance is applicable for each music.

1. <https://www.youtube.com/watch?v=vzFa-ODmTA>
2. https://www.youtube.com/watch?v=73_DOQuGBD4
3. <https://www.youtube.com/watch?v=CTYymbbEL4>
4. <https://www.youtube.com/watch?v=lZM-5SYr2Yk>
5. <https://www.youtube.com/watch?v=ZEcqHA7dbwM>

Notes to the Teacher

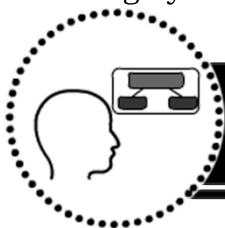
You use other worksheet for this activity.

Activity 1.4 How Active I am?

Below are the common activities that we might be doing as a lifestyle. Indicate how often you engage in the following activities. Answer the processing questions that follows.

Physical Activity	Every day	Once a week (light)	3 – 5 times/w week (moderate)	2 -3 times/ week (vigorous)
1. Running Errands (go to the market, pay bills, etc)				
2. Playing online games				
3. Jogging				
4. Walking				
5. Gym work out				
6. Doing household chores				
7. Mall Strolling				
8. Cardio exercise				
9. Couch potato				
10. Sports involvement (badminton, volleyball, etc)				

1. Based on your response, how will you assess your engagement in relation to physical activity?
2. How will you improve your active and healthy lifestyle?
3. Design your Personal Fitness Plan



Assessment

Multiple Choice. Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. Which of the levels of the Physical Activity Pyramid should be performed daily?
 - a. Active aerobics
 - b. Active sports and recreational activities
 - c. Strength and muscular development
 - d. Household chores
2. The ability to use joints through a full range of motion is called.
 - a. Agility
 - b. Flexibility
 - c. Cardiovascular fitness
 - d. Strength
3. What do electronic pedometers measure?
 - a. How far a person swim
 - b. Electronic pedometers detect movement by recording vertical acceleration at the hip.
 - c. The intensity of a person's daily physical activity
 - d. The speed at which a person walk
4. Which dance takes its inspiration from the spectacle of bullfighting?
 - a) Rumba
 - b) Mambo
 - c) Paso Doble
 - d) Jive
5. Ballroom dancing gets its name from what Latin term?
 - a. Ballo
 - b. Ballet
 - c. Ballad
 - d. Ballare



Additional Activities

Invite your household to engage in one week “quaranteam” challenge, wherein you will engage in different physical activities. You need to surpass the

time and number of repetitions of you day to day activity. (proper documentation is needed like picture and videos).

Example:

Physical Activity	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Jogging	15 mins	20 mins	25 mins	30 mins	35 mins	40 mins	45 mins
Push -up	5 reps	7 reps	10 reps	10 reps	13 reps	15 reps	20 reps
Plank	5sec	8 sec	13 sec	15 sec	17sec	20sec	20 sec
Dancing	10 mins	10 min	15 mins	15 mins	20 mins	25 mins	30 mins

Note: if you experience discomfort while doing the activity. Stop and inform your family and your teacher of what you actually feels.



Answer Key

4 Dancesport	6 Quickstep	Down:	2 Tango	5 Cotillion	7 Samba	8 Ballet
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