

# SELF-LEARNING MODULE

**GRADE 9**

**QUARTER 2**

**WEEK 7**  
**P.E**



**MOST ESSENTIAL  
LEARNING COMPETENCIES**

- Executes the skills involved in the dance
- Monitors periodically one's progress towards the fitness goal
- Performs appropriate first aid for injuries and emergency situations in physical activity and dance settings (cramps, sprain, heat exhaustion)

**TOPICS**

- **SOCIAL DANCES (FESTIVAL DANCE)**
- **BALLROOM DANCES (CHA-CHA)**
- **BALLROOM DANCES (ROCK AND ROLL)**



## EXPECTATION

**At the end of this module, you are expected to:**

- execute the skills involved in the dance;
- monitor periodically one's progress towards the fitness goal;
- execute the skills involved in the dance;
- monitor periodically one's progress towards the fitness goal;
- perform appropriate first aid for injuries and emergency situations in physical activity and dance settings (cramps, sprain, heat exhaustion);
- perform proficiently the basic steps and combination of cha-cha-cha and Rock-and-Roll; and
- execute the skills involved in dance



## BRIEF INTRODUCTION

Fitness is a universal concern. Whatever endeavors we're in, whatever activities we do, our fitness should always be taken into account if we are perform them effectively and efficiently. This module introduce you to the value of social dances and dance mixers in the enhancement of your fitness. You will be provided with activities in modern standard dances which will in turn lead into a greater awareness of the right food to eat, proper ways to manage your weight and of course opportunities to maximize the enhancement of your fitness through social dances.

In this module, you will be performing the Sinulog Festival Dance of Cebu. Since the development of skills was already introduced in the previous module, at this point you are going to perform the movements/dance steps of the Sinulog Festival. The Sinulog was an indigenous dance practiced by the native of Cebu. This pre-Hispanic ritual dance was part of Cebuano's culture in honor of the Child

Jesus or Santo Niño. Dancers dance to the beat of the drums and to the verbal prayers of praise and thanksgiving. The Sinulog festival dance has two basic steps: the natural and the *kinampilan*. The natural step is the popularly known two steps forward, one step backward while the *kinampilan* has one step right foot forward and one step backward, while the left foot stays in place. Performing festival dances develop the skills of the students in the different aspects. This can build the innate talent in dancing, develop camaraderie since it is a collaborative effort and most of all preserve the culture of every community where each festival originates. This can be a way of expressing devotion to different deities and one way of celebrating a bountiful harvest which land and water had given to them. The activity you will be performing will give you a chance to display your skills in festival dancing and enhance your understanding on its benefits to your fitness and well-being. You will also learn that festival dancing is fun.

*Cha cha* is widely recognizable by its catchy rhythm – one, two, cha, cha, cha. It's easy to learn and fun to dance. Like so many Latin dances, it originates from Cuba. It was developed by the Cuban in the middle of 1950s. Originally it was known as a slowed-down mambo or "the triple mambo", because of the three quick steps. It gained instant popularity due to its simplicity. In time it evolved into a separate dance and although it was originally known as the cha-cha-cha, the name was shortened to the *cha-cha*. The cha-cha is a vibrant, flamboyant and playful dance. The light and bubbly feel of the cha-cha gives it a unique sense of fun. The cha-cha requires small steps and lots of hip motion (Cuban motion), as it is danced in 4/4 time. The fourth beat is split into two, giving it the characteristic rhythm of 2, 3, 4 and 1. In this activity, you will be given opportunities to learn and master the basics of cha-cha-cha. After mastering the basics, you will be able to come up with your own dance combinations. Bear in mind that there's more into a dance than dancing itself. If you continue dancing, your fitness will also continue to improve.

Social dance are communal dances performed in social gatherings in any given space, they are synonymously referred to as a ballroom dance, but the former is performed in balls or formal gatherings. This dance is intended primarily to get to know other people in attendance to a certain social gathering. They are usually performed in pairs, male and female, but may also perform in group. There are two classification of social dance, The Latin dance and the Modern Standard Dance Rock 'n' Roll was originated from lindy hop, a very competitive dance form of dance which choreographed dance designed for performance, a normally very fast and physically demanding dance which presented by both couples (usually of mixed gender) and groups either all-female or four to eight couples together. Like other form of dance Rock and Roll has evolved around the world over time. Depending on your location, the basic kick step styles starts with Basic 6 Steps.

**Leader starts with left foot kickball change, kick step (left)kick step (right)**

**Follower starts with right foot kick ball change, kick step(right), kick step (left)**

**There is another form of tap step basic footwork that is quite easy to learn:**

**Leader starts with left foot and does a back step, then a tap step (left), tap step (right)**

**Follower starts with right foot and does a back step, then a tap step (right), tap step (left)**



## ACTIVITY 1

**A. Directions:** Re-arrange the "JUMBLED LETTERS" to complete the benefits we derive in dancing (Social dance and Dance mixers). Write your answer on the space provided.

1. Improved condition of your **RAHET and SNUGL**. \_\_\_\_\_
2. Proper **TEWGIH** management. \_\_\_\_\_
3. Increased aerobic **STIFSEN**. \_\_\_\_\_
4. Better **DINANOTIROOC, TAGYIL and BILITYXIELF**. \_\_\_\_\_
5. Stronger SENOB and reduced the risk of **POROTEOSOSIS**. \_\_\_\_\_

**B. Directions:** Identify which country did the following Latin American and Modern Standard Dances originated, select your answer on the box below and it can be repeated.

1. Cha-cha-cha- \_\_\_\_\_
2. Rumba- \_\_\_\_\_
3. Samba- \_\_\_\_\_
4. Paso Doble- \_\_\_\_\_
5. Jive- \_\_\_\_\_
6. Slow Waltz- \_\_\_\_\_
7. Tango- \_\_\_\_\_
8. Viennese Waltz - \_\_\_\_\_
9. Foxtrot - \_\_\_\_\_
10. Quickstep- \_\_\_\_\_

Argentina

Austria

Brazil

Cuba

Dominican Republic

Spain

USA

Mexico

Panama

Vienna

### C. The Fitness Side of Social Dancing and Dance Mixers

Select at least one social dances on the following CHACHA CHA, SWING, JIVE and MAMBO, make a way to practice some basic steps of it by viewing in you tube, asking your parents/elders or you can create your own step pattern if you want to. Record or film it using any media platforms and submit it to your teacher with the computation of THR (Target Heart Rate)

#### This is how to determine your THR (Target Heart Rate)

**Step 1:** Find your PMHR( Predicted Maximum Heart Rate)in beats per minute by subtracting your age from 220:

$$220 - \text{_____} = \text{(your Predicted maximum heart rate)}$$

**Example:**  $220 - 15 = 205$  (PMHR of a 15- year old individual)

**Step 2:** You need to work out your lowest Target Heart Rate that you need to aim for during exercises by multiplying PMHR by 60% or .6

$$\text{_____} (\text{PMHR}) \times .6 (60 \%) = \text{Lowest Target Heart Rate}$$

**Example:**  $205 \times .6 = 123$  beats per minute (that is the Lowest THR of 15 year-old individual)

**Step 3:** Lastly you need to work for your Highest Target heart Rate that you can aim for during exercises by multiplying your PMHR by 80% or .8

$$\text{_____} (\text{PMHR}) \times .8 (80\%) = \text{Highest Target Heart Rate}$$

**Example:**  $205 \times .8 = 164$  beats/minute (Highest THR of 15 year-old individual)

## **ACTIVITY 2**

As mentioned before, the performance of the students will be assessed based on different criteria that they have to meet. The following aspects could be helpful for you to execute the festival dance:

1. Focus – the concentration of dancer in performing the dance
2. Projection – it is the dancer's look in front of the audience
3. Musicality – it is how the dancer interpret his expression in dancing
4. Timing – the actual movement of the body precisely synchronized with the tune or rhythm of the music
5. Emphasis – the part in the dancing that you want to highlight or give importance
6. Expression – the overall mood and emotion in dancing

Here are the instructions for your performance:

1. Choose a sample festival dance that you can perform. Video clips are available for watching using this link  
[https://www.youtube.com/results?search\\_query=aliwan+festival+2019](https://www.youtube.com/results?search_query=aliwan+festival+2019)
2. You may submit video or pictures of your performance and submit them in our GC or available Social Media Platform in a given time
3. Always assure that you have undergone proper warm up so that injury will be avoided

Your performance will be graded according to the following rubrics:

**RUBRICS**

<b>CRITERIA</b>	<b>EXCELLENT 4 PTS.</b>	<b>VERY SATISFACTORY 3 PTS.</b>	<b>SATISFACTORY 2 PTS.</b>	<b>NEEDS IMPROVEMENT 1 PT.</b>
<b>Mastery of Movement and Choreography</b> (Ability to execute the movements and correct placement of hands, feet, and legs)	Displays excellent level of mastery of steps and routine	Displays high level of mastery of steps and routine	Displays medium mastery of steps and routine	Display low level of mastery of steps and routine
<b>Rhythm/Tempo</b> (Ability to stay in time with the music)	Very Accurate in beat, tempo, rhythm of dance sequences and always in time and in rhythm	The dancers show deeper understanding of the tempo and beat and very few instances that fall behind in places or make errors in rhythm.	The dancers show basic understanding of tempo and beat but sometimes fall behind in places and make errors in rhythm	The dancers attempt to keep in rhythm but get off beat and speed up or fall behind often.
<b>Energy/Attitude</b> (Involvement in the emotion or mood dance and connecting with music instead of going through motions)	Dancers demonstrate excellent level of energy and emotions throughout the performance	Dancers demonstrate high level of energy and emotions throughout the performance	Some energy and emotion is shown throughout the performance	Dancers do not show any emotion while performing
<b>Video Documentary</b>	Video Documentary excellently highlights the important and significant features of the dance. The video has smooth transition	The video has highlights the most of the important features and most of the part was properly edited	The video has highlights more of the significant features of the dance and video was properly edited	Video documentary doesn't highlight important and significant features of the dance. The video was not properly edited.



## ACTIVITY 3

1. Do the Warm-up Exercises
2. Play any music of cha-cha-cha. Clap the rhythm of the dance for you to familiarize the beat and counting ( 1,2,3,4) of the music.
3. As the music plays, master the following dance pattern below:

NAME OF STEP	STEP PATTERN	COUNTING
Weight Transfer ( Rock Step)	R-Bw-,L-Fw	1,2
R Chasse Fw	R-Fw,L-C to R, R-Fw	1 and 2
Weight Transfer (Rock Step)	L-Fw, R-Bw	1,2
L Chasse Bw	L-Bw, R-C to L, L-Bw	1 and 2
Alemana Turn	L-Fw (Pivot Halfway Turn R) R-Fw (Pivot Halfway Turn R) Leading to a Chasse L Bw	1,2
New York (L over R )	Step L across R in Front, Step R in Place, Chasse L Sw, Step R over L in Front, Chasse R Sw	1,2,1 and 2 1,2,1 and 2
New York ( L over R )	Step R across L in Front, Step L in Place, Chasse R Sw, Step L over R in Front, Chasse L Sw	1,2,1 and 2 1,2,1 and 2
Spot Turn	Same with Alemana Turn but done Sw- leading to a Chasse Bw	1, 2

**Take note on the following Legend to guide you in mastering the dance steps:**

- |                     |                    |
|---------------------|--------------------|
| <b>L</b> Left foot  | <b>Fw</b> Forward  |
| <b>R</b> Right Foot | <b>Bw</b> Backward |
| <b>C</b> Close Step | <b>Sw</b> Sideward |

4. After mastering the basics, come up with your own dance combinations. Have a video recording of your dance routine.
5. Below is the Assessment tool for you to assess your performance in the given activity. All you need to do is to tick the needed responses based on your performance. Do this in your MAPEH Notebook.

Indicators of Performance	Outstanding 5	Very Satisfactory 4	Satisfactory 3	Needs Improvement 2	Poor 1
1. Performs the step patterns correctly with mastery					
2. Performs the step patterns correctly, with mastery and proper counting					
3. Displays proper bodylines while doing the movements					
4. Fosters positive attitude towards the activity					



# ACTIVITY 4

## A. BALLROOM DANCE (ROCK AND ROLL)

**Direction:** At this time, you will go to showcase your talents through dance (Ballroom dance) Procedure:

1. Group the class into pairs if possible with your opposite gender. (if pairing with your classmates is not possible you can ask the help of the member of your family)
2. Present a 2-5 minutes Rock and Roll dance.
3. Dress up like you are a professional dancer.
4. Record your presentation using your SMART phone and upload it in our Group Messenger.
5. Each student will be assigned to evaluate the performance of their classmates using the given RUBRICS.

CRITERIA	5 POINTS	4 POINTS	3 POINTS	2 POINTS
<b>Creative Dance Sequence</b>	Develops a dance sequence that is creative, complete and displays lots of effort and practice. <ul style="list-style-type: none"> <li>▪ displays many elements of body and space awareness, qualities and relationships</li> <li>▪ sequence is consistent all of the time</li> </ul>	Develops a dance sequence that is creative, complete and displays some effort and practice. <ul style="list-style-type: none"> <li>▪ displays some elements of body and space awareness, qualities and relationships</li> <li>▪ sequence is consistent most of the time</li> </ul>	Develops a dance sequence that is not very creative, incomplete and displays little effort and practice. <ul style="list-style-type: none"> <li>▪ displays few elements of body and space awareness, qualities and relationships</li> <li>▪ sequence is often inconsistent</li> </ul>	Develops a dance sequence that is uncreative, incomplete and displays no effort or practice. OR Does not develop a dance sequence. <ul style="list-style-type: none"> <li>▪ no attention to elements</li> <li>▪ sequence is different each time</li> </ul>
<b>Group Work</b>	Works very well with their group all of the time. <ul style="list-style-type: none"> <li>▪ contributes lots of ideas</li> <li>▪ contributes suggestions for modification</li> <li>▪ listens to others</li> <li>▪ displays patience</li> <li>▪ motivates other group members</li> </ul>	Works very well with their group most of the time. <ul style="list-style-type: none"> <li>▪ contributes some ideas</li> <li>▪ listens to others most of the time / when agrees with what was being said</li> <li>▪ displays impatience and frustration with others at times</li> </ul>	Works very well with their group some of the time. <ul style="list-style-type: none"> <li>▪ contributes few ideas</li> <li>▪ listens to others sometimes</li> <li>▪ displays impatience more than once</li> <li>▪ requires teacher assistance to refocus and remain in group</li> </ul>	Did not work well with their group. <ul style="list-style-type: none"> <li>▪ contributes no ideas</li> <li>▪ remains quiet</li> <li>▪ refuses to practice</li> </ul> OR <ul style="list-style-type: none"> <li>▪ contributes ideas</li> <li>▪ refuses to listen to others &amp; their ideas</li> <li>▪ commands others to listen and follow demands</li> </ul>
<b>Dance Terminology / Positions / Steps and Directions</b>	Always able to demonstrate dance terms, positions, steps and directions with no errors. <ul style="list-style-type: none"> <li>▪ understands and follows all dance directions given</li> <li>▪ accurately performs all dance steps with ease</li> </ul>	Mostly able to demonstrate dance terms, positions, steps and directions with few errors. <ul style="list-style-type: none"> <li>▪ understands and follows most dance directions given, watches others at times</li> <li>▪ accurately performs most dance steps, struggles at times</li> </ul>	Sometimes able to demonstrate dance terms, positions, steps and directions with some errors. <ul style="list-style-type: none"> <li>▪ understands and follows some dance directions, watches others often</li> <li>▪ accurately performs some dance steps, struggles often</li> </ul>	Rarely able to demonstrate dance terms, positions, steps and directions with many errors. <ul style="list-style-type: none"> <li>▪ understands and follows few dance directions, always watches others</li> <li>▪ accurately performs few dance steps, always struggles and looks overwhelmed</li> </ul>
<b>Choreographed Sequences / Overall Performance</b>	Performs complete dance with lots of confidence and enthusiasm, making few errors. <ul style="list-style-type: none"> <li>▪ performs all sequences from memorization</li> <li>▪ always demonstrates enthusiasm by showing energy in movements and giving their best</li> </ul>	Performs complete dance with some confidence and enthusiasm, making some errors. <ul style="list-style-type: none"> <li>▪ performs most sequences from memorization</li> <li>▪ sometimes demonstrates enthusiasm by showing energy in movements and giving their best</li> </ul>	Performs complete dance with little confidence and enthusiasm, making many errors. <ul style="list-style-type: none"> <li>▪ performs some sequences from memorization</li> <li>▪ rarely demonstrates enthusiasm by showing energy in movements and giving their best</li> </ul>	Performs complete dance with no confidence or enthusiasm, making constant errors. OR Does not perform complete dance. <ul style="list-style-type: none"> <li>▪ unable to perform any sequences from memorization</li> <li>▪ never demonstrates enthusiasm</li> </ul>
Total points				

**A.** In lieu of the present pandemic situation, that most of the people nowadays are relying on social media in addressing their boredoms by using their gadgets or most specifically the mobile phones especially for teenagers. How can you use your mobile phone or any available gadgets/media flat forms in promoting **Physical Fitness** through **Social dancing** in this amidst of pandemic?



## REMEMBER

- Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life. Thus, being physically fit is important before starting to learn to dance. In learning social dance, being healthy is the key to finish routine and achieve goals.
- Festival dances in the Philippines are performed to honor Patron Saints and to celebrate bountiful harvests received by the workers such farmers and fishermen. This is also one way to showcase the talents of every Filipino by means interpreting the typical lives of people from their community. Festival dancing is not just colorful sceneries, synchronized movements, mass celebration and showcasing of talents, it is all about culture and tradition influenced by the Western or not but in general it is about devotion. As you perform it, developing skills and building talents are vividly show but you have to also consider that behind these components healthy lifestyle is also part of it.
- Social Dance is a term used to refer to dances primarily intended to get to know other people in a certain formal or semi-formal occasion, Cha-cha is a social dance that is vibrant, flamboyant and playful dance  
The cha-cha-cha (also called cha-cha), is a dance of Cuban origin. It is danced to the music of the same name introduced by Cuban composer and violinist Enrique Jorin in the early 1950s. This rhythm was developed from the mambo dance
- Social dance are communal dances performed in social gatherings in any given space, they are synonymously referred to as a ballroom dance. There are two classification of social dance, The Latin dance and the Modern Standard Dance. Rock'n'Roll was originated from lindy hop, a very competitive dance form of dance which choreographed dance designed for performance, a normally very fast and physically demanding dance.



## CHECK YOUR UNDERSTANDING

Before I move on to the next module, I will assure you that...

I understand...

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I will apply for the lesson in...

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I will practice...

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