



SELF-LEARNING MODULE

GRADE 9

QUARTER 2

**WEEK 3
P.E.**

**MOST ESSENTIAL
LEARNING
COMPETENCIES**

TOPICS



- Undertakes physical activity and physical fitness assessments
- 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)

- **Social Dances (Community Dance)**
- **Social Dances (Mixed Dance)**



EXPECTATION

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

1. Define and discuss the meaning of social dances/ballroom dances;
2. Differentiate and classify the characteristic of different styles of ballroom dances;
3. Undertake physical activity and physical fitness assessments;
4. Execute the skills involved in the community dance;
5. Monitor periodically one's progress towards the fitness goal; and
6. Perform appropriate first aid for injuries and emergencies in physical activity and dance settings (cramps, sprain, heat, exhaustion).



BRIEF INTRODUCTION

Fitness is a universal concern. Whatever endeavors we're in. Fitness is not just for athletes, sportsmen and Physical Education teachers and fitness instructors, it's also a concern of students, parents, and other members of the community to become strong and productive members of our community.

This module introduces you to the world of social dancing in the enhancement of your fitness. Social dancing is danced for enjoyment, socialization, recreation and health. Social dancing has no standardized teaching or learning curriculum, social dance teachers teach steps and techniques they have come to prefer or what they want their students to prefer. The test for social dancing success is how much the dance partners have enjoyed the dance- not how they have danced in the eyes of others or "how correctly" they have danced.

You will be provided with activities in modern standard dances which turn lead you to a greater awareness in social dancing.

During this time of pandemic, fitness was one of the concern of each students, parents, and other members of the community. To be able to become strong and productive members of our community, we must address the very basic requirements of such goal, the sustaining base of any endeavor, we undertake fitness, that also maximize the enhancement of fitness through social dance.

Community dance engaged in people creativity in a dance style. Likewise, Social Dances or ballroom dance are intended primarily to get to know other people in participation to a certain social function, also, It was classified into two (2) major classifications namely the Latin American Dances and the Modern Standard Dances.

Social dances and dance mixers are dances intended primarily to get to know other people in attendance to a certain social function. They are also called ballroom dances. They are usually performed in pairs, male and female, but may also be performed in groups. Social Dance is classified into two major classifications namely the Latin American Dances and the Modern Standard Dances.

Latin American Dances include the salsa, mambo, merengue, swing, cha-cha-cha, rumba, samba, jive, boogie, and paso doble. They are called Latin American dances because most of them are from the Latin-American countries. While the Modern Standard Dances include the slow waltz, tango, Viennese waltz, foxtrot and quickstep.

Social or ballroom dances are different from dance sport because the latter is freer in nature and are primarily intended to widen one's social horizon, for recreation; and fitness. The former is performed in competitions and are referred to as competitive ballroom dancing.

COMMON INJURY ENCOUNTERED BY SOCIAL DANCERS

1. Sprains – is caused by torn fibers in a ligament. Swelling and bruising are some signs and symptoms.

First Aid

- Remove any clothing or jewelry around the joint
- Apply cold compress at once.
- Elevate the affected joint.

2. Heat Exhaustion – is a response to heat characterized by fatigue, weakness and collapse due to inadequate intake of water to compensate for loss of fluids during sweating.

First Aid

- Have the victim lie down with his/her feet elevated.
- Keep the victim cool.
- Give him/her electrolyte beverages to sip or make a salted drink
- Monitor the victim for signs of shock.
- If the victim starts having seizures, protect him/her from injury and give first aid for convulsions.
- If the victim loses consciousness, give first aid for unconsciousness.

3. Strain - is when a muscle is stretched too much and tears. It is also called a pulled muscle. A strain is a painful injury. It can be caused by an accident, overusing a muscle, or using a muscle in the wrong way.

First Aid

- Apply the R. I. C. E. method (rest, ice, compression, and elevation)
- Do not apply heat during the first two days as this will only increase swelling.
- Gradually increase the range of movement – let pain be your guide. Strains usually heal in about a week.

4. Muscle Cramps is a strong, painful contraction or tightening of a muscle that comes on suddenly and lasts from a few seconds to several minutes.

First Aid

- Stretch and massage. Stretch the cramped muscle and gently rub it to help it relax. For a calf cramp, put your weight on your cramped leg and bend your knee slightly. If you're unable to stand, sit on the floor or in a chair with your affected leg extended.
- Apply heat or cold. Use a warm towel or heating pad on tense or tight muscles. Taking a warm bath or directing the stream of a hot shower onto the cramped muscle also can help. Alternatively, massaging the cramped muscle with ice may relieve pain.

TIPS FOR DANCE INJURY PREVENTION

You can prevent overuse injuries in dance by following these recommendations:

1. Always do warm-up exercises before a performance or training
2. Eat a well-balanced diet
3. Stay hydrated
4. Build strength, balance and endurance with cross-training workouts
5. Wear the right type of footwear

Get adequate sleep every night.

Every individual has a rhythm. It is found in all of nature and is natural to every individual. Rhythm is most clearly seen through dance- the art of movement. A mixed dance, dance mixer, or simply mixer is a kind of participation dance in a social dance setting that involves changing partners as an integral part. ... Mixers allow dancers to meet new partners and allow beginners to dance with more advanced dancers. It intended primarily to get to know other people in attendance to a certain social function. They are also called ballroom as a variety of social dances performed by couples in which there is a conventional pattern of steps.

One example of the ballroom is Cha-cha-cha a true Latin dance which originated in Cuba where it evolved from the Danzón-mambo, an older form of Cuban dance. Cha-cha-cha became a popular social ballroom dance in the United States in the early 1950s.

Cha -cha-cha is a great workout, it has more benefits such as Reduce stress, increase energy and improve strength, increase muscle tone and coordination, lower your risk of heart disease, decrease blood pressure and cholesterol, manage your weight, strengthen the bones, increase your stamina and flexibility.

Dance may look effortless, but it requires a lot of strength, flexibility, and stamina. It also comes with a high risk of injuries. Whether you are a dancer, the parent of a dancer or a dance teacher, you should be aware of the most common dance injuries and learn how to avoid them. A few studies that looked into dance injuries found that injuries from using your joints and muscles too much (overuse injuries) are the most common in dancers. The majority of these overuse injuries involve an ankle, leg, foot, or lower back.

Some common dance injuries are Hip injuries, foot and ankle injuries, knee injuries, stress fracture and sometimes dancer are also likely to develop arthritis.

We should know some of the first aid treatment like sprain needs to loosen and immobilized the ankle; apply the Rest, Ice, Compression and Elevation in cramps need to stretch the muscle and gently rub it to help it relax; use a warm towel or heating pad on tense or tight muscle and heat exhaustion have a victim lie down with his/ her feet elevated in a cool place.



ACTIVITY 1

PRE-ASSESSMENT Social Dancing Participation Questionnaire

NO.	SOCIAL DANCING ACTIVITIES	ALWAYS	SELDOM	NEVER
1.	I actively participate in social dancing activities in my community			
2.	I am a member of the grand cotillion dance performed in a debut social gathering			
3.	I wear proper attire in social dancing activities			
4.	I recognize the advantages of my engagement in social dancing activities to my fitness and well-being			
5.	I enjoy participating in social dancing activities			

Social Dances in a nutshell

Social dances and **dance mixers** are dances intended to get to know other people in attendance to a certain social function and are synonymously referred to as Ballroom dances, but **ballroom dances** are performed in balls or formal social functions. The term '**ballroom dancing**' is derived from the word "**ball**", which in turn originates from the Latin word **ballare** which means "**to dance**"

- **THREE categories:**

STANDARD DANCES	LATIN DANCES
More elegant, more formal and emphasis on posture and dance in closed position	More hot, flashy movements, sensual, and fast paced rhythm
WALTZ is one of the smoothest dances marked by its turns and "rise and fall" movement	CHA CHA is a lively dance full of passion and energy. The classic "Cuban Hip motion" gives its unique style
TANGO is a sensual dance originated in South America in early twentieth century	MAMBO most sensual Latin American ballroom dance
QUICKSTEP is a quick version of the Foxtrot, considered to be the most difficult	JIVE a dance derived from American dance called the Jitterbug. A lot of kicks, lifts, and more bouncy movement
FOXTROT smooth long flowing movements and an excellent dance for beginners	RUMBA considered as the most romantic Latin ballroom dance. Also referred to as the "Grandfather of Latin dances"
	SAMBA most popular of all Brazilian ballroom dance
	PASO DOBLE lively ballroom dance from France modelled after the movement of the Spanish bullfight

CLUB DANCES

Includes Swing, Line dance, Salsa, and Merengue

SWING often characterized by lifts, spins, and flips and is a favorite among social dancers of all ages

SALSA This dance is similar to mambo and very popular in Latin clubs

MERENGUE Latin dance that never slows down and is refer to as the "marching with style"

Visit the link <https://feu.instructure.com/courses/29083/pages/lesson-iii-introduction-to-ballroom-dance> to view the dance images.

I-SWING MO AKO!

Unscramble the letters to form a word.

1. M U B R A _____
2. A M B O M _____
3. N G O A T _____
4. O R M A L L B O _____
5. W I N G S _____
6. S O A P B E D O L _____
7. R O T T X O F _____
8. Z T A W L _____
9. V I E J _____
10. L A A S S _____

1. Considered as the most romantic Latin ballroom dance. Also referred to as the "Grandfather of Latin dances"
2. Most sensual Latin American ballroom dance
3. A sensual dance originated in South America in early twentieth century
4. Dance performed in balls or formal social functions
5. Often characterized by lifts, spins, and flips and is a favorite among social dancers of all ages
6. A lively ballroom dance from France modelled after the movement of the Spanish bullfight
7. A smooth long flowing movements and an excellent dance for beginners
8. One of the smoothest dances marked by its turns and "rise and fall" movement
9. Dance derived from American dance called the Jitterbug. A lot of kicks, lifts, and more bouncy movement
10. This dance is similar to mambo and very popular in Latin clubs



ACTIVITY 2

BACK to BASICS

Accomplish the following before proceeding to the activity proper. You can invite your family members to join

DANCE STEP	STEP PATTERN	COUNTING	MEASURES
1. Touch step	Point, Close	1,2	8
2. Close step	Step, Close	1,2	8
3. Hop Step	Step, Hop	1,2	8
4. Change step	Step, Close, Step	1, and 2	8
5. Brush step	Step, Brush	1, 2	8



ACTIVITY 3

“Let’s Do the Cha-cha-cha

In this activity, you will be given opportunities to learn and master the basics of cha-cha-cha. After mastering the basics, you may come up with your own combinations.

Basic	Name of Step	Step Pattern	Counting
1	Weight Transfer (Rock Step)	Right Foot-Backward, Left Foot- Forward	1,2
2	Right Chasse Forward	Right Foot-Forward, Left-Close to Right, Right Foot-Forward	1 and 2
3	Weight Transfer (Rock Step)	Left Foot- Forward, Right Foot Backward	1,2
4	Left Chasse Backward	Left Foot – Backward, Backward Close to Left, Left Foot - Backward	1,2
5	Alemana Turn	Left Foot – Forward (Pivot Halfway Turn Right), Right Foot – Forward (Pivot Halfway Turn Right) leading to a Chasse Left Foot Backward	1,2
6	New York (Left Foot over Right Foot)	a.) Step Left Foot across Right Foot in Front, b.) Step Right Foot in Place, Chasse Left Foot Sideward, c.) Step Right Foot over Left Foot in Front, Chasse Right Sideward	1,2,1 and 2 1,2,1 and 2
7	New York (Right Foot over Left Foot)	a.) Step Right Foot across Left Foot in Front b.) Step Left Foot in Place, chasse Right Foot Sideward c.) Step Left Foot over Right Foot Chasse Left Sideward	1,2,1, and 2 1,2,1, and 2 , in front
8	Spot Turn	Same with Alemana Turn but done Sideward-leading Chasse Backward	1,2 to a

4. This time, as the music plays, master the patterns, do it by yourself then introduce it to your partner.

Note: Get your Training Heartrate after your performance by putting your index and middle finger on your wrist. Count it in 6 seconds then multiply it by 10. _____bpm.

RUBRICS	
1. CORRECT EXECUTION	
a. Execute the dance well with good choreography	5
b. Does not execute the dance well but good choreography	4
c. Does not execute the dance well and has not good choreography	3
2. TIMING / COORDINATION	
a. Good timing and coordination	5
b. Good timing but with no coordination	4
c. No timing and no coordination	3
TOTAL:	10

B. Answer the following questions:

1. How does cha Cha-cha-cha make you enjoy, and sociable and how does it help you to become more physically fit?

2. What are the possible injuries that might happen in the following situations and try to suggest what first aid procedure can be given to that injuries?

SITUATIONS	POSSIBLE INJURIES	FIRST AID
1. Not doing warm-up and stretching activities		
2. Not doing executing dance style properly		
3. Not observing safety measure at all times		



REMEMBER

Social dancing is partner dancing that is informal, relaxed, and danced for the enjoyment rather than meeting the criteria of a dance school. Cha-cha-cha is a lively, flirtatious ballroom dance full of passion and energy.

It has three categories namely STANDARD, LATIN, and CLUB dances. Each category contain different dances and they are WALTZ, QUICKSTEP, FOXTROT, and TANGO (Standard), CHA CHA, MAMBO, SAMBA, JIVE, and PASO DOBLE (Latin) and SWING, LINE DANCE, SALSA, and MERENGUE (Club dances)

Fitness was one of the concern of each students, parents, and other members of the community. To be able to become strong and productive members of our community, we must address the very basic requirements of such goal, the sustaining base of any endeavour, we undertake fitness, that also maximize the enhancement of fitness through social dance.

SOCIAL DANCES (MIXED DANCES)

Social dances and dance mixers are dances intended primarily to get to know other people in a certain social function. They are usually performed in pairs but may also be performed in groups. Social Dance is classified into two major classifications namely the Latin American Dances and the Modern Standard Dances.

- Dance- is the art of movement.
- Social dances are also called **Ballroom dance**.
- Two Classification of social dance are Latin American dance and Modern Standard dances.
- Rhythm is most clearly seen through dance.
- Continue dancing, our fitness will also continue to improve.



CHECK YOUR UNDERSTANDING

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

I understand...

I will apply the lesson in...

I will practice...
