

# SELF-LEARNING MODULE

**GRADE 9**

**QUARTER 3**

**MODULE  
8**



**WRITER/S**

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## EXPECTATIONS

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

- assess the musical performances using the given guided rubrics;
- listen to selected composition of the Romantic period;
- participates in an exhibit using completed artworks with Neoclassical and Romantic period characteristics
- execute the skills involved in the dance;
- identify proper first aid for common unintentional injuries, and
- show proper first aid procedure for common unintentional injuries thru video documentations.



## LOOKING BACK

Direction: Recall the activities, insights and reflection that you have learned in 2<sup>nd</sup> quarter. Write your answer in your MAPEH journal book.

MUSIC	ARTS																																																												
<p>Guess Who? Identify the composers behind each musical characteristic.</p> <ol style="list-style-type: none"> <li>His compositions are known as lieder, a German word for songs.</li> <li>Most of his work are serious love story with unhappy ending.</li> <li>He developed a style that the orchestra has equal importance in dramatic roles as singers.</li> </ol>	<p>Guess the Artist Name the artist behind these works of art</p> <ol style="list-style-type: none"> <li>Oath of the Hortii</li> <li>The Apotheosis of Homer</li> <li>Washington</li> <li>Lion of Lucerne</li> <li>Spoliarium</li> </ol>																																																												
PHYSICAL EDUCATION	HEALTH																																																												
<p>Recall the Elements of Dance according to movement in space. Highlight the words from the box.</p> <table border="1"> <tbody> <tr><td>R</td><td>H</td><td>Y</td><td>T</td><td>H</td><td>M</td></tr> <tr><td>A</td><td>D</td><td>B</td><td>O</td><td>L</td><td>P</td></tr> <tr><td>N</td><td>I</td><td>L</td><td>E</td><td>J</td><td>F</td></tr> <tr><td>G</td><td>R</td><td>V</td><td>T</td><td>K</td><td>O</td></tr> <tr><td>E</td><td>E</td><td>S</td><td>D</td><td>E</td><td>C</td></tr> <tr><td>L</td><td>C</td><td>J</td><td>E</td><td>W</td><td>U</td></tr> <tr><td>F</td><td>T</td><td>U</td><td>S</td><td>A</td><td>S</td></tr> <tr><td>L</td><td>I</td><td>M</td><td>I</td><td>L</td><td>J</td></tr> <tr><td>E</td><td>O</td><td>P</td><td>G</td><td>K</td><td>I</td></tr> <tr><td>X</td><td>N</td><td>S</td><td>N</td><td>H</td><td>N</td></tr> </tbody> </table>	R	H	Y	T	H	M	A	D	B	O	L	P	N	I	L	E	J	F	G	R	V	T	K	O	E	E	S	D	E	C	L	C	J	E	W	U	F	T	U	S	A	S	L	I	M	I	L	J	E	O	P	G	K	I	X	N	S	N	H	N	<p>Recall &amp; Fill-it-out</p> <p>Kinds of Transport for Injured Person</p> <p>B_____ D_____ - used when the victim is seriously injured and should not be lifted.</p> <p>S_____ C_____ - used when there are two first aiders and a chair is available.</p> <p>P_____ B_____ - one-man transport used when the victim is conscious.</p>
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## BRIEF INTRODUCTION

### MUSIC : Music of Romantic Period

Romantic vocal forms like the art song and operas were about fantasy, supernatural, romance and the nature as mirror of the human heart. Virtuoso performers are not only instrumentalists but singers



## MUSIC ACTIVITY

1. Make a short poem about the music of the Romantic Era. Recite the poem using a sample of music in this period as accompaniment. You may use the Swan Song by Schubert <https://www.youtube.com/watch?v=J7CXom-DFIk> or any other music of the era. Have an audio recording of your performance.

Criteria	5	4	3	2	1
Voice Quality	Clear voice with proper enunciation.	Speaks clearly 85% of the time.	Speaks clearly 50% of the time.	Most words not enunciated clearly.	Needs Improvement
Originality of Composition	Includes very original or imaginative ideas.	Involves some original aspect of idea	Musical idea is neither familiar nor a cliché.	Musical idea is familiar.	Needs Improvement
Creativity	Excellent	Good	Satisfactory	Fair	Needs Improvement
Over-all Performance	Excellent	Good	Satisfactory	Fair	Needs Improvement
Total					

2. Write a short script (30sec) for a radio ad about health and safety using the Unfinished Symphony of Schubert <https://www.youtube.com/watch?v=0mnrHf7pQjM> as background music or you may use any local music appropriate to the mood. Have an audio recording as your performance.

Criteria	5	4	3	2	1
Originality of Composition	Includes very original or imaginative ideas.	Involves some original aspect of idea	Musical idea is neither familiar nor a cliché.	Musical idea is familiar.	Needs Improvement
Appropriateness of music	Choice of music is excellent	Good	Satisfactory	Fair	Needs Improvement
Creativity	Excellent	Good	Satisfactory	Fair	Needs Improvement
Over-all Performance	Excellent	Good	Satisfactory	Fair	Needs Improvement
Total					



## BRIEF INTRODUCTION

### ARTS: Arts of the Neoclassic and Romantic Period

In the middle of 18<sup>th</sup> century, Neoclassicism was born out of rejection of the Rococo and late Baroque styles. Romanticism began in the same era with a modern approach.

The artworks and architecture of our present time have remarkable influences of Neoclassical and Romantic artworks through the style of painting, sculptures, architectural structures and other works of art.



## ART ACTIVITY

### Activity 1: "FAKEBOOK PROFILES for Historical Artworks"

Create a Facebook profile of your chosen Filipino artwork inspired by Neoclassicism and Romantic period. Summarize all the information that you have learned and gather from the previous lessons about the artworks during this period. Feel free to create, edit and design your profile wall digitally or manually.



### Activity 2: Exhibit

Take pictures of your outputs for this quarter and make an art exhibit about the Neoclassical and Romantic Period using your own artworks.

### Reflection Questions:

1. What did you feel as you were making your masterpiece?

2. Does your artwork visibly convey the characteristics or ideas of Neoclassicism or Romanticism?

3. What materials could you have used to make your artwork better?

4. How does your artwork illustrate the idea of such issues you have decided to work on?

Criteria for the Individual Artworks	5	4	3	2
Quality of craftsmanship	All instructions were followed correctly	1 - 2 instructions were not followed correctly	3 - 4 instructions were not followed correctly	Most of the instructions were not followed correctly
Visual Impact (Use of colors, lines, and shapes, etc.)	Artwork has at more than 5 colors	Artwork has only 4 colors	Artwork has only 3 colors	Artwork has only 2 colors
Punctuality	Artwork was submitted on time	Artwork was submitted 1 day late	Artwork was submitted 2 days late	Artwork was submitted 3 days late
Neatness	Artwork presentation was neat and orderly	Artwork presentation was mostly neat and orderly	Artwork presentation was somehow neat and orderly	Artwork presentation was disorderly.
<b>Total</b>				

Descriptive Rating	Score/points
Excellent	18-20
Very Good	15-17
Good	11-13
Fair	9-10
Poor	8



## BRIEF INTRODUCTION

### P.E: Physical Activity and Physical Fitness

Through performance of festivals comes the reflection of our country's rich culture and tradition. Philippines has always been one of the beautiful countries that has full of diverse and colorful culture and traditions. One way of celebrating its diversity is through festivals. Festival dances are cultural dances performed to the strong beats of percussion instruments by a community of people sharing the same culture usually done in honor of a Patron Saint or in thanksgiving of a bountiful harvest. Festival dances may be religious or secular in nature. But the best thing about festivals is that they add to the merry-making and festivities where they are celebrated, the reason why they are called festival dances after all. Festival dances draw the people's culture by portraying the people's ways of life through movements, costumes and implements inherent to their place of origin.



## PHYSICAL EDUCATION ACTIVITY

### Activity 1: Festy, Festive dance!



Create your own Festival Dance Exercise with 2 or more family members, you may come up with your own combinations inspired by different festival dances in the Philippines. Record your performance and send it to your chosen platform.

**1. Mass Dance Exercise** – create a dance exercise using the different types of dance (folk dance, jazz, ballet, hip-hop and social dance)

<https://youtu.be/ngPUsZmkjmk>

**2. Creative Folkdance Exercise** – create a dance exercise using the different dance steps and terms used in Philippine folk dance.

- <https://youtu.be/AMjW9rjU9P8>
- <https://youtu.be/kR8kW6N52gU>

CRITERIA	
• Choreography	10pts
• Mastery and Creativity	10pts
• Energy and Fitness	10 pts



## BRIEF INTRODUCTION

### HEALTH: First Aid for Common Unintentional Injuries

We all heard about “Prevention is Better than Cure” but if things get out of hand it is best to be prepared. Accidents and injuries may happen because of carelessness or unsafe action/environment. Always remember that if we want to live happily, we have to do things safely, reduce the risks of accidents, reduce unnecessary risk taking and develop safety consciousness at all times.

First aid application are best learned by demonstration. It is advised to join the Batang Emergency Response Team or B.E.R.T. Club to further enhance your knowledge of first aid. It is interesting and enjoyable knowing that you are equipped with the skills and that you are prepared for any situation. Some unintentional injuries are fracture, dislocation, sprain, heat exhaustion, food poisoning, choking, drowning, heart attack, chemical burns and stroke including heat stroke.



## HEALTH ACTIVITY

### Activity 1 – “Aksyon Agad”

**Directions:** Read the situation on the first column and fill-in remaining columns with correct answers.

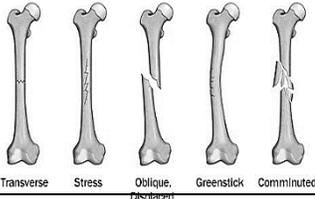
Situation	Possible Injury	Response to Avoid the Injury
Slippery Floor	1. 2.	
Chemical Improperly Placed and Labeled	1. 2.	
Room Not Well-ventilated		
2-y/o child playing pieces of Lego blocks		

### Activity 2: “GO! First Aid”

Directions:

1. Choose one from the given common injuries.
2. Study and Demonstrate the First-aid response on your chosen injury.
3. Document your first aid demonstration with your cp or camera.
4. Submit your video documentation to your teacher.
5. Be guided with the rubric criteria.

Criteria	Very Good 5 points	Good 4 points	Satisfactory 3 points	N/A 1 point
<b>Execution/ Demonstration</b>	Performed appropriate first-aid techniques with confidence.	Performed appropriate first-aid techniques as required.	Performed appropriate first-aid techniques but missed some steps.	Was not able to perform the appropriate first-aid techniques.
<b>Filming Creativity</b>	The video is commendable. All techniques were showed well.	. All techniques were shown in the video in an ordinary manner.	All techniques were shown in the video but not that observable.	The video contents are unorganized.
<b>Punctuality</b>	Submitted the output ahead of time.	Submitted the output on time.	Submitted the output 1-2 days late.	Submitted the outputs 3 or more days late.

	Common Injuries	First Aid
 <p>Transverse   Stress   Oblique, Displaced   Greenstick   Comminuted</p>	<b>FRACTURE</b> - a break or crack in a bone	1. Check vital signs 2. Do not move the injured part. 3. Stop bleeding if there is any. 4. If you have to move the person, immobilize the injured part by splinting. 5. Seek medical help immediately.
	<b>HEAT EXHAUSTION</b> - caused by loss of salt and water due to excessively high temperature.	1. Transport a victim to a cool place. 2. Give him/her plenty of water. 3. Check for vital signs. 4. Seek medical help.
	<b>FOOD POISONING</b> - caused by consuming food or drink that is contaminated with bacteria or viruses.	1. Help a person to lie down and rest. 2. Give him plenty of flavorless fluids to drink and a bowl to use if he vomits. 3. Call for medical help if the condition worsens.



## REMEMBER

Keep in mind the following terms in order for you to understand the lesson.

MUSIC	ARTS
Libretto- text of an opera  Score- book that composer and librettist put together  Recitative- declamatory singing  Aria- an air or solo part	Aesthetic- concerned with appreciation of beauty  Apex- top or peak  Balustrade- a railing with vertical support  Peristyle- a continuous line of columns
PHYSICAL EDUCATION	HEALTH
Festival Dance What are the other benefits from celebrating festival dances?  •Festivals have been a consistent crowd producing activity leading to up-lift a community's economy due to its tourism and entertainment value. •It attracts foreign and domestic tourist to visit a place eventually leading to the elevation of the Filipino's quality of life. •Festival dances and celebration reflects the unity of Filipino Community.	Unintentional injuries cannot be avoided. It happens at any time, at any place to anybody.  We must therefore practice safety awareness at all times. But when injuries happen, appropriate knowledge and skills of the proper application on first aid could greatly help in alleviating pain, preventing further injury, prolonging and even save lives.



## CHECK YOUR UNDERSTANDING

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

I understand...

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I will apply the lesson in...

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I will practice...

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