



SELF-LEARNING MODULE

GRADE 9

QUARTER 4

**MODULE
5**

WRITER/S



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EXPECTATION

At the end of this module 5, you are expected to:

- Improvise appropriate sounds, music, gestures, movements, and costumes for a chosen art song/opera of the Romantic Era
- Choreograph movements and gestures similar to a Shakespeare play using an art song.
- Discuss the essential things needed in hiking through blogging
- Analyze the risk factors related to intentional injuries



LOOKING BACK

Direction: Recall the activities, insights, and reflections that you have learned in the previous topics. Write your answer in your MAPEH journal book.

MUSIC	ARTS
<p>Identify the composer of the following compositions. Write GP if it is composed by Giacomo Puccini and RW if it is composed by Richard Wagner.</p> <p>___ 1. Tristan and Isolde</p> <p>___ 2. LA Boheme</p> <p>___ 3. Madame Butterfly</p> <p>___ 4. Lohengrin</p> <p>___ 5. Tosca</p>	<p>Identify the elements of theater arts as applied to Western Classical Opera, Carmen by George Bizet.</p> <ol style="list-style-type: none"> <u>Costume</u> <u>Music</u> _____ _____ _____

PHYSICAL EDUCATION	HEALTH
<p>Test your Understanding!</p> <p>Directions: Explain briefly the following statements about Zumba dance:</p> <p>1. Zumba dance is the best activity to boost up our immune system.</p> <p>_____.</p> <p>_____.</p> <p>2. Zumba increases the functions of the heart, lungs, and blood vessels of the body through the proper supply of oxygen.</p> <p>_____.</p> <p>_____.</p>	<p>Multiple Choice. Choose the correct answer from the given choices.</p> <p>1. It is the intentional taking of one's own life</p> <p>a. parasuicide b. suicide</p> <p>c. terrorism d. bullying</p> <p>2. _____ are injuries resulting from violence</p> <p>a. Intentional Violence b. Domestic Violence</p> <p>c. Unintentional Violence d. Youth Violence</p> <p>3. _____ is forced sexual intercourse, including vaginal, anal, or oral penetration</p> <p>a. Sexual Abuse b. Molestation</p> <p>c. Rape d. Incest</p> <p>4. It is defined as a relatively tough, mostly street-based group of young people who regard themselves and may be seen by others as a group that engages in a range of criminal activity and violence.</p> <p>a. Terrorism b. Fraternity</p> <p>c. Gang d. Extortion</p> <p>5. It is a form of cruelty that involves the use of words.</p> <p>a. Verbal Abuse b. Bullying</p> <p>c. Sexual Abuse d. Molestation</p>



MUSIC: "ART SONG" IMPROVISATION

An excellent example of a popular form from the Romantic era is the **Art Song**. An art song is vocal music composition, usually written for one voice with piano accompaniment, and usually the musical representation of a poem. It developed in the 19th century in Germany, where it was called **lied**, or song. A group of songs was known as **lieder**. We study art songs now because they were such an integral part of the Romantic repertoire.

Art songs are characterized by:

- A short piece for solo voice;
- Well-written verses which may either be

through-composed (that is, each stanza of the poem is sung to a different melody) or

strophic (in which all stanzas of the poem are sung to the same music);

- The accompaniment of a pianist using virtuoso techniques;
- High artistic and literary quality

A group of art songs all connected by a single musical idea is called a **Song Cycle**.



Franz Schubert is best remembered for his Art Song and his chamber music. He wrote over 600 Art Songs. He developed lieder so that they had a powerful dramatic impact on the listeners. He was born on the 31st of January 1797 in Austria and died in 1828 at the age of 31.

Famous arts songs of Schubert includes:

1. Ave Maria - <https://www.youtube.com/watch?v=8j-n4PvSrGs>
2. Grenchen am Spinnrade <https://www.youtube.com/watch?v=N9GqYa5sqXY>
3. Erlkonig <https://www.youtube.com/watch?v=jZxzz-N3oxM>



ACTIVITY 1. "There is art in a song"

Directions: Listen and study your chosen art song from the given choices below. Sing your chosen art song and be ready to incorporate your performance in Arts.

1. Ave Maria - <https://www.youtube.com/watch?v=8j-n4PvSrGs>
2. Grenchen am Spinnrade - <https://www.youtube.com/watch?v=N9GqYa5sqXY>
3. Erlkonig <https://www.youtube.com/watch?v=jZxzz-N3oxM>



ART: Visual Elements, Renaissance: Shakespeare Plays



England's national poet and the world's greatest playwright is **William Shakespeare** (1564-1616). Among his body of works are 38 theater plays which have been translated into many languages and are staged in many parts of the world to this day. His most well-loved plays are *Romeo and Juliet*, *Midsummer Night's Dream*, and *Cleopatra*. He wrote comedies, romances, and tragedies including *Hamlet*, *King Lear*, *Othello*, and *Macbeth* which are considered his greatest works.

The performances during the Renaissance period took place during the day, and the open-plan theater allowed the use of natural light. Since there could be no dramatic lighting and there was the direction (scenery and props), the audience relied on the actors' lines, dialogue, movements, and stage direction to tell the time of the day and year, same as the location, mood, and weather.

The gesture is an important part of the drama medium. It is usually included with movement and mime. It is also defined as a movement that communicates a character's action, state of mind, and relationship with other characters. Gestures are usually made with the arms and hands but not always. Used with effective body language and facial expression, gestures can be powerful in communicating emotion.

Movement is how we use the space in a drama. It is where the actors move on the stage. Movement is an integral component of many performances.



Romeo and Juliet



Othello



Macbeth



ACTIVITY 1. The pantomime that Art Song.



Pantomime is a theatrical form in which a single dramatic or comic story is performed by a troupe of actors who speak, sing, and use an exaggerated movement style.

Directions:

- a. Dress like a character in one of Shakespeare's plays. You may use materials that are available in your home.
- b. Be resourceful and creative in wearing a dress similar to a character in Shakespeare's play.
- c. You are expected to sing along with certain parts of the given art song in a music activity. (See activity 1 in music)
- d. While singing, use gestures and movements to make your pantomime more real and easy to understand by the audience.
- e. Record your performance using an application like a video editor or TikTok.
- f. Send your 1-2 minute performance video to your MAPEH Teacher.

Rubrics for Pantomime/Performance

Criteria	5pts	4pts	3pts	2pts
Projection Speaking and singing of lines are clearly understood	Lines are always clear and understandable	Most of the lines are clear and understandable	Some of the lines are clear and understandable	Did not speak so lines are clear and understandable
Expression/Gestures Puts expression and gestures into their lines	Puts clear expression/gestures into his/her lines	Puts very good expression/gestures into most of his/her lines	Puts some expression/gestures into his/her lines	Puts minimal expression/gestures into his/her lines
Props and/or Attire Used props and costume to enhance the effectiveness of the play	Fully used props and costumes to enhance the effectiveness of the play	Used some props and costumes to enhance the effectiveness of the play	Used one prop and costume to enhance the effectiveness of role-play	Used no props and costumes to enhance the effectiveness of role-play



PHYSICAL EDUCATION :

Hiking is a wonderful way to involve yourself in the outdoors. Transported by your own two feet and carrying only what you need for the day on your back, you can discover the beauty of nature at whatever pace you're comfortable with. And, with a little planning and preparation, it's an activity that almost anyone can do. Backpacking and hitting the trail with nothing more than life's necessities on your back are very essential outdoor adventures. To determine what you need to bring on a backpacking trip, always remember to think about how far you plan to hike, how remote the location is and what the weather forecast has in store. In general, the longer and/or more remote the hike is and the more inclement the weather, the more clothing, gear, food, and water are needed.

Ten essential things needed in hiking

1. Navigation: map, compass, altimeter, GPS device, personal locator beacon (PLB), or satellite messenger
2. Headlamp: plus extra batteries
3. Sun protection: sunglasses, sun-protective clothes, and sunscreen
4. First aid including foot care and insect repellent (as needed)
5. Knife plus a gear repair kit
6. Fire matches, lighter, tinder, and/or stove
7. Shelter/Tent carried at all times (can be a light emergency bivy)
8. Extra food Beyond the minimum expectation
9. Extra water Beyond the minimum expectation
10. Extra clothes Beyond the minimum expectation

The Philippines is divided into three main island regions; Luzon, Visayas, and Mindanao. Each region has a wide selection of mountains with established hiking trails. Another thing to note is that the Philippines is situated in the Pacific Ring of Fire. This means that there are several volcanic mountains in the country and they also happen to be one of the most exciting trails to hike in the Philippines. The Philippines have several mountains and varying levels of difficulty. So, whether you're a beginner or an advanced hiker, there's a Philippine mountain that will delight and challenge you.



ACTIVITY 1. Vlog your hiking

Directions: Create a 1-2 minute video blog about the top ten essential things needed in hiking and send it to your MAPEH teacher in Facebook messenger or google classroom.

Rubrics for the activity:

Criteria	(5)Expert	(4) Proficient	(3)Approaching Proficiency	(2)Developing	(1) Beginning
Relevance to the topic					
Clarity of ideas and reasoning					
Quality of presentation (style, choice of words, etc.)					
Grammar Usage and Technicality					
Originality					



HEALTH: RISK FACTORS RELATED TO INTENTIONAL INJURIES

Intentional Injury

The term "intentional" is used to refer to injuries resulting from violence, whether directed at oneself or others. Intentional injuries include self-inflicted and interpersonal acts of violence intended to cause harm.

RISK FACTORS – These are negative influences in the lives of individuals or a community. These may increase the presence of crime, victimization, or fear of crime in a community and may also increase the likelihood that individuals engage in crime or become victims.

Risk factors are characteristics linked with youth violence, but they are not direct

There are many possible risk factors. The extent to which they influence crime or victimization will depend on the particular situation. Here are just a few examples:

- Negative attitudes, values or beliefs
- Drug, alcohol, or solvent abuse
- Children of parents in conflict with the law
- Presence of neighborhood crime
- Lack of positive role models
- Lack of services (social, recreational, cultural, etc.)
- Low self – esteem
- Poverty
- Homelessness
- Early and repeated anti-social behavior
- Children who witness violence
- Unemployment/ underemployment



HEALTH ACTIVITY

ACTIVITY 1. MEASURING THE RISK

For each example situation below, think about the things you would need to measure the risks, then make a decision. Write your answers in the space provided.

1. Your brother is being bullied in school. One day you decide to stand up for your brother and talk to the bullies.

What are the risks? _____

What will happen? (Positive and Negative) _____

What will you do? _____

2. You saw your friend extorts a 9-year-old child to give up his allowances, in exchange for the promise that he will not be beaten up.

What are the risks? _____

What will happen? (Positive and Negative) _____

What will you do? _____

3. You talked to your classmate while your teacher was discussing a lesson. As a result, he got very angry and said bad words to you.

What are the risks? _____

What will happen? (Positive and Negative) _____

What will you do? _____

4. Your friend revealed to you that she is being molested by her cousin.

What are the risks? _____

What will happen? (Positive and Negative) _____

What will you do? _____

**REMEMBER**

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

MUSIC	ARTS
<p>Romantic Era Art Song</p> <p>During the Romantic era, A song form emerged, for solo voice with piano accompaniment. It is called lied, or lieder in the plural. This is the generic German word for song, and today it is referred to as art song. While artistic quality would certainly have been a concern for the composer, keep in mind that the intent of this music was recreational. A diversion to sing after dinner, a do-it-yourself approach to entertainment. The art song speaks often of love gone wrong. Closely tied to the literary works of the day, it was common for composers to take a highly regarded poem and set it to music.</p>	<p>Renaissance: Visual Elements Shakespeare Plays</p> <p>William Shakespeare had developed theatre plays and contributed numerous plays that are still shown at theaters around the world. Theater play is an artistic performance based on a dramatic text that is staged using the elements of theater such as sounds, lights, music, gestures, movements, and costumes.</p>
PHYSICAL EDUCATION	HEALTH
<p>Hiking in nature as a recreational activity has many benefits especially in the overall aspects of your health among those with sedentary occupations, hiking is a natural exercise that promotes physical fitness, is economical and convenient, and requires no special equipment. Because hikers can walk as far as they want, there is no physical strain unless they walk among hills or mountains.</p>	<p>Each situation may hold different levels of risk. And everybody has a different threshold for the level of risk you take on.</p> <ul style="list-style-type: none"> ● Some risks help you to grow and move beyond your comfort zone (ex: loving someone when you're afraid of rejection) ● Some risk teaches you about what you like and what you don't (ex: when you experiment with new things, situations or relationships) ● Other types of risks can be dangerous or illegal with serious consequences for your health and wellbeing (this is often what people refer to when they talk about risk-taking). ● Knowing what you are OK with and what you are not is a learning process. Sometimes you might feel comfortable with the risks, but at other times you may feel very distressed or upset. It's important to understand this and think about these things now. ● Here are some things to look out for: <ul style="list-style-type: none"> ❑ You find yourself in situations you're not comfortable with ❑ You're doing something illegal ❑ You're doing something that might hurt somebody else ❑ It could have a lasting impact on your health ❑ It could affect your relationships now and, in the future, ❑ It could affect your education or career



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...
