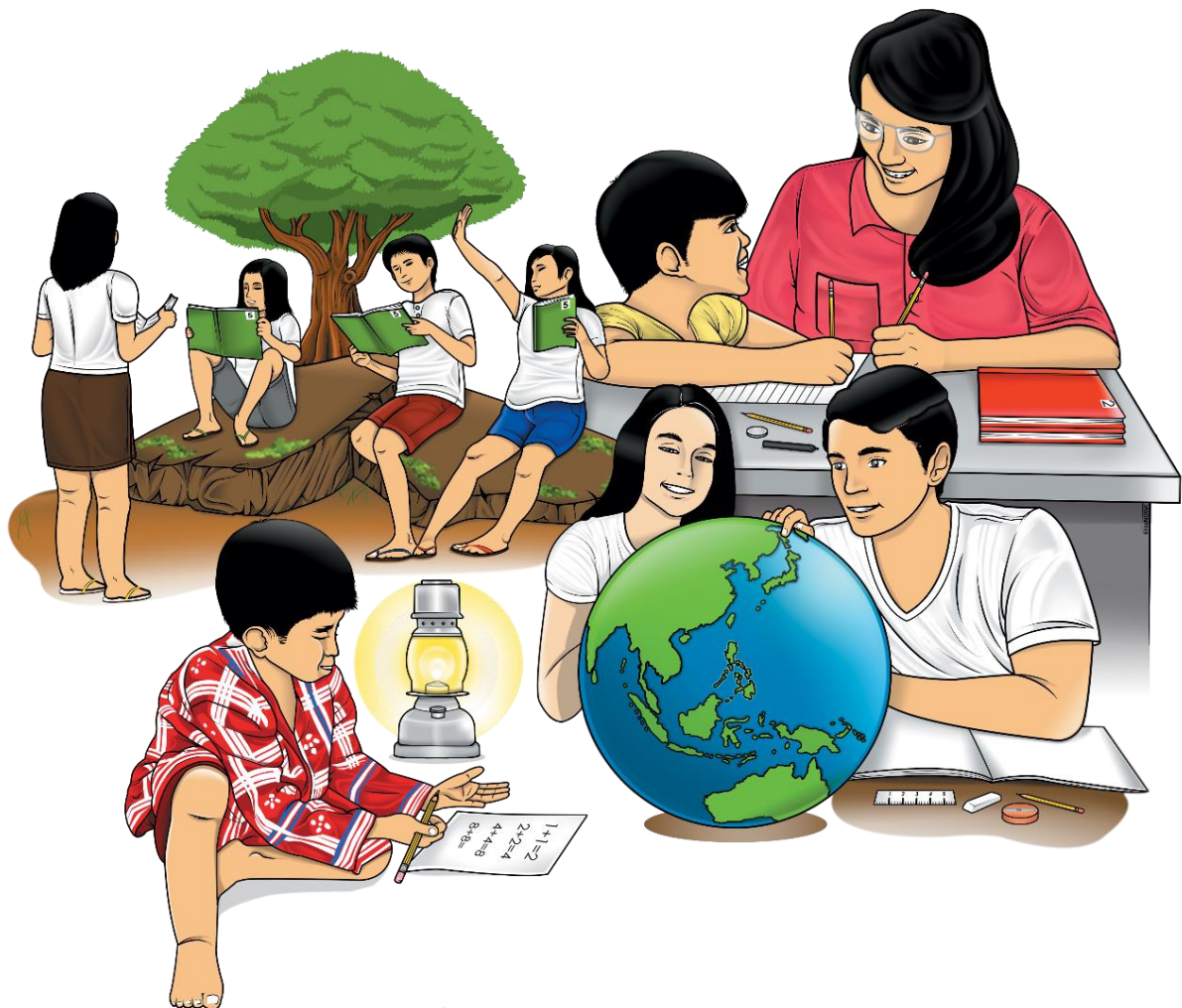


Physical Education

Quarter 2 – Module 1:

Invasion Games (Agawan ng Base)



Physical Education – Grade 6
Alternative Delivery Mode
Quarter 2 – Module 1: Invasion Game (Agawan ng Base)
First Edition, 2020

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Development Team of the Module

Writers: Maricon A. Butcon, Glory D. Camas, Almira P. Jubay, J Evelyn G. Britania, Francisco C. Dela Pena, Jr.

Editors: Debster M. Bacomo, Edna P. Gabayeron, Angie D. Nelmidia, Rona F. de la Torre

Reviewers: Francisco C. Dela Pena, Jr., Enrico E. Descalsota

Illustrator: Mark D. Petran, Jonafer D. Chavez, Mara Jamaica B. Floreno

Layout Artist: Mara Jamaica B. Floreno

Management Team: Ramir B. Uytico, Pedro T. Escobarte Jr.,
Elena P. Gonzaga, Donald Genine, Jerry A. Oquendo,
Ma. Lorlinie M. Ortillo, Julito L. Felicano, Francisco C. Dela Pena, Jr.

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Department of Education – Region VI

Office Address: Duran Street, Iloilo City

Telefax: (033)493-0352

E-mail Address: region6@deped.gov.ph

Physical Education

Quarter 2 – Module 1:

Invasion Games

(Agawan ng Base)

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

This module was designed and written for you to know the nature/background of target games and striking or fielding games and the mechanics on how to play these games. These traditional Filipino games or indigenous games in the Philippines (known as Laro ng Lahi) are games commonly played by children. You will also learn the different safety precautions before and during games. It is here to help you value the importance of games to our health and what emotions do you feel when you play games. 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 four lessons, namely:

- Lesson 1 – Introduction to Invasion Games
- Lesson 2 - Nature and Background of Agawan Base
- Lesson 3 - Improving Fitness Through Agawan Base
- Lesson 4 - Making “Agawan Base” a Part of Life

After going through this module, you are expected to:

1. assess regularly participation in physical activities based on the Philippines physical activity pyramid **(PE6PF-IIb-h-18)**
2. observe safety precautions **(PE6GS-IIb-h-3)**
3. execute the different skills involved in the game **(PE6GS-IIc-h-4)**
4. display joy of effort, respect for others and fair play during participation in physical activities. **(PE6PF-IIb-h-20)**

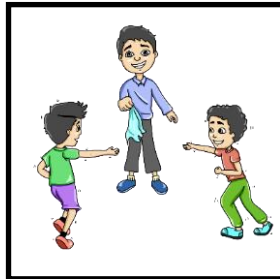


What I Know

Directions: Choose the letter of the best answer.

1. Look at the pictures below. Which of the following Filipino traditional games show about invading and defending?

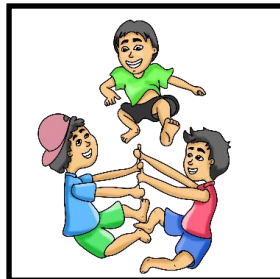
a.



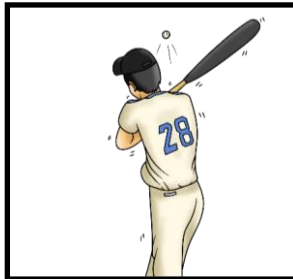
c.



b.



d.



2. Which is not a type of invasion game?
- Rugby
 - Golf
 - Chess
 - Capture the Flag
3. What common tactic would not help your team?
- Use a net, goal, or target for scoring.
 - Create space while invading your opponent's territory.
 - Contain space within the team and to the other team while the opposition is invading your territory.
 - Passing the ball to the opposition so get into the defensive set play.
4. What four aspects define invasion game?
- Attacking, speed, receiving, winning
 - Attacking, passing and receiving, positioning, spatial awareness
 - Passing and receiving, strength, speed, positioning
 - Attacking, passing and receiving, winning, strength
5. What game comes from the story of a hawk bargaining to have one of the hen's chicks?
- Lawin at Sisiw
 - Taguan
 - Luksong Baka
 - Patintero

6. The ultimate rule of this game is to guard the base and tag the other team, while avoiding to be tagged by the opponent. What game is this referring to?
 - a. Taguan
 - b. Luksong Tinik
 - c. Luksong Baka
 - d. Agawan Base
7. Lawin at sisiw game might just be more fun to do than what our gadgets bring us. It is also a good form of ____.
 - a. exercise
 - b. spending quality time with family
 - c. learning values
 - d. all of these
8. This game is composed of players tagged as the lawin, the hen, and the chicks. What goal here is for the lawin?
 - a. Protects all of her chicks
 - b. Catches the chicks
 - c. Forms a line at the back of the hen
 - d. Returns all the chicks
9. Which of the following games has the goal to grab the handkerchief before the other team and bring back to the base?
 - a. Lawin at Sisiw
 - b. Agawan Base
 - c. Agawan Panyo
 - d. Patintero
10. What safety precaution must be considered when playing Agawan Panyo?
 - a. Watch out for others.
 - b. Don't play when you're injured.
 - c. Check your gear.
 - d. All of these

Lesson

1

Invasion Games

An **Invasion Game** is the term used for any game where the aim is to attack an opponent's territory and score a goal or point. Usually consisting of teams of equal players these fast-paced games focus on teamwork, keeping possession, scoring, and defending.



What's In

Directions: Answer the following questions based on the previous lesson.

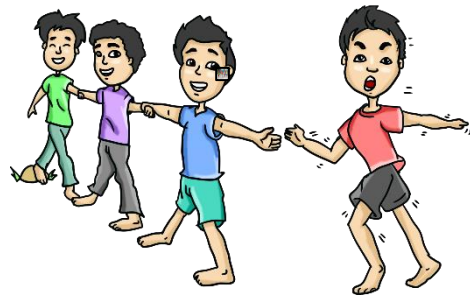
1. The ability of the muscles or group of muscles to exert full force against resistance through a full range of motion.
 - a. aerobic fitness
 - b. body composition
 - c. muscular strength and endurance
 - d. power
2. The ability to carry the body while in stationary position or when it is moving.
 - a. balance
 - b. coordination
 - c. body composition
 - d. agility
3. The game makes use of two sticks, one longer than the other. The longer stick will serve like a bat and the shorter stick serves like the hit. There needs to be two teams to play this game the hitter and the fetcher.
 - a. Syato
 - b. Batuhang Bola
 - c. Tumbang Preso
 - d. Patintero
4. Also known as **tumba lata** ("knock down the can") or **bato lata** ("hit the can [with a stone]"), is a traditional Filipino children's game. It is usually played in backyards, parks, or in streets when there are fewer vehicles.
 - a. Syato
 - b. Batuhang Bola
 - c. Tumbang Preso
 - d. Patintero
5. It is a game in which players on two teams try to throw balls at each other while avoiding hitting themselves.
 - a. Patintero
 - b. Luksong Tinik
 - c. Batuhang Bola
 - d. Tumbang Preso

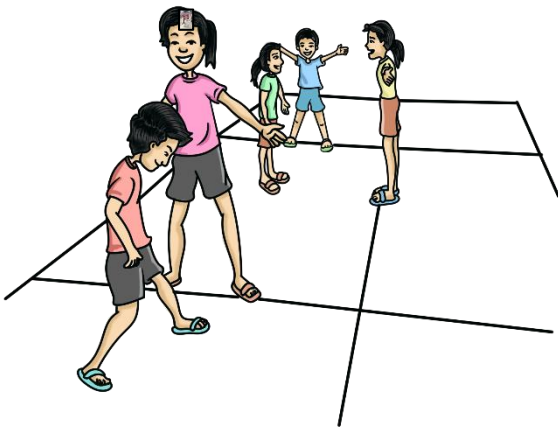


What's New

What games have you played before? What did you feel while engaging in such games? Can you name the different invasion games below? Write your answers on the space provided.











What is It

Invasion Game

Invasion Games are team games which intends to invade the opponents' territory while trying to score points and keeping the opposing team's points to a minimum.

The skills developed in invasion games are the following:

- Passing: throwing, kicking, or passing a ball or other item.
- Receiving: catching, cradling a ball with the feet, or receiving a ball/object with a stick.
- Dodging: meaning to maintaining personal space, making sure not to collide with other players or objects.
- Change of direction: change the way your body is traveling
- Traveling in multiple directions: being mobile; going forwards, backwards, to either side and to all diagonals
- Speed & Agility: being quick and flexible
- Spatial Awareness: Recognize your position and see where you are in relation to the playing of the game.
- Change of Speed: being able to change speed, slow to fast when necessary
- Anticipation: Guessing where the ball or play might go. While anticipation is not a necessary skill it can be extremely valuable when playing defense.

Attacking Strategies:

- Maintain possession
- Avoid defensive players
- Create space for teammates
- Create space for yourself
- Attack goal

Defensive Strategies:

- Defend goal
- Defend space
- Gain possession
- Defensive positioning
- Getting the ball/object out of your defensive area
- Predicting opponent's move

Common Tactics for all Teams

- To create space while invading your opponent's territory
- To contain space and contain the other team while the opposition is invading your territory
- To use a net, goal, or target for scoring purposes

Helpful Attacking Hints

- Possession of ball/object
- Attempting to move in the direction of the goal
- Moving and creating open spaces
- Attacking the goal

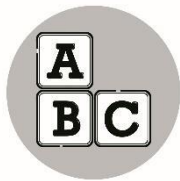
Helpful Defensive Hints

- Staying between the attacking player and the goal
- Use hands, feet, stick or body to prevent a pass or scoring attempt
- Protecting a goal
- Regaining possession of an object

Safety Precautions:

Take these five steps to prevent injuries so you can stay in the game:

- Wear protective gear, such as helmets, protective pads, and other gear.
- Warm up and cool down.
- Know the rules of the game.
- Watch out for others.
- Don't play when you're injured.



What's More

Directions: Write **true** if each sentence describes invasion games, **false** if not.

- _____ 1. An invasion game is the term used for any game where the aim is to attack an opponent's territory and score a goal or point.
- _____ 2. Invasion games are individual games which intend to invade the opponents' territory while trying to score points and keeping the opposing team's points to a minimum.
- _____ 3. Throwing, kicking, or passing a ball or other item are some of the skills in invasion game.
- _____ 4. Not avoiding defensive players is one of the attacking strategies in invasion games.
- _____ 5. Safety precautions should be considered in playing invasion games.



What I Have Learned

Let's check what you've learned by answering the following questions.

1. What is an invasion game?

2. How does an invasion game help one's physical being?



What I Can Do

What invasion games have you played before? Draw at least one then color it well. Use a separate sheet of paper.



Assessment

Directions: Answer the following questions. Encircle the letter of the correct answer.

1. The following are skills being developed in invasion games, except _____.
 - a. throwing, kicking, passing
 - b. catching, cradling, receiving
 - c. agility, speed
 - d. sitting, crawling
2. Which of the following Filipino invasion games intends to steal the opponents' base and the second goal is to capture the opponent's base? This is to test your speed, agility and strategy.
 - a. Agawan Base
 - b. Agawan ng Panyo
 - c. Lawin at Sisiw
 - d. None of the above
3. What are the safety precautions to consider in playing invasion games?
 - a. Wear protective gear, such as helmets, protective pads, and other gear.
 - b. Warm up and cool down.
 - c. Wear inappropriate clothes.
 - d. A and B
4. What attitude could a player have in order to enjoy and stay in the game?
 - a. being harsh to playmates
 - b. being respectful and showing sportsmanship
 - c. being always the leader
 - d. None of the above.
5. How does an invasion game help one's physical well-being?
 - a. It develops one's physical strength and endurance.
 - b. It helps one to stay physically fit and healthy.
 - c. It promotes wellness and productivity.
 - d. All of the above.



Additional Activities

Directions: List down 10 Filipino traditional games you know and identify which of them are invasion games.

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Lesson 2

Nature and Background (Agawan Base)



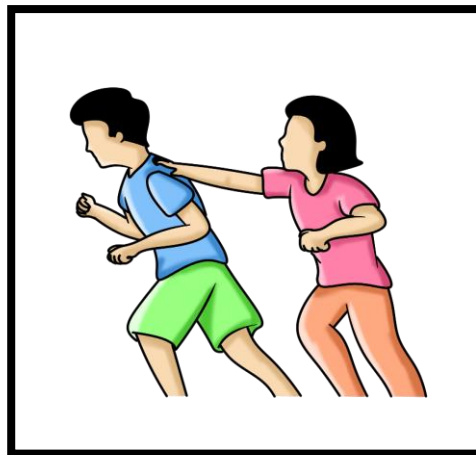
What's In

Directions: Put a check (/) if the following statements show safety precautions in playing invasion games and (x) if not.

- _____ 1. Warm up and cool down.
- _____ 2. Continue playing no matter what.
- _____ 3. Know the rules of the game.
- _____ 4. Watch out for others.
- _____ 5. Wear anything for your comfort even without protective gears.



What's New



Look at the picture. Can you name the game they're playing? Can you name other invasion games? List them down on the space below.



What is It

Agawan Base

Agawan Base literally means "capturing base". It is played by two teams with a minimum of three players for each team. This game is usually played on the beach since this game involves running, chasing, or tagging, and accidental falling is inevitable. It will be less traumatic if the player falls on the sand. Grassy area is also an ideal place to play this game in. Agawan Base can be played together by children and adults. It is sort of a war-like game. The elements of health-related and skill-related fitness required for this game are speed and agility.

Each team has a base to protect from a capturing or seizing. Once the base is captured, the team losses. The base is usually marked by digging a shallow hole, about 10 in diameter and place something like beach sandals, or shirt, or towel, or anything to make the base visible to all players. You can use a pair of multi-surface base used for standard games. The two bases should be at least 10-15 meters apart.

To capture the opponent's base, one needs to step on it or touch it, without being tagged. Each base must have at least one guard.

Materials Needed:

1. markers to be used as the base (you can use two trees or two slippers or two chairs as your bases)
2. grassy field

Mechanics:

1. All participants should be divided with equal number of players with a minimum of four per team.
2. Each team should have a home base. They can freely choose whatever kind of base they want to have. It can be a tree, a slipper, a wall of a house or a light post.
3. A line is drawn between two bases to determine the safety zones of two teams. If the player crosses the line from his territory, he will be vulnerable to be tapped by the members of the opposing team and will stay beside their guard as a "prisoner". Prisoners should raise their arms sideward, holding the hands of their fellow captives.
4. Every team should pick someone who will be the guard of their base. Other members should have to try tagging their opponents while defending their base from the attackers at the same time.
5. Once you touched them, they will be released and the game still continues until:
(a) all of you in the team will be captured for them to attack your base freely
(b) they will simply touch your base and win the game, and (c) hearing your mother calling you for supper. Same rule must be followed by the other team.

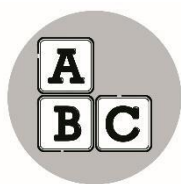
You must remember the mechanics of the game.

These are the safety precautions before playing Agawan Base:

1. Establish medical readiness.
2. Be careful when running because it may hurt you.
3. Wear proper clothing.

Skills Needed:

1. running
2. chasing
3. tagging
4. dodging



What's More

Activity 1:

Directions: Answer the following questions below. Write **True** if the statement tells something about Agawan Base, **False** if not.

- _____ 1. Agawan Base literally means "capturing base" and is played by two teams with a minimum of 10 players for each team.
- _____ 2. To play Agawan Base, you need a minimum of four members, two in each team (more players for more fun).
- _____ 3. In Agawan Base, there are two bases, each base has equal number of members. There will be one person assigned to guard the base. The others may leave the base to run and try to catch other members of the other team or to try to steal the opponent's base.
- _____ 4. One of the main goals of Agawan Base is to catch as many of the opponents as your team can.
- _____ 5. This game is usually played on a cemented covert court since this game involves running, chasing, or tagging, and accidental falling is inevitable. It will be less traumatic if the player falls on the sand.

Activity 2:

Directions: Ask a family member to help you execute the following skills.

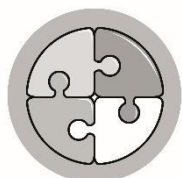
Skills	
1. Throwing	Do the following skills
2. Running	
3. Jumping	
4. Hopping	
5. Catching	

RUBRICS

With anyone in the house	I keep my eyes on the opponent. (3pts)	I run fast to reach the opponent's base. (2pt)	I used a variety of skills to avoid the opponent. (1pts)
1.			
2.			
3.			
4.			
5.			

Lesson 3

Improving Fitness Through (Agawan Base)



What's In

Directions: Identify what skill-related fitness component (Speed or Agility) and motor/manipulative skills are involved in the following activities (Dodge, Tagging, Catching, Running).

<u>Skill-Related Fitness Component</u>	<u>Activities</u>	<u>Motor/Manipulative skills</u>
	Chasing the opponents	
	Capturing the opponents	
	Avoiding the opponent quickly	
	Tagging the opponent	



What is It

Agawan Base

There are two bases. Each base has equal number of members. There will be one person assigned to guard the base. The others may leave the base to run and try to catch other members of the other team or to try to steal the opponent's base. If you touch the base of your opponent first, before members of that team tag you, you steal their base and your team wins. Another main goal is to catch as many of the opponents as your team can. Once he is tagged and "saved", the prisoner is freed and sent back to his base.

How to play Agawan Base:

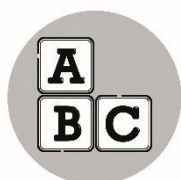
1. There will be 2 bases. Each base has equal members.
2. Mark your base with the base markers.
3. Assign a member to guard your base.
4. To capture the opponents, you must tag them.
5. The captured opponent will be the other team's prisoner.
6. To steal the base of the opponent and win, you must touch their base.

Develop these values when you play the game.

1. Confidence
2. Respect
3. Determination
4. Responsibility
5. Teamwork
6. Positive Attitude

These are the safety precautions during playing Agawan Base:

1. Warm-up prior to exercise
 - inhale/exhale
 - neck bending
 - shoulders up and down
 - arms circling
 - hip rotation
 - half knee bend
2. Cool- down after the workout



What's More

A. **Directions:** Ask one of your family members to help you execute the following skills. Put a check on the column if you successfully finish doing the number of times being asked.

Skills	(8x)	(5x)	(3x)
Jog in place			
Bending sideward (left)			
Bending sideward (right)			
Front bending			

B. **Directions:** Play this game with your family member. Follow the rules in playing it. Do the warm-up exercise before doing the activity.

Entry Activity	Resources	Differentiation
There will be 2 bases. Each base has equal members. Mark your base with the base markers. There will be assigned member to guard your base. You must tag them to capture the opponent. The captured one would be the team's prisoner. In order to win, you must touch their base.	Two chairs/ two trees/ two slippers (serves as the base)	Condition the throw – rolling, over-arm etc. Hits on the legs only Distance away from dodgers Number and size of balls.



What I Have Learned

Answer the questions that follow:

1. How do you play Agawan Base?

2. Do you think it is important to participate in physical activities in your school? Why?

3. What values have you learned while playing Agawan Base? Explain your answer.

4. What do you want to know more?



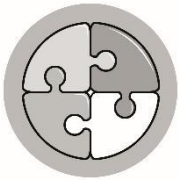
What I Can Do

1. How will I use the skills I learned in playing Agawan base?

2. Will you recommend this game to others? Why? Why not?

Lesson 4

Making Agawan Base a Part of Life



What's In

Directions: Answer the following questions. Use a separate sheet.

1. What is invasion game?
_____.
2. How do you play Agawan Base?
_____.
3. What attitudes have you developed in playing the game?
_____.
4. How does one win the game?
_____.
5. What are the skills involved in playing this game?
_____.

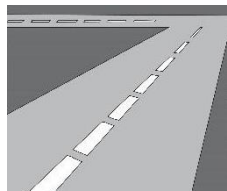


What's New

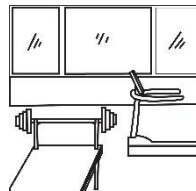
How can “Agawan Base” be a part of children’s playtime?
Look at the following pictures.



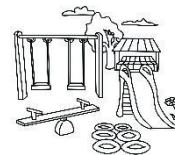
(Riverside)



(In the street)



(Gym)



(School Playground)

Where can you possibly play “Agawan Base”?

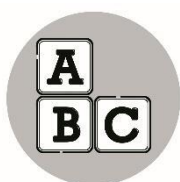


What is It

Agawan Base - A Healthy Game for Kids

Agawan Base is usually played during recess or right after the class in an open or grassy field where everybody could run and be chased freely. Playing this game doesn't only give fun but also promotes good health. This is a game recommendable to children because the players of this game may benefit a lot in almost every part of their body, including their mind and spirit. Since this game includes running, it is incredibly effective in making person's body healthier. It boosts stamina and immune system and increases lung function.

Most of the children now favor eating food with high calories that most of the time, results to obesity despite of their young age. This activity can greatly help them lose weight because it burns off extra calories. This game includes thinking skills, too. The process of strategizing whom to catch first and how to tap the base of the opponent with the shortest time possibly helps the cognitive development of a child. The moment he saves his teammates or wins the game builds his confidence and boosts his self-esteem. If it is the other way around, it teaches the child the essence of sportsmanship and acceptance of defeat. And the most important part of all, it shapes the child to be more affectionate because he learns how to have a harmonious relationship with his peers (Sayawan, 2012).



What's More

How These Invasion Games Changed Me

Directions: What changes did you notice in yourself? Fill out the table below.

Health Benefits	Skills Developed/Changes to Fitness



What I Have Learned

Directions: Answer the following questions in a separate sheet of paper.

1. How can you make “Agawan Base” a part of your playtime?

2. What attitude should one show in playing this game?

3. What makes this game enjoyable? Explain your answer.



What I Can Do

Invite some friends and play the game. Make sure to play it in an open field where no one could get hurt. After playing it, write your thoughts and opinions about the game. You may also write how you feel about playing it, or the lessons you learned while playing it.



Assessment

Directions: Put a check on each box if you were able to display joy of effort, respect for others, and fair play during participation in playing “Agawan Base”.

Pupils within the group	I enjoy the game with my classmates/ friends. (3pts)	I was able to show sportsmanship all throughout the game. (2pts)	I use a variety of skills to avoid being punished in the game. (1pt)
1.			
2.			
3.			
4.			
5.			



Additional Activities

Directions: Put a check (/) before each statement that describes your attitudes and feelings during and after doing the activities.

- _____ 1. I can explain the nature/background of the game.
- _____ 2. I can describe the skills involved in the games.
- _____ 3. I can observe safety precautions.
- _____ 4. I can execute the different skills involved in the game.
- _____ 5. I can recognize the value of participation in physical activities.
- _____ 6. I can display joy of effort, respect for others, and fair play during my participation in physical activities.
- _____ 7. I can identify areas for improvement.
- _____ 8. I can be courteous while playing “Agawan Base”.



Answer Key Lesson 1

What I Know

1. a
2. b
3. d
4. c
5. a
6. d
7. c

8. b
9. c
10. d

What's More

1. True
2. False
3. True
4. False
5. True

Assessment

1. d
2. a
3. d
4. b
5. d

Lesson 2

What is It

1. /
2. x
3. /
4. /
5. x

What's More

1. False
2. True
3. True
4. True
5. False

Assessment

Answers vary in learners' performance in the given activity.

Lesson 3

Answers may vary.

Lesson 4

Answers may vary.

References

<https://www.slideshare.net/barmesy/invasion-games-powerpoint>

<https://kidshealth.org/en/kids/sport-safety.html>

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For inquiries or feedback, please write or call:

Department of Education - Bureau of Learning Resources (DepEd-BLR)
Ground Floor, Bonifacio Bldg., DepEd Complex
Meralco Avenue, Pasig City, Philippines 1600
Telefax: (632) 8634-1072; 8634-1054; 8631-4985
Email Address: blr.lrqaad@deped.gov.ph * blr.lrp@deped.gov.ph