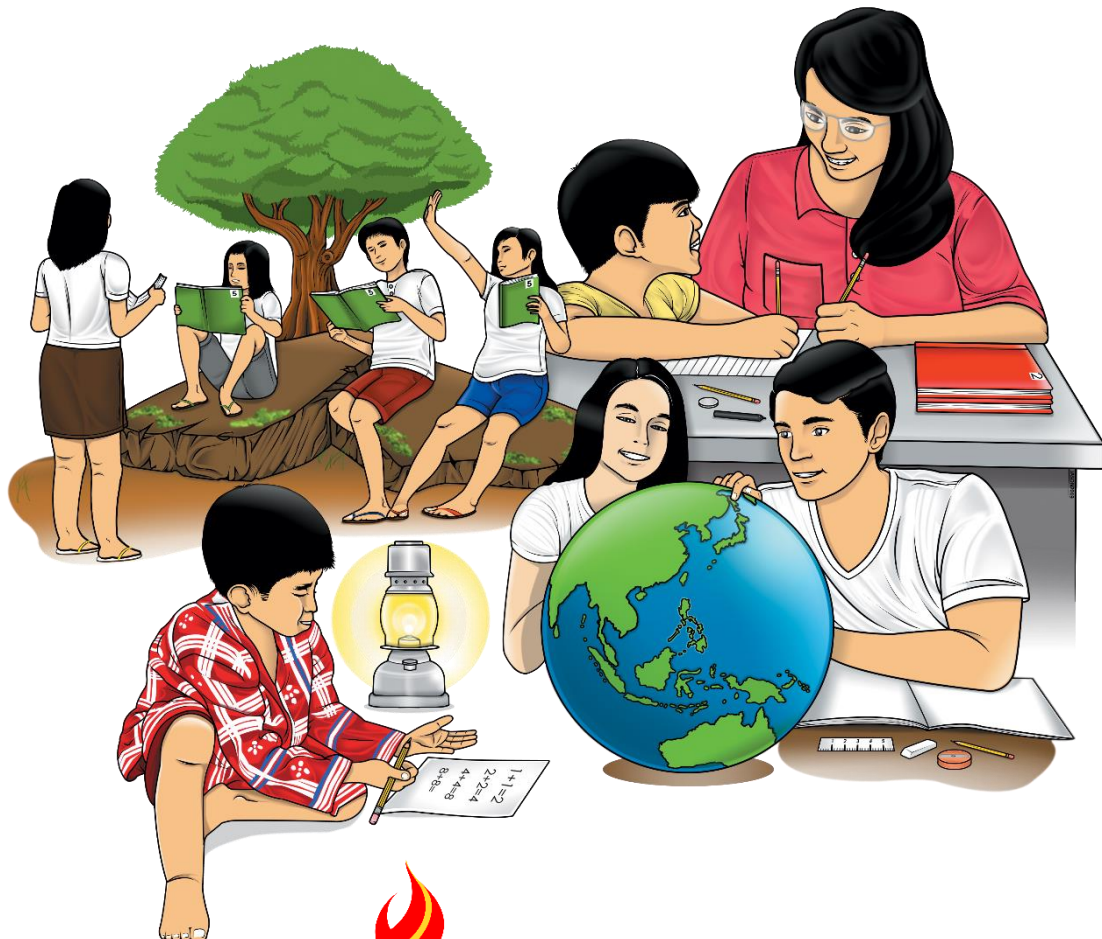


Physical Education

Quarter 2 – Module 1: Physical Activities Related to Team Sports



Physical Education – Grade 8
Alternative Delivery Mode
Quarter 2 – Module 1: Physical Activities Related to Team Sports
First Edition, 2020

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Physical Education

Quarter 2 – Module 1: Physical Activities Related to Team Sports

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

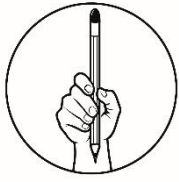
This module was designed and written with you in mind. It is here to help you master the maternal nutrition. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow 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 contains:

- **Physical Activities Related to Team Sports**

After going through this module, you are expected to:

1. conduct physical activity and physical fitness assessments of family/school peers- (PE8PF-IIa-36)
 - a. identify the Health-Related Fitness components related to team sports;
 - b. explain the health and fitness benefits derived from playing team sports; and
 - c. conduct a physical activity for family and peers based on the physical fitness components.
2. undertake physical activity and physical fitness assessments (PE8PF-IIa-h-23); and
3. display tolerance and acceptance to individuals with varying skills and abilities (PE8PF-IIIId-h-37).



What I Know

Directions: Read the questions carefully. Choose the letter of the correct answer. Write your answer on a separate sheet of paper.

1. What do you call the ability of the muscle to exert maximal effort in a brief duration?
 - A. body composition
 - B. cardiovascular endurance
 - C. muscular endurance
 - D. muscular strength

2. Which of the following health-related fitness does NOT belong in the group?
 - A. cardiovascular endurance
 - B. muscular endurance
 - C. muscular strength
 - D. reaction time

3. Which sport has a primary focus on muscular power?
 - A. basketball
 - B. football
 - C. table tennis
 - D. weight lifting

4. Which of the following is a basic skill of volleyball?
 - A. batting
 - B. dribbling
 - C. running
 - D. tossing

5. What health-related exercise measures strength of the upper extremities?
 - A. curl-ups
 - B. push-up
 - C. sit and reach
 - D. zipper test

6. Which of the following exercises belongs to flexibility?
- A. curl-up
 - B. push-up
 - C. sit and reach
 - D. 3-minute step test
7. Which of the following fitness tests belongs to Cardiovascular Endurance?
- A. curl-up
 - B. hexagon agility
 - C. zipper test
 - D. 3-minute step test
8. Which of the following affects range of motion around a joint?
- A. body composition
 - B. flexibility
 - C. muscular strength
 - D. reaction time
9. Which statement is TRUE about exercise?
- A. exercise promotes physical well-being
 - B. exercise reduces the risk of injury
 - C. regular exercise improves quality of life
 - D. all of the above
10. Which is NOT true about physical activity?
- A. a little physical activity is better than none
 - B. physical activity may increase longevity
 - C. physical activity must be part of a regular exercise program
 - D. regular exercise, regardless of intensity and type, makes you healthier
11. Which of the following is an example of a house chore which applies muscular strength and endurance?
- A. hanging clothes
 - B. scrubbing the floor
 - C. washing dishes
 - D. watering plants

12. What component of health-related fitness refers to the ability of the respiratory and circulatory systems to effectively deliver oxygen to the heart and to the working muscles during exercise?
- A. body composition
 - B. cardiovascular endurance
 - C. muscular strength
 - D. stork balance
13. What is the purpose of a 3-Minute Step Test?
- A. measure cardiovascular endurance
 - B. measure the flexibility of your body
 - C. measure the strength of abdominal muscles
 - D. be able to reach as far as possible without bending the hamstring
14. Which of the following physical activities belongs to muscular endurance?
- A. brisk walking
 - B. push-up
 - C. side bend
 - D. sit and reach
15. Why is it important to warm-up before and stretch after exercise?
- A. increases blood flow circulation
 - B. improves level of confidence
 - C. makes muscles and tendons stronger
 - D. prevents injury and avoids stiffness

Lesson

1

Physical Activities Related to Team Sports

Physical fitness plays a vital role in our life. It helps us become physically fit. It improves our skills to perform different tasks. Let us always remember being physically fit is important in participating any physical sports.



What's In

In this stage, you will reflect on how well you understand the concept of Health-Related Fitness components and your expectations about the topic. The following activities will help you assess your knowledge about Health-Related Fitness exercises and Skill-Related Fitness exercises.

Directions: Put a heart (♡) if the statement is true and (✖) if the statement is false. Do this in a separate sheet of paper.

- _____ 1. Fitness is defined as a condition in which an individual has enough energy to avoid fatigue and enjoy life.
- _____ 2. Physical Fitness is divided into four health-related components and six skill-related components.
- _____ 3. Health-related fitness increases energy level and academic performance.
- _____ 4. Skill-related fitness enhances one's performance in athletic or sports events.
- _____ 5. Health-related fitness is the ability to become and stay physically healthy.
- _____ 6. Physical fitness achieved through proper nutrition and physical exercise.
- _____ 7. Playing sports helps improve your coordination, flexibility and endurance.
- _____ 8. Physical activities improve the functioning of brain and lessen the risk of injury.
- _____ 9. Brisk walking is a physical activity that improves your flexibility and power.
- _____ 10. One of the skill-related fitness components is speed which needs to be possessed by a basketball player.



What's New

As you go along with this lesson, you will encounter activities that will allow you to understand the benefits of your participation in team sports with your family members and peers.

Directions: Complete the table below by choosing the terms that would best fit on each of the identified headings. Write your answer on a separate sheet of paper.

Dribbling	Chest Passing	Bounce Passing	Running
Batting	Catching	Rebounding	Pitching
Jump Ball	Shooting	Flexibility	
Muscular Endurance			Muscular Strength
	Cardiovascular Endurance		

Health-Related Fitness Component	Basketball	Baseball/Softball
1.		
2.		
3.		
4.		

Key Guide Questions:

1. What health benefits can you get from participating in team sports? Explain your answer.
2. Does joining team sports help you in making yourself physical fit? Why?



What is It

Developing fitness is a lifelong process. We all want to live healthy and have better lives. We need to be physically fit to have enough energy to perform daily activities such as doing household chores, going to school, playing sports, and doing recreational activities. Health-related fitness is important in maintaining a good health. Learning, maintaining, and developing good health will help us determine which sports and life time activities will be best for us to enjoy life.

Engaging in different team sports will develop our skills and health – related fitness component. Team sports does not only limit its contribution to personal health but also serve as a wholesome activity where families can enjoy together.

Health-Related Fitness. These are components that focus on the factors that promote optimum health and prevent the onset of disease and problems associated with inactivity.

Components of Health-Related Fitness

1. Body Composition
2. Cardiovascular Endurance
3. Flexibility
4. Muscular Endurance
5. Muscular Strength

1. Body Composition

1. Weight (Body Mass) –This refers to the heaviness or lightness of a person
2. Height (Stature) – It is the distance between the feet from the floor to the top of the head in a standing position.

Benefits:

- Achieving ideal body type to prevent joint problems and diabetes
- Maintaining a certain amount of fat that is needed by the body to function well

2. Cardiovascular Endurance – It is the ability of the respiratory and circulatory system to effectively deliver oxygen to the heart and to the working muscles during exercise. Cardiovascular is also called *cardio respiratory (lungs) fitness*.

Benefits:

- improves heart and lungs functioning
- increases oxygen supply

Suggested Activities:

- Stair climbing
- Running



Illustrated by: Andy Sean Blanco & Mark Evan G. Bernales

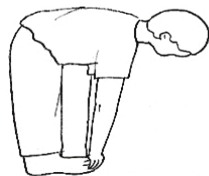
3. Flexibility – This is the ability to move a body part through a full range of motion (ROM) at a joint. The sit-and-reach and zipper test are commonly used to measure flexibility.

Benefits:

- Improves body posture
- decreases the risk of injury

Suggested Activities:

- Touch toe
- Side bend



Illustrated by: Mark Evan G. Bernales

4. Muscular Endurance – it is the ability of the muscles to work over an extended period of time without fatigue. Long distance running is a sport that requires muscular endurance.

Benefits:

- increases the ability to do activities without getting tired
- leads to healthier, stronger muscles and bones

Suggested Activities:

- Jogging
- Cycling



Illustrated by: Mark Evan G. Bernales

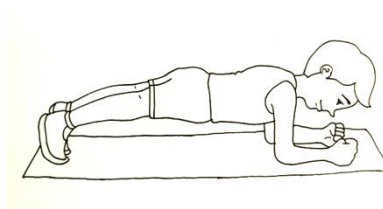
5. Muscular Strength –This refers to the maximum amount of a force where muscles can exert against an opposing force. Fitness testing usually consists of a one-time maximum lift using weights.

Benefits:

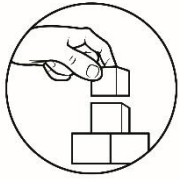
- strengthens muscles and help you keep a healthy body weight
- reduce the risks of injury

Suggested Activities:

- Pull-ups
- Planking



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What's More

Activity 1. Sports Check!

This time, focus your attention on team sports survey form. This will assess your participation in team sports which will serve as your reference in identifying your personal goals and targets.

Here are your tasks:

1. Copy the survey form in a separate sheet of paper and reflect your participation in team sports by honestly responding to the questionnaire below.
2. Just mark a check (✓) in the corresponding column of each sport for your responses. It is quite easy, right? So, grab a pen and accomplish this!

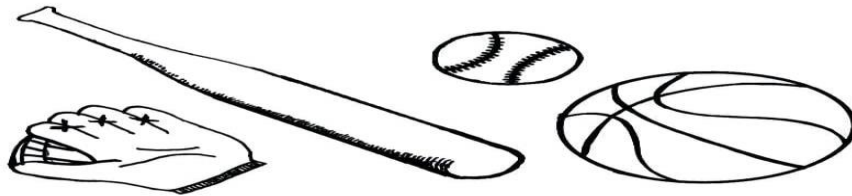
SURVEY QUESTIONS	BASKETBALL		BASEBALL		SOFTBALL	
	YES	NO	YES	NO	YES	NO
1. Do you have an experience in playing team sports?						
2. Do you play team sports often?						
3. Do you play team sports with friends?						
4. Do you play team sports with your family?						
5. Are you a member of the school varsity team?						
6. Do you participate in community sports programs?						

7. Do you enjoy participating in team sports?						
8. Do you consider the benefits derived from playing team sports?						
9. Are there team sports enthusiasts in your family?						
10. Do you plan to make team sports as one of your lifetime fitness activities?						

3. When you are done with the tasks, state as well your targets/goals on engaging yourself, family and peers in team sports program/activities.

Activity 2. It's Playing Time!

Directions: From the sports equipment presented below, think about how you will use them. Take down notes on the different movements to be executed during a game. Relate the movements to the health-related fitness and identify what health-related components are developed. Write your observations on a separate sheet of paper.



Illustrated by: Mark Evan G. Bernales

Assessment on Health-Related Fitness

BASKETBALL

Sports Skills	Body parts involved	Health - related fitness component developed
1. Dribbling	Arms and Leg	Cardiovascular Endurance and Flexibility
2.		
3.		
4		
5		

BASEBALL/SOFTBALL

Sports Skills	Body parts involved	Health - related fitness component developed
1. Batting	Arms	Muscular Strength and Flexibility
2.		
3.		
4.		
5.		

Reflect and explain!

1. How do these sports activities help you enhance your health-related fitness and achieve total fitness?
2. Among these activities, what sports suit to the needs of your family and friends in terms of health-related fitness?



What I Have Learned

Writing Activity

Directions: Answer the following questions. Write your answer on a separate sheet of paper.

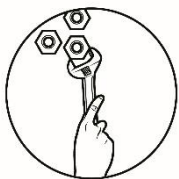
1. How important is physical fitness in your daily life?

2. Why is a physical activity beneficial to one's health?

3. How important is health-related fitness in doing physical activity and playing team sports?

4. Based on the exercise you performed, what health-related Component is being developed? Explain your answer.

5. Which of the health-related fitness components you find yourself strong and weak after performing the exercise?



What I Can Do

Activity: Physical Activity of my Family

In this activity, you are tasked to identify the physical activity habits and sports activities of your family in terms of health-related fitness components. A table is provided for you to list down important details that will help you later in designing your own family HRF activity plan.

Family Members	Age	Occupation/ Work/Job	Activities involved in relation to the Occupation/Work/Job	HRF component involved	Sports Activity	HRF component involved
Example: Father	45	Tricycle driver	Drives and sits for 8 hours	Muscular Endurance	Basketball	Cardiovascular Endurance
Mother	43	Fish vendor				
Sister	20	Student				
Brother	18	Student				
Me	14	Student				

(Just indicate those people you are living with.)



Assessment

Directions: Read the questions carefully. Choose the letter of the correct answer. Write your answer on a separate sheet of paper.

1. Which of the following is an example of a house chore which applies muscular strength and endurance?
 - A. hanging clothes
 - B. scrubbing the floor
 - C. washing dishes
 - D. watering plants
2. What component of health-related fitness refers to the ability of the respiratory and circulatory systems to effectively deliver oxygen to the heart and to the working muscles during exercise?
 - A. body composition
 - B. cardiovascular endurance
 - C. muscular strength
 - D. stork balance
3. What is the purpose of a 3-Minute Step Test?
 - A. measure cardiovascular endurance
 - B. measure the flexibility of your body
 - C. measure the strength of abdominal muscles
 - D. be able to reach as far as possible without bending the hamstring
4. Which of the following physical activities belongs to muscular endurance?
 - A. brisk walking
 - B. push-up
 - C. side bend
 - D. sit and reach
5. Why is it important to warm-up before and stretch after exercise?
 - A. increases blood flow circulation
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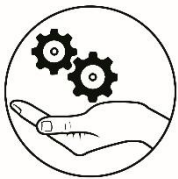
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 - C. regular exercise improves quality of life
 - D. all of the above
15. Which is NOT true about physical activity?
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 - B. physical activity may increase longevity
 - C. physical activity must be part of a regular exercise program
 - D. regular exercise, regardless of intensity and type, makes you healthier



Additional Activities

Activity 1: Family Connection

Directions: The table below shows the different household chores. Assign one from your family members to do a task. Write the health-related component that they may acquire while doing the activity. Write your answer in your activity notebook.

Household Chores	Name of Person In-charge	Acquired Health-Related Fitness
1. Washing bed linens		
2. Throwing Garbage		
3. Washing dishes		
4. Sweeping the yard		
5. Cleaning the bathroom.		
6. Preparing breakfast		
7. Setting the table		
8. Watering the plants		
9. Washing vehicle		
10. Cleaning the bedroom		

Activity 2: Interview Portion

Directions: You will conduct an interview on the physical activity of your family members and write your findings in the table below. This will determine the kind of activity suited to them.

Family Members	Physical Activity Related to Sports	HRF Component Involved	Strength/Weakness

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