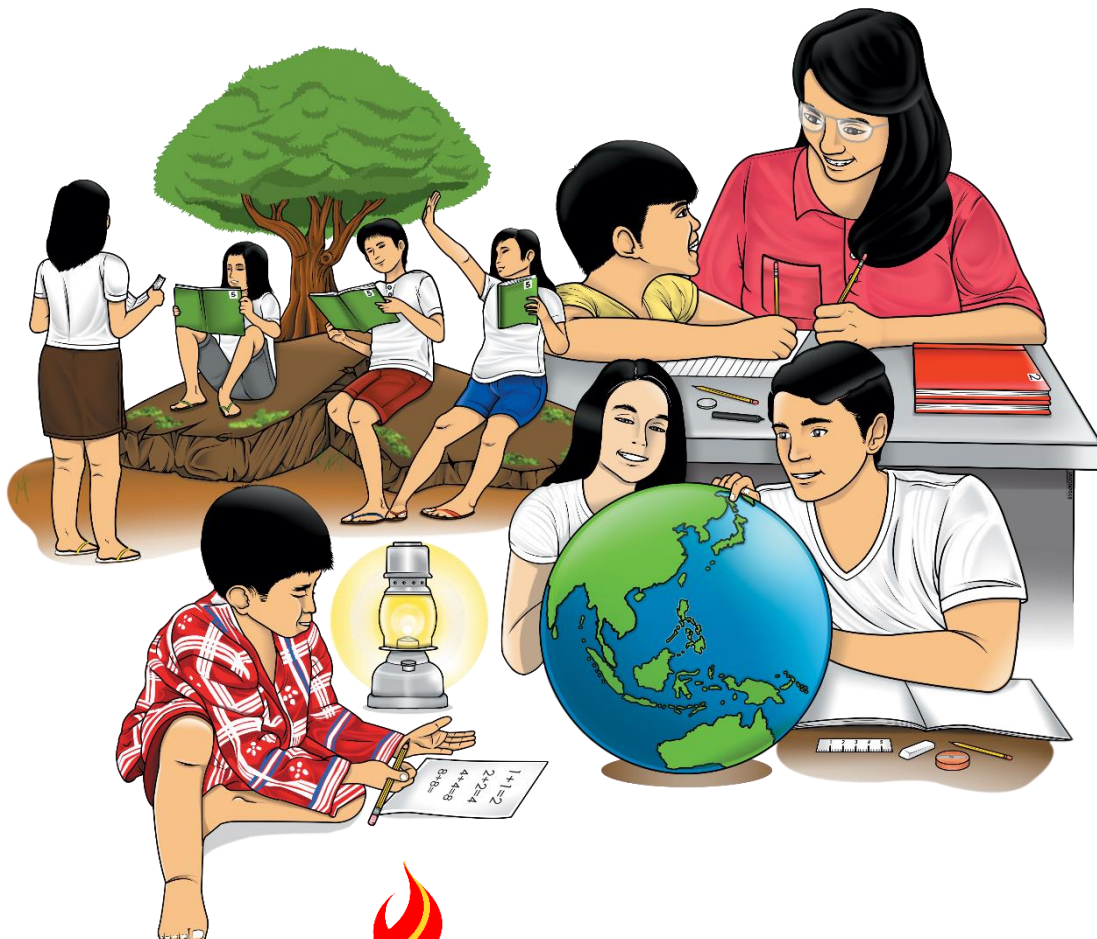


MAPEH - Physical Education

Quarter 1 – Module 2:

Striking/Fielding Games



Physical Education – Grade 6
Alternative Delivery Mode
Quarter 1 – Module 2: Striking/Fielding Games
First Edition, 2020

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Physical Education

Quarter 1 – Module 2: Striking/Fielding Games

Introductory Message

For the facilitator:

Welcome to the Grade 6 Physical Education Alternative Delivery Mode (ADM) Module on Striking/Fielding Games!

This module was collaboratively designed, developed and reviewed by educators both from public and private institutions to assist you, the teacher or facilitator in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

This learning resource hopes to engage the learners into guided and independent learning activities at their own pace and time. Furthermore, this also aims to help learners acquire the needed 21st century skills while taking into consideration their needs and circumstances.

In addition to the material in the main text, you will also see this box in the body of the module:



Notes to the Teacher

This contains helpful tips or strategies that will help you in guiding the learners.










As a facilitator, you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.



For the learner:

Welcome to the Grade 6 Physical Education Alternative Delivery Mode (ADM) Module on Striking/Fielding Games!

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons:

 <i>What I Need to Know</i>	This will give you an idea of the skills or competencies you are expected to learn in the module.
 <i>What I Know</i>	This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correct (100%), you may decide to skip this module.
 <i>What's In</i>	This is a brief drill or review to help you link the current lesson with the previous one.
 <i>What's New</i>	In this portion, the new lesson will be introduced to you in various ways; a story, a song, a poem, a problem opener, an activity or a situation.
 <i>What is It</i>	This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.
 <i>What's More</i>	This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.
 <i>What I Have Learned</i>	This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.
 <i>What I Can Do</i>	This section provides an activity which will help you transfer your new knowledge or skill into real life situations or concerns.
 <i>Assessment</i>	This is a task which aims to evaluate your level of mastery in achieving the learning competency.

 Additional Activities	In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned.
 Answer Key	This contains answers to all activities in the module.

At the end of this module you will also find:

References

This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!



What I Need to Know

This module was designed and written for you to know the nature/background of Striking/fielding games and the mechanics on how to play these games. There are traditional Filipino Games or Indigenous games in the Philippines (also known as Laro ng Lahi) commonly played by children. You will also learn the different safety precautions before and during games. It is to help you value the importance of games and the emotions one feels when playing such games and its impact to one's health. 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.

These modules are divided into four lessons, namely:

Module 2 Fielding Games

- Lesson 1 – Introduction to Striking/Fielding Games
- Lesson 2 – Enjoying Shatong
- Lesson 3 – Introduction to Striking Game: Basagang palayok
- Lesson 4 – Let's Enjoy the Game

After going through this module, you are expected to:

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



What I Know

Direction: Read the questions carefully. Write the letter of the correct answer in a separate sheet of pad paper.

1. What are the traditional Filipino Games or Indigenous games in the Philippines commonly played by children, usually using native materials?
 - a. obstacles
 - b. Target Games
 - c. Larong Lahi
 - d. Fielding Games
2. Which are activities in which players score points by striking an object and running to designated playing areas?
 - a. obstacles
 - b. ball games
 - c. fielding games
 - d. educational games
3. Which of the following are the major skills in fielding games?
 - a. rolling and hopping
 - b. batting and running
 - c. hopping and skipping
 - d. catching and walking
4. Which of the following will help you to prevent injuries so you can stay in the game?
 - a. Play the game when you are injured.
 - b. Do not follow the rules just enjoy and have fun.
 - c. Wear your new shirt, faded jeans and black shoes.
 - d. Warm up and cool down, wear comfortable attire and know the rules of the games.
5. What are the equipment needed in playing Shatong?
 - a. shallow hole and 2 sticks (1 short and 1 long)
 - b. milk can and slippers
 - c. 1 small stone and 1 big stone
 - d. baseball bat and ball
6. Which of the following will help you to prevent injuries so you can stay in the game?
 - a. Play the game when you are injured.
 - b. Do not follow the rules just enjoy and have fun.
 - c. Wear your new shirt, faded jeans and black shoes.
 - d. Warm up and cool down, wear comfortable attire and know the rules of the games.

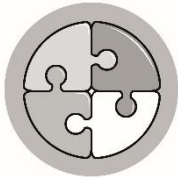
7. Why warm up exercises are important?
 - a. They will help to you decrease body and muscles temperature
 - b. They will help reduce risk of injury
 - c. They will help you mentally unprepared
 - d. They will unprepared tour body for physical activity
8. Why does playing games make someone feel happy?
 - a. It can turn a tedious moment into fun.
 - b. It can create conflict against your opponent
 - c. It will help someone to grow old.
 - d. It can give someone stress.
9. Which of the following is not a Fielding Game?
 - a. baseball
 - b. tamaang tao
 - c. sipa
 - d. softball
10. Which of the following is not a tactical problem related to fielding games?
 - a. striking an object to an open space
 - b. reducing space on defence
 - c. retiring players from the game
 - d. no exchange roles after a certain amount of hits

Lesson

1

Introduction to Striking/Fielding Games

Congratulations! Well done for making it up to “Target Games!” This time, you will learn another lesson which is the fielding games.



What's In

Direction: Write **TG** if it is a Target Game and **NTG** if it is Not a Target Game. Use a separate sheet of paper.

1. Sipa
2. Tumbang Preso
 - a. 3. Palo Sebo
 - b. 4. Tamaang Tao
 - c. 5. Luksong Tinik



Notes to the Teacher

*This is now the module 2 of Physical Education 6 and the first lesson which is all about fielding games. Try to read the nature and background of this game. As you go along with the module, you will encounter several quizzes for you to answer the same as module 1. I will collect the modules once a week to check your work. Remember that direction is always part of the test.
Good Luck! Stay at home and be safe.*



What's New

Directions: Look at the picture in the next page. Are you familiar with this game? Have you tried playing it? Let's talk more about the game called "Shatong."



What is It

Striking /Fielding Games

Striking/Fielding games are activities in which players score points by striking an object and running to designated playing areas or prevent opponent from scoring by retrieving the object and returning it to stop the play. By playing these games, participants will learn the key skills and tactics for games such as baseball and softball. Traditional games include Shatong and Basagang Palayok.

Shatong

Shatong is not your common sports. It is a game played in the suburbs and rural areas of the **Philippines** but similarly played in the **Middle East** that goes by the name **Gutalaguti**. 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.

The concept of the game is to hit the shorter stick with the longer stick as far as it can go and when this happens, the hitter will run to a marked area. There will be 4 marked areas just like in **baseball** and while the other team is fetching the shorter stick, the hitter will have to make it to the home base hitting the first mark,

the second, the third and back to the home base. The fun part of the game is that while the hitter is running from one marked area to the other, he or she must be shouting the name of the game as in **SHAAAAAATONG!**

In this game, the learners will know how to play as a team, practice Math skills such as counting 2s, 3s. It will also develop their batting, running, breathing, and catching skills.

❖ **Materials Needed:**

1. A playing field/ space
2. One foot long stick, one (5 inches) short stick, and a small hole on the ground.

❖ **Mechanics:**

Player A becomes the hitter and Player B as the catcher. It is played outside on the ground where one digs a small square hole (which is slanted), where they put the small wood so that it sticks out.

Player A hits the wood with the stick so that it catches air enough to be hit by the stick. The further the wood gets hit the more points one gets (usually counted by the number of stick length).

If Player A risks, he may try to add a multiplier to his score. By hitting the wood upwards twice in one turn before striking it forward, the points will then be counted by the number of wood length instead.

Player B on the other hand has to anticipate and catch the small piece of wood to nullify the points and become his turn *or* looks forward to Player A to miss hitting the wood.

Sometimes the losing player is punished. The penalty is hopping on one foot from a designated spot marked by the winning player. This is done again by hitting the wood with the stick in midair as far away as possible. The spot where it lands is where the losing player starts until he reaches the hole.

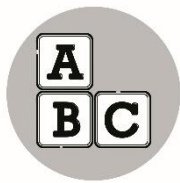
In this game, the pupils learn how to play as a team, practice Math skills such as counting 2s, 3s. It will also develop their batting, running and catching skills.

These are the safety precautions before playing Shatong:

1. Establish medical readiness
 - 1.1 A self reported health status
 - 1.2 Free from any sickness
2. Proper Clothing
 - 1.1 Avoid clothing that is too tight or that restricts movement.
 - 1.2 For women, wear an exercise bra for support.
 - 1.3 For men, consider an athletic supporter.



Skills needed in the Game:

1. running
2. batting
3. hitting
4. counting
5. catching



What's More

Activity 1: Try This

Directions: Put a  if the sentence tells facts about Shatong,  if not. Use a separate sheet of paper.

1. The spot where it lands is where the losing player starts until he reaches the hole.
2. A can, slipper and bat are the materials needed in playing Shatong.
3. The purpose of this game is to place the short stick horizontally across the hole and position the long stick in the middle of the short stick and hit the latter as strong as the player can to the direction of the opponent.
4. The concept of the game is to hit the shorter stick with the longer stick as far as it can go and when this happens, the hitter will run to a marked area. The losing player is not being punished in this game.

Activity 2: Let's Do It

Directions: Let us do the following activity. Ask a member of the family to help you execute the skills for 5 to 8 times.

1. batting
2. counting
3. running
4. striking
5. catching

RUBRICS

with anyone in the house	I keep my eyes on the stick (3pts)	I run very hard to reach the base faster (2pt)	I use a variety of skills to hit the stick/lumber strongly (1pt)
1.			
2.			
3.			
4.			
5.			



Additional Activities

Directions: Write the following skills involved in the activities. Choose your answer on the box and write it down on a separate sheet of paper.

running	batting	jumping	hitting
counting	walking	throwing	catching

1. Winning in the raffle draw - _____
2. Batting balloons with a stick - _____
3. Flying a kite in the backyard - _____
4. Playing baseball in an open field - _____
5. Hitting a ball with a racket - _____

Lesson

2

Enjoying Shatong

You learned about the mechanics of Shatong. You also have learned the safety precautions before and during the game. Now, you will execute the different skills involved in the game.



What's In

Directions: Put a check (✓) if the following statements show safety precaution in physical activity and (X) if not. Use a separate sheet of paper.

1. Wear comfortable clothing.
2. Eat plenty of foods before exercise.
3. Warm up before doing exercise.
4. Cool down after the activity.
5. Do not exercise with an empty stomach.



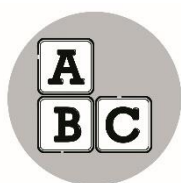
What is It

Shatong

Let them sweat and feel how it is to play what your parents had been playing when they were kids. Here is a traditional game that will make you sweat and this is called Syato or Shatong.

These are the safety precautions during playing Shatong:

1. Warm-up prior to exercise (Try to spend at least 5 to 10 minutes warming up)
 - a. breathing exercise
 - b. neck bending
 - c. shoulder rotation
 - d. arms circling
 - e. hip bending
 - f. half knee bend
 - g. foot rotation
 - h. inhale/exhale
2. Encourage the batting player to aim for the pot, not the heads of the players. Hitting the head is not allowed.
3. Never hit intentionally the players.
4. Uphold sportsmanship during the game.
5. Cool-down after the game.
 - a. walk for 3-5 minutes
 - b. drink 1 glass of water
 - c. massage your arms and legs



What's More

Activity 1: Let's Do It

Directions: Ask anyone in the house to help you execute the following. Put a check on the appropriate column on how many times you try the skill. Use a separate sheet of paper.

Skills	3 Tries	2 Tries	1 Try
hitting the shorter stick with the longer stick			
running from one marked area to the other			
fetching the shorter stick			
counting while the player is shouting the name of the game			
Hopping on 1 foot from a designated spot marked by the winning player.			

Activity 2: Shatong Na!

Directions: Ask anyone in the house and practice playing this game. Follow the rules in playing it. Do the warm up exercise before doing the activity.

Entry activity	Resources	Differentiation
Players play in front of the small hole on the ground, The player should hit the shorter stick with the longer stick as far as it can go. The hitter will run to a marked area. There will be four marked areas, while the other team is fetching the shorter stick, the hitter will have to make it to the home base.	1 foot long stick 1 5 inches short stick small hole on the ground	Hits on the legs only Distance away from the small hole on the ground

RUBRICS

	3 Points	2 Points	1 Points
1. I keep my eyes on the stick.			
2. I am constantly moving to avoid being hit.			
3. I use a variety of skills to run fast to reach the first base.			



What I Have Learned

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

1. What three (3) important things you have learned from playing Shatong?

a. _____

b. _____

c. _____

2. What two (2) interesting things have you discovered about the game?

a. _____

b. _____

3. What do you want to know more?

a. _____



What I Can Do

Direction: Answer the following questions. Use a separate sheet of paper.

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

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

Lesson

3

Introduction to Striking/Fielding Game: Basagang Palayok

Congratulations for making up to “Shatong”. Today, you will be learning a new type of striking game called “Basagang Palayok” (hit the pot).



What's In

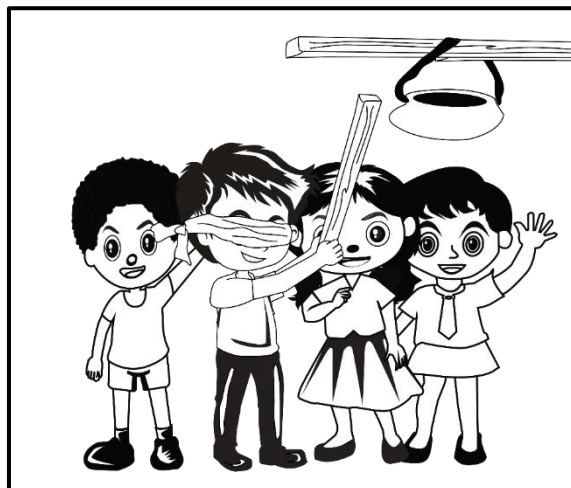
Direction: Answer the following questions. Use a separate sheet.

1. What are the equipment needed in playing Shatong?
2. What are the skills involved in playing the game?



What's New

Look at the picture in the next page. Have you tried playing it? Do you remember the days when you attended birthday parties of your relatives or neighborhood friends? Do you remember Basagang Palayok that seems to be always present in those kinds of events? Let's talk more about the game called “Basagang Palayok.”





What is It

Basagang Palayok

“Basagang Palayok” (hit the pot) is derived from the Spanish game Piñata. They used festivals to attract the native Filipinos to convert their religion.

The rules of the game are so simple. You just have to hit the palayok or clay pot. Players should be blindfolded. The player will stay around 3 meters away in front of the hanging pot, enough for the player to reach it and will walk straight forwards the pot. A long bamboo or lumber is used to hit it. Participants are made to spin around to distort his/her concentration. The crowd will distract the player by yelling all kinds of directions, “Go straight, to the left, to the right, stop! Hit it! Hit it! The players have an opportunity to hit the pot once. Just one hit. If you missed it, you have to go back in the line and wait for your turn to hit again. Once you hit the pot the crowd goes for the goodies fall on the ground from the pot. The player who breaks the pot will win the game and will be given prize.

Materials Needed:

1. palayok
2. 3 feet long lumber or bamboo pole
3. goodies like chocolate, candies, coins, small toys
4. a blindfold or scarf

These are the safety precautions before playing Basagang Palayok:

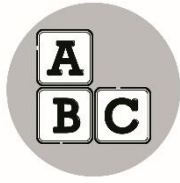
1. Establish medical readiness-reported health
 - 1.1 A self-reported health status
 - 1.2 Free from any sickness
2. Proper Clothing
 - 1.1 Avoid clothing that is too tight or that restricts movement.
 - 1.2 For women, wear an exercise bra for support.

Safety Precautions:

1. Establish medical readiness
2. Do not come closer to the pot
3. stay away from the hitter
4. Stay focus

Skills needed in the Game:

1. Walking with blindfold
2. Counting
3. Stiking/Hitting



What's More

Activity 1:

Directions: Put a check (☐) if the following statements shows safety precaution in physical activity and (☐) if not. Use a separate sheet of paper.

1. Warm up before doing exercise.
2. Drink cold water after the exercise.
3. Wear comfortable attire.
4. Cool down after the activity.
1. Do the exercise when stomach is full.

Activity 2:

Directions: List down household chores that the skill in Basagang Palayok is used. Answer this in a separate sheet of paper.

- 1.
- 2.
- 3.
- 4.
- 5.

Lesson

4

Let's Enjoy the Game

You learned about the rules and mechanics of the game “Basagang Palayok. You also learned about the safety precautions before and during the game. You will now try to apply these things.



What's In

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

1. What is the main objective of the Basagang Palayok?
2. What makes this game an enjoyable one? Explain your answer.



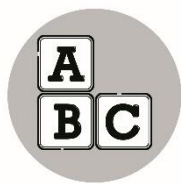
What is It

A traditional game called “**Basagang Palayok**” (hit the pot) was very popular in the Philippines. I know that every Filipino who can read this experience playing this game at least once during their childhood. Before, this game was only played during Barrio Fiesta (Feast). This was played mostly by children but now, it can also be played by adults during birthday parties, Christmas celebrations or any other occasions.

These are the safety precautions during playing Basagang Palayok:

1. Warm-up prior to exercise
 - a. breathing exercise
 - b. neck bending
 - c. shoulder rotation
 - d. arms circling
 - e. hip bending
 - f. half knee bend
 - g. foot rotation
 - h. inhale/exhale
2. The group should hit the can simultaneously. Only hit the can, not the it nor other people involved in the game

3. Never hit intentionally the one who is guarding the can.
4. Use only the appropriate and prescribed materials for the game (the empty can and the slippers/flip-flops).
5. Do not be too physical especially during the tagging phase or after the empty can is knocked down.
6. Uphold sportsmanship during the game.
7. Cool- down after the workout.
 - a. walk for 3-5 minutes
 - b. drink 1 glass of water
 - c. massage your arms and legs



What's More

Activity 1: Try This

Directions: Identify the different skills involved in the **Basagang Palayok**. Encircle the your answer.

throwing

rolling

hitting

tossing

batting

spinning

dodging

counting

Activity 2: Basagang Palayok Na!

Directions: Ask anyone in the house and play Basagang Palayok. Make sure to play it in an open field where no one could get hurt. After playing it, write your thoughts and opinion about the game.



What I Have Learned

Activity 1: Exit Ticket

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

1. Three (3) important things you learned from playing striking/fielding games?
2. Two (2) interesting things you discovered about striking/fielding games?
3. One (1) question you still have in mind.



What I Can Do





Directions: Write a paragraph on how you plan to use the skills you learned in your daily life. Use a separate sheet of paper.



Assessment

Directions: Read the sentences carefully. Choose the letter of the correct answer in a piece of paper.

1. These are activities in which players score points by striking an object and running to designated playing areas.
 - a. Invasion Games
 - b. Board Games
 - c. Fielding Games
 - d. Ball Games
2. What is the major material needed in playing Shatong?
 - a. can
 - b. slipper
 - c. stick
 - d. garter
3. Why do we need to wear proper clothing in playing?
 - a. to avoid untoward accident
 - b. to impress the audience
 - c. to add score in your team
 - d. to look good
4. What is the penalty of the losing player in Shatong?
 - a. run around the field
 - b. hop on one foot from a designated spot marked by the winning player
 - c. give all their points to the winning team
 - b. carry the winning team on their back from a designated spot marked by the winning player
5. What Math skill is being practice while playing Shatong?
 - a. a. measuring
 - b. b. estimating
 - c. counting
 - d. solving
6. Why do we need to do the cool down exercise?
 - a. They help to decrease body and muscles temperature
 - b. To unprepared tour body for physical activity
 - c. It will help reduce risk of injury
 - d. They can help you mentally unprepared
7. How many minutes do we need to do the warm-up exercise?
 - a. at least 15 to 30 minutes
 - b. at least 5 to 10 minutes
 - c. at least 1 to 5 minutes
 - d. at least 1 hour

8. Where did we derive the game “Basagang Palayok” which means Piñata in their country?
- from China
 - from Spain
 - from America
 - from Canada
9. What is the basic rule in playing Hampas Palayok?
- hit the can
 - strike the stick
 - hit the opponent with a ball
 - hit the palayok or clay pot
10. Why is there a need for the participants to spin around before hitting the pot?
- to distort his/her concentration
 - to make him/her dizzy
 - to help the player hit the pot accurately
 - to maximize the allotted time for the game
11. How long is the lumber or pole that is needed for Basagang Palayok?
- 10 feet
 - 5 feet
 - 3 feet
 - 1 foot
12. What is the use of blindfold or scarf?
- for props
 - to cover the eyes of the player
 - to be tied around the neck of a player
 - to make the player attractive
13. Which among the pictures show fielding/striking game?
- 
 - 
 - 
 - 
14. What is the basic skill in playing Basagang Palayok?
- running
 - hitting
 - jumping
 - counting
15. Where should play Basagang Palayok?
- in an open filed
 - inside the classroom
 - at the canteen
 - at the library



Answer Key

<p>What I Know</p> <p>1. d 2. c 3. a 4. d 5. c</p> <p>6. d 7. a 8. b 9. a 10. c</p>	<p>What's In</p> <p>1. NTG 2. TG 3. TG 4. TG 5. TG</p>	<p>What's More</p> <p>1. heart 2. lightning 3. heart 4. heart 5. lightning</p>
<p>What's New</p> <p>Answers vary in learner's performance in the given activity</p>	<p>What I have Learned</p> <p>Answers vary in learner's performance in the given activity</p>	<p>Additional Activity</p> <p>Answers may vary</p>
<p>What's In</p> <p>1. ✓ 2. × 3. ✓ 4. ✓ 5. ✓</p>	<p>What's more</p> <p>Answers may vary</p>	<p>What I have learned</p> <p>Answers may vary</p>
<p>What I have Learned</p> <p>Answers vary in learner's performance in the given activity</p>	<p>Assessment</p> <p>Answers may vary</p>	<p>What's More</p> <p>1. ✓ 2. × 3. ✓ 4. ✓</p>
<p>What's In</p> <p>Answers may vary</p>	<p>What's More</p> <p>Answers vary in learner's performance in the given activity</p>	<p>Assessment</p> <p>1. a 2. c 3. d 4. b 5. d</p> <p>6. c 7. b 8. b 9. c 10. c 11. c 12. b 13. b 14. b 15. a</p>

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