



Republic of the Philippines
Department of Education
 Regional Office IX, Zamboanga Peninsula



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Zest for P rogress
 Zeal of P artnership

PHYSICAL EDUCATION

Quarter 2, Wk. 6 - Module 2

Game Sipa

- JANUARY
Malugiton
- FEBRUARY
Mahiguigon
- MARCH
Matinabungan
- APRIL
Matinahuron
- MAY
Mahapsay og Mahimyo
- JUNE
*Maabik og Masunod sa
Dakong Oras*
- JULY
Maantigo og Maabilidad
- AUGUST
*Maginhuhunoon
para sa Uban*
- SEPTEMBER
Madaginat
- OCTOBER
Matinud-anon
- NOVEMBER
Masaligan
- DECEMBER
Maalampon



Name of Learner: _____

Grade & Section: _____

Name of School: _____



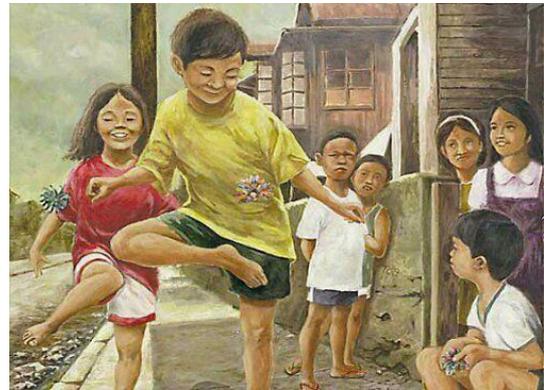
WHAT I NEED TO KNOW

This module will now expose you to another actual performance focusing on the skills involved in playing game. These contexts will help you not only to understand the skills involved in the game but also to relate them in your daily lives.

PE6GS-IIc-h-4

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

1. identify the skills involved in the game.
2. execute the different skills involved in the game.
3. show importance of the different skills involved in the game especially in our present situation in the country.



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WHAT I KNOW

Multiple Choice: To measure your knowledge of the concepts that this module will develop, answer the following questions.

1. Which of the following skills tells the need of the player to move and stretches parts of the body in any direction smoothly while hitting the sipa?
 - a. strength
 - b. endurance
 - c. flexibility
 - d. coordination

2. This skill shows the need of the player to sustain the position of the body when aiming a target.
 - a. endurance
 - b. flexibility
 - c. coordination
 - d. strength

3. What is the main objective in playing Sipa?
- to hit the players from the opposing team
 - to be competitive among co-players and successfully win without defeat
 - to achieve the most number of hits or kicks without having dropped the washer
 - All of the above.
4. In playing sipa a player needs the following **EXCEPT**;
- a washer or sipa at hand.
 - a flexible body to keep up for the game.
 - be mindful always of the opponents and not on the target counts.
 - physical and mental control that is necessary to be consistent and effective.
5. Why do you think we need to play Sipa?
- because it develops focus and concentration
 - because it can gain clarity of mind and improves coordination and endurance
 - because it builds physical strength and stability
 - All of the above



WHAT'S IN

Directions: Write check (✓) on the space provided if the statement is correct. Write (X) if it isn't.

- _____ 1. Playing games make you feel proud of being Filipino.
- _____ 2. It develops camaraderie with peers and neighborhood, builds bridge of fun and closeness.
- _____ 3. It displays joy of effort, respect for others and fair play during your participation to the game.
- _____ 4. Through game, sportsmanship is develop to build a positive outlook and acceptance of winning and being defeated.
- _____ 5. There were different skills involved in playing games.



WHAT'S NEW



Take a look at the picture above.

- Is this game familiar to you?
- What particular game is shown in the picture?
- Have you tried playing the game?
- How was your experience with the game?
- Do you know the skills as well as the techniques involved in the game?

This time we will be learning another target game called Sipa, and later you will execute the skills as well as techniques involved in the game.



WHAT IS IT

You are right! This is the game called Sipa which is a traditional native sport and one of the most popular games in our country. We locally called this game “**Takyan**” isn’t it? Playing sipa is a cool way to pass the time for both boys and girls, young and old.

Sipa can be played either alone or in teams, with two or more players in each. It can be played either indoor or outdoor with the goal to simply keep the Sipa in the air for as long as possible without having it dropped.

- What do you think are the skills involved in this game?
- Can you name the basic techniques applied in the game?
- Did you also do the same just like in the pictures?

Well, that's great! If you didn't, we'll learn more the basics of Sipa and execute them afterwards. So brace yourselves now.

You had already learned the nature and background of this game in your previous module. Now it's time for the execution of the skills involved in this game. Are you now ready?

There are four skills involved in playing SIPA.

1. **Flexibility**- The player needs to move and stretch parts of the body in any direction smoothly while hitting the sipa.
2. **Coordination**- The player combines different body movements in time of hitting or kicking the sipa continuously.
3. **Endurance**- This game needs to sustain the position of the body parts when aiming a target-highest number of hits/kicks.
4. **Agility**- Being in the game makes the player be able to move fast and quickly.

These skills are all essential to help ensure accuracy while performing the techniques successfully. Moreover, this helps you gain and develop focus and concentration in giving emphasis on the target.



WHAT'S MORE

It's time to get it on!

Prepare your Sipa "takyan" out of a washer (a metal stud, coin-like object), covered with cloth, a candy wrapper or a bunch of rubber-bands or colourful threads attached to it.

Follow the instructions or look closely each picture on how to perform each technique. Make sure to give emphasis on the skills tackled awhile back while performing.

1. Palm

- Hit the washer continuously without having it dropped with the palm open.



Your turn now!

Self- Assessment: Check yourself if you have performed the skill well. You can always retry to perfect it!

2. Elbow

Hit the washer several times without having it dropped with your elbow.



Your turn now!

Self- Assessment: Check yourself if you have performed the skill well. You can always retry to perfect it!

3. Knee

Hit the washer continuously without having it dropped with your knee.



Your turn now!

Self-Assessment: Check yourself if you have performed the skill well. You can always retry to perfect it!

4. Foot

Hit the washer several times without having it dropped using your foot.

This could be done either inside foot or outside foot.



Your turn now!

Self-Assessment: Check yourself if you have performed the skill well. You can always retry to perfect it!



WHAT I HAVE LEARNED

Identify the skills involved in the given pictures of the following target games below. Choose the letter of the correct answer.



1. Luksong Tinik

- a. flexibility
- b. honesty
- c. reaction time
- d. participation



2. Baseball

- a. balance
- b. reaction time
- c. agility
- d. endurance



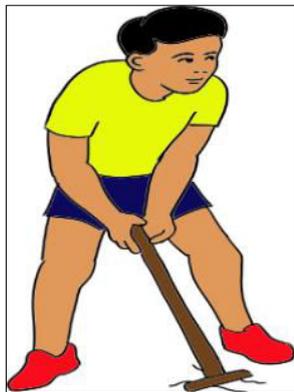


time

3. Bowling

a. strength c. reaction

b. honesty d. flexibility



4. Siyato

a. balance c. agility

b. reaction time d. flexibility



5. Chinese Garter

a. honesty c. participation

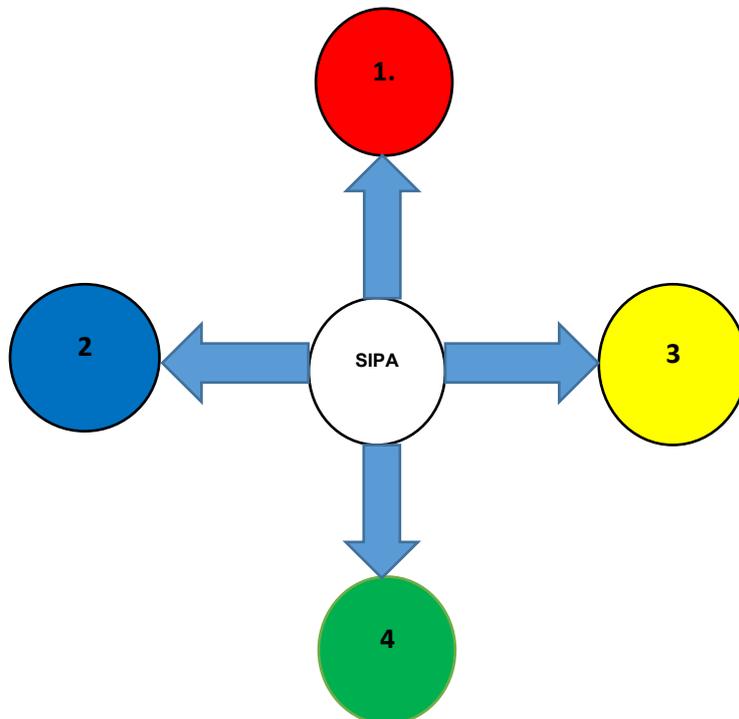
b. flexibility d. reaction time

WHAT I CAN DO

A. Directions: Execute the following skills involved in the game Sipa. Use the given rubrics for scoring.

Skills involved	All basic techniques are performed correctly with the required skill (4 Pts.)	Only 3 basic techniques are performed correctly with the required skill (3 Pts.)	2 technique is performed correctly with the required skill (2 Pts.)	1 technique is performed correctly with the required skill (1 Pt.)
1. Flexibility				
2. Coordination				
3. Endurance				
4. Agility				

B. Directions: Fill in the circles below with the different skills involved in playing SIPA.



ASSESSMENT

Encircle the correct answer.

1. Below are the skills involved in playing sipa, **except**;
 - a. flexibility
 - b. agility
 - c. strength
 - d. coordination

2. Which of the following techniques can be best applied in playing sipa?
 1. Elbow
 2. Knee
 3. Head
 4. Foot
 5. Hand
 - a. 1, 2, 4, 5
 - b. 1, 3, 4, 5
 - c. 2, 3, 4, 5
 - d. all of the above

3. What specific skill develops flexibility when playing Sipa?
 - a. holding
 - b. stretching
 - c. crying
 - d. standing

4. When playing Sipa, a player must;
 - a. develop intense focus and concentration
 - b. get his body parts to cooperate and move into the right position
 - c. sustain and endure the body's position while aiming the target counts
 - d. All of the above

5. Why do we need to encourage everyone to play Sipa?
 - a. because it build physical strength and endurance
 - b. because it can gain clarity of mind and improves coordination
 - c. because it develops focus and concentration
 - d. All of the above



ADDITIONAL ACTIVITY

How do the different skills involved in the game help to prevent the health situation in our country today?

Region IX: Zamboanga Peninsula Hymn – Our Eden Land

Here the trees and flowers bloom
Here the breezes gently Blow,
Here the birds sing Merrily,
The liberty forever Stays,

Gallant men And Ladies fair
Linger with love and care
Golden beams of sunrise and sunset
Are visions you'll never forget
Oh! That's Region IX

Cebuanos, Ilocanos, Subanons, Boholanos, Ilongos,
All of them are proud and true
Region IX our Eden Land

Here the Badjaos roam the seas
Here the Samals live in peace
Here the Tausogs thrive so free
With the Yakans in unity

Hardworking people Abound,
Every valleys and Dale
Zamboanguenos, Tagalogs, Bicolanos,

Region IX
Our..
Eden...
Land...

My Final Farewell

Farewell, dear Fatherland, clime of the sun caress'd
Pearl of the Orient seas, our Eden lost!,
Gladly now I go to give thee this faded life's best,
And were it brighter, fresher, or more blest
Still would I give it thee, nor count the cost.

Let the sun draw the vapors up to the sky,
And heavenward in purity bear my tardy protest
Let some kind soul o'er my untimely fate sigh,
And in the still evening a prayer be lifted on high
From thee, O my country, that in God I may rest.

On the field of battle, 'mid the frenzy of fight,
Others have given their lives, without doubt or heed;
The place matters not-cypress or laurel or lily white,
Scaffold or open plain, combat or martyrdom's plight,
T is ever the same, to serve our home and country's need.

Pray for all those that hapless have died,
For all who have suffered the unmeasur'd pain;
For our mothers that bitterly their woes have cried,
For widows and orphans, for captives by torture tried
And then for thyself that redemption thou mayst gain

I die just when I see the dawn break,
Through the gloom of night, to herald the day;
And if color is lacking my blood thou shalt take,
Pour'd out at need for thy dear sake
To dye with its crimson the waking ray.

And when the dark night wraps the graveyard around
With only the dead in their vigil to see
Break not my repose or the mystery profound
And perchance thou mayst hear a sad hymn resound
'T is I, O my country, raising a song unto thee.

My dreams, when life first opened to me,
My dreams, when the hopes of youth beat high,
Were to see thy lov'd face, O gem of the Orient sea
From gloom and grief, from care and sorrow free;
No blush on thy brow, no tear in thine eye.

And even my grave is remembered no more
Unmark'd by never a cross nor a stone
Let the plow sweep through it, the spade turn it o'er
That my ashes may carpet earthly floor,
Before into nothingness at last they are blown.

Dream of my life, my living and burning desire,
All hail ! cries the soul that is now to take flight;
All hail ! And sweet it is for thee to expire ;
To die for thy sake, that thou mayst aspire;
And sleep in thy bosom eternity's long night.

Then will oblivion bring to me no care
As over thy vales and plains I sweep;
Throbbing and cleansed in thy space and air
With color and light, with song and lament I fare,
Ever repeating the faith that I keep.

If over my grave some day thou seest grow,
In the grassy sod, a humble flower,
Draw it to thy lips and kiss my soul so,
While I may feel on my brow in the cold tomb below
The touch of thy tenderness, thy breath's warm power.

My Fatherland ador'd, that sadness to my sorrow lends
Beloved Filipinas, hear now my last good-by!
I give thee all: parents and kindred and friends
For I go where no slave before the oppressor bends,
Where faith can never kill, and God reigns e'er on high!

Let the moon beam over me soft and serene,
Let the dawn shed over me its radiant flashes,
Let the wind with sad lament over me keen ;
And if on my cross a bird should be seen,
Let it trill there its hymn of peace to my ashes.

Farewell to you all, from my soul torn away,
Friends of my childhood in the home dispossessed!
Give thanks that I rest from the wearisome day!
Farewell to thee, too, sweet friend that lightened my way;
Beloved creatures all, farewell! In death there is rest!

I Am a Filipino, by Carlos P. Romulo

I am a Filipino—inheritor of a glorious past, hostage to the uncertain future. As such I must prove equal to a two-fold task—the task of meeting my responsibility to the past, and the task of performing my obligation to the future.

I sprang from a hardy race, child many generations removed of ancient Malayan pioneers. Across the centuries the memory comes rushing back to me: of brown-skinned men putting out to sea in ships that were as frail as their hearts were stout. Over the sea I see them come, borne upon the billowing wave and the whistling wind, carried upon the mighty swell of hope—hope in the free abundance of new land that was to be their home and their children's forever.

I am a Filipino. In my blood runs the immortal seed of heroes—seed that flowered down the centuries in deeds of courage and defiance. In my veins yet pulses the same hot blood that sent Lapulapu to battle against the first invader of this land, that nerved Lakandula in the combat against the alien foe, that drove Diego Silang and Dagohoy into rebellion against the foreign oppressor.

The seed I bear within me is an immortal seed. It is the mark of my manhood, the symbol of dignity as a human being. Like the seeds that were once buried in the tomb of Tutankhamen many thousand years ago, it shall grow and flower and bear fruit again. It is the insignia of my race, and my generation is but a stage in the unending search of my people for freedom and happiness.

I am a Filipino, child of the marriage of the East and the West. The East, with its languor and mysticism, its passivity and endurance, was my mother, and my sire was the West that came thundering across the seas with the Cross and Sword and the Machine. I am of the East, an eager participant in its spirit, and in its struggles for liberation from the imperialist yoke. But I also know that the East must awake from its centuried sleep, shake off the lethargy that has bound his limbs, and start moving where destiny awaits.

I am a Filipino, and this is my inheritance. What pledge shall I give that I may prove worthy of my inheritance? I shall give the pledge that has come ringing down the corridors of the centuries, and it shall be compounded of the joyous cries of my Malayan forebears when first they saw the contours of this land loom before their eyes, of the battle cries that have resounded in every field of combat from Mactan to Tirad Pass, of the voices of my people when they sing:

“I am a Filipino born to freedom, and I shall not rest until freedom shall have been added unto my inheritance—for myself and my children and my children's children—forever.”



