



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



**6**



Zest for P rogress  
 Zeal of P artnership

# PHYSICAL EDUCATION

Quarter 2, Wk. 5 - Module 1  
 Nature and Background of Games

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



Name of Learner: \_\_\_\_\_

Grade & Section: \_\_\_\_\_

Name of School: \_\_\_\_\_



## WHAT I NEED TO KNOW

Games play an important role in improving one's quality of physical fitness condition and help in developing series of skills, teamwork and sportsmanship.

This module will allow you to know the nature/background of the common games commonly played by Filipino children, therefore you are expected to

- Explain the nature and background of the games (**PE6GS-IIb-1**)
- Describe the skills involved in the games (**PE6GS-IIb-h-3**)
- Observe safety precautions (**PE6GS-IIb-h-3**)



## WHAT'S IN

### **Activity 1- Know Me**

Directions: Read the questions carefully. Encircle the letter of your answer.

1. What game where you need to score points by striking an object and running to the designated playing areas?

- a. Target games
- b. Striking games
- c. Invasion games
- d. Educational games

2. What game focuses on teamwork, keeping possession, scoring and defending?

- a. Target games
- b. Striking games
- c. Invasion games
- d. Educational games.

3. What game needs enough control and accuracy and a good decision-making skill?

- a. Target games
- b. Striking games
- c. Invasion games
- d. Educational games

4. Which of the following is an example of target games?

- a. basketball, football, agawan base
- b. softball, siatong, basagang palayok
- c. kickball, boxing, luksong tinik
- d. dodgeball, bowling, tumbang preso

5. What skill is focused in playing invasion games?
- a. Motor skills
  - b. Tactical skills
  - c. Scoring and defending skills
  - d. Good decision – making skill



## WHAT'S NEW

### Activity 1 List it.

Name some games you play during your free time.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Activity 2: Jumble Me

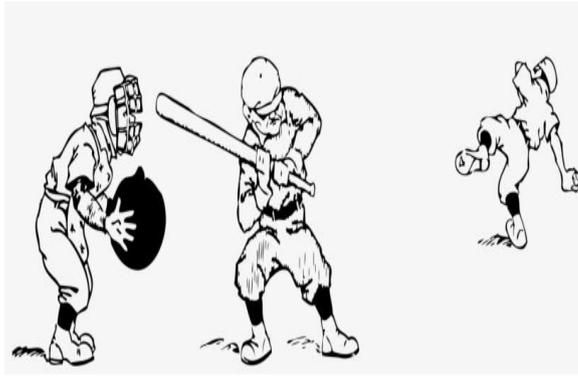
Look at the pictures. What type of game does it belong? Arrange the jumbled letter to form the word and then write the name of the game.



<https://images.app.goo.gl/GTLMoQV7NcyJF8dy5>

(GRATET - \_ \_ \_ \_ \_)

Name of the Game: \_\_\_\_\_



<https://images.app.goo.gl/4nkyMJC9jeV833qm8>

(TKSINIGR - \_ \_ \_ \_ \_)

Name of the Game: \_\_\_\_\_



<https://images.app.goo.gl/cN7GbGwpjpnwzYHVA>

(NIVSOAIN - \_ \_ \_ \_ \_)

Name of the Game: \_\_\_\_\_



### WHAT IS IT

Answer the following questions based on the activity above.

a. What are the three types of physical games?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

b. Why do you think it is called:

1. Target games - \_\_\_\_\_
2. Striking games - \_\_\_\_\_
3. Invasion game - \_\_\_\_\_

c. Give at least three (3) skills needed to play the

1. Target games

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

2. Striking games

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

3. Invasion games

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. Give three (3) examples for each game.

1. Target games

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

2. Striking games

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

3. Invasion games

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

e. What are the safety precautions we need to consider before playing these games? Write at least three (3).

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



## WHAT'S MORE

### Activity 1 Name Me

Directions: Below are the samples of different games. Identify if it's a target, striking or invasion game. Write your answer on the space provided.



1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_

### Activity 2 Tick It

Directions: Put a check (/) on the blank before each number that shows safety precautions, we must observe in playing games.

- \_\_\_\_\_ 1. Do warm-up and cool down.
- \_\_\_\_\_ 2. Know the rules of the game.
- \_\_\_\_\_ 3. Never play when your broken hearted.
- \_\_\_\_\_ 4. Yell at teammates who do not participate.
- \_\_\_\_\_ 5. Enjoy the game.



### What Have I Learned

I learned in this lesson that

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## What Can I Do

Now that you know the different types of games, let us try to create our own game. A sample game has been done for you.

**Name of the game:** Seize Me Up!

**Type of Game:** Invasion Game

**Objective:** To be able to catch at least 50% of the number of plastic balls

**Number of Players Needed:** 10 or more

**Materials Needed:** Paper plate, plastic ball and basket

### How to play the game?

Players must be grouped evenly and choose their “it”. The “it” will hold their baskets and must catch all the plastic balls that the opponents will throw through paper plate. All “it” members will run within the play area to catch at least 50% of the number of paper ball through paper plate and/ or directly catch by their held basket. Points will be given to the “it” with most numbered of paper inside the basket.

**Reminder:** Always observe safety precaution in playing the game.

Directions: It’s now your turn. Create your own game.

Name of the game: \_\_\_\_\_

Type of Game: \_\_\_\_\_

Objective: \_\_\_\_\_

Number of Players Needed: \_\_\_\_\_

Materials Needed: \_\_\_\_\_

How to play the game?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Reminder: \_\_\_\_\_

| Rubrics    | 5  | 3   | 1  |
|------------|--|---|--|
| Mechanics  | The rules of the game are easy to learn and understand | The rules of the game are easy but one part needed slight explanation | The rules of the game are difficult to understand. |
| Creativity | The game is interesting and                            | The game is somehow   | The game is not interesting and                    |

|             |   |  |   |
|-------------|---|--|---|
|             | fun   | interesting and fun                                  | fun.  |
| Originality | The game is extremely similar in structure and story to the examples given to students. | The game has some similarities to the examples given | The game has little to no resemblance to the examples given; both structure and story are original. |



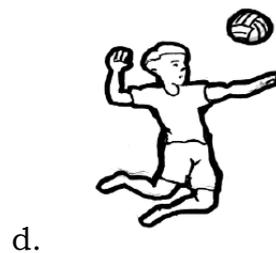
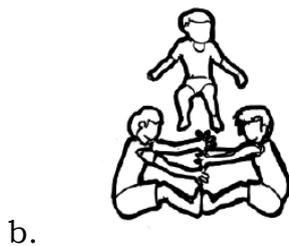
### Assessment

Directions: Read the questions carefully. Encircle the letter of your answer.

1. What game needs enough control and accuracy and a good decision-making skill?
  - a. Target games
  - b. Striking games
  - c. Invasion games
  - d. Educational games
2. What game where you need to score points by striking an object and running to the designated playing areas?
  - a. Target games
  - b. Striking games
  - c. Invasion games
  - d. Educational games
3. What game focuses on teamwork, keeping possession, scoring and defending?
  - a. Target games
  - b. Striking games
  - c. Invasion games
  - d. Educational games
4. What skill is focused in playing invasion games?
  - a. Motor skills
  - b. Tactical skills
  - c. Scoring and defending skills
  - d. Good decision – making skill
5. What skill is not involved in playing target game like tumbang preso?
 

|             |             |
|-------------|-------------|
| a. throwing | c. catching |
| b. running  | d. counting |
6. Which of the following is an example of target games?
  - a. basketball, football, agawan base

- b. softball, siatong, basagang palayok
  - c. kickball, boxing, luksong tinik
  - d. dodgeball, bowling, tumbang preso
7. Brettman, a Grade VI pupil plays basketball everyday with his friends. While playing the game, he possesses the ability to maintain personal space to make sure not to collide with other players or objects. What skill does he possessed?
- a. Dodging
  - b. Footwork
  - c. Tactics
  - d. Travelling in many directions
8. Which of the following is a striking game?



9. Before playing invasion games like basketball and football, what should we consider first?
- a. The weather condition is fine.
  - b. The safety of the playing area.
  - c. The availability of the officiating officials.
  - d. The equipment needed in the game are ready.
10. Why do we need to secure the safety of the playing area before playing a game?
- a. To make the playing area shiny.
  - b. To make the playing area clean.
  - c. To make the playing area free from harm.
  - d. To make the playing area visible to the crowd.

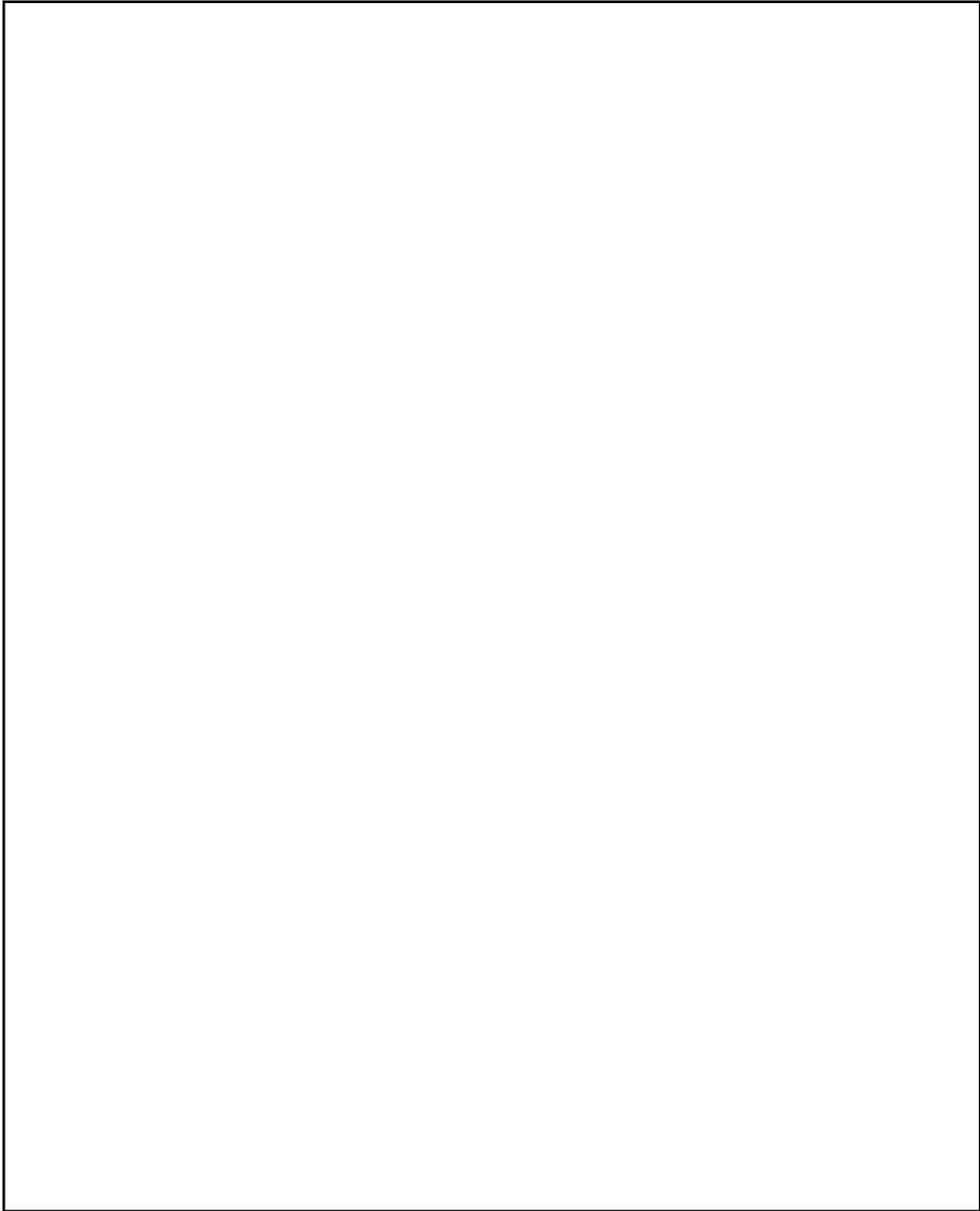


### Additional Activity

A. Draw 1 Filipino traditional game.



B. Create a poem about your favorite game using simple sentences.

A large, empty rectangular box with a thin black border, intended for the student to write their poem about their favorite game. The box is vertically oriented and occupies most of the page below the instruction.

## 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.

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.

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.

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.

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.

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.

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.

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.

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

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.

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.

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.

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!

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 sprung 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."





