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QUARTER 3

Lesson 1: MOVING IN VARYING SPEED AND DIRECTIONS

Where are the children going?
In which direction are they going?
Are their movements fast or slow?
How would you like to try some fun activities with your classmates?
Let’s Begin!

**Note:** Your teacher will assist you in all activities.

Warm Up Activities:
Come on! Let’s have fun, and enjoy.

---

Keep Moving!


Let’s perform walking, leaping or hopping and galloping to the tune of ‘Sitsiritsit’ movements while creating various shapes movements while creating each group will perform the same movement during every round in every round in straight, circular and zigzag direction (Walking, leaping or hopping, galloping)

**Round I:** In Fast Movement

**Round II:** In Slow Movement

---

**Remember!**

Our movement is sometimes determined by the sound we hear or the emotion we feel.

We perform the movement to the tempo of the music. The music can be associated with the movement of the slow and fast animals that may move in any direction.
Identify and execute the movements of the animals or vehicles in the pictures.

**Animals:**
- Inch worm
- Rabbit
- Crab

**Vehicles:**
- Train
- Motorcycle
- Airplane

Identify animals and mechanical objects that move in various tempos. Write inside the correct boxes

<table>
<thead>
<tr>
<th>Slow</th>
<th>Moderate</th>
<th>Fast</th>
</tr>
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<tbody>
<tr>
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</tbody>
</table>
Sing the song with actions,

"We’re Happy Today"
By: Virginia T. Mahinay

(your teacher will provide you the copy of the song)

Study the sign s and complete the sentences.

1. Walk to the ____________.

2. Walk in ________________direction.

3. Turn ____________________.
Lesson 2: THROWING AND CATCHING CHALLENGE

How good are you in catching anything thrown to you? Can you throw at different distances and levels? Proper throwing and catching are skills that can be learned through constant practice.

Let’s Begin!

Note: Your teacher will assist you in all activities.

Form three groups with the following group names:

- Group 1 - Catching
- Group 2 - Throwing
- Group 3 - Rolling.

Listen to the teacher and sing “Where is the Catching Groups?” to the tune of “Are You Sleeping?”
Answer the following questions:
- How many members are in the catching group?
- How about the throwing group? How many are there?
- For the rolling group, how many are there?
- How many are present? How many are absent?

**Keep Moving!**

Do the warm up and get ready for today’s challenges. Sing “Catching Throwing and Rolling” to the tune of “Are you Sleeping?” with the time signature of \(\frac{4}{4}\).

**Remember!**

Throwing and catching are basic to many ball games. Constant practice of throwing and catching will enable you to enjoy playing games without any difficulty or accident.

**Challenge Yourself!**

Form two lines and face each other. Make a distance of 3 to 5 meters.
Recall the song “CATCHING, THROWING, AND ROLLING”

Check Yourself!

Evaluate your skills based on your performance for manipulative movements. Put a smile figure on the space that matches your answer. (Your teacher will provide you the table or chart)

QUARTER 3

Lesson 3: KUNDAY KUNDAY BASICS
Have you mastered dancing tiklos? If your answer is yes, then you are ready to learn another dance named kunday-kunday.

**Kunday** means to move the hands gracefully in a way similar to kumintang somewhat like a kumintang. When adults want small children to show them some artistic hand movements they are asked to kunday. **Kunday** is used in Tagalog regions in connection to movements. The kunday movement is noticeable in this dance. (Francisca Reyes Aquino)

Let’s Begin!

**Note**: Your teacher will assist you in every activity

Keep Moving!

Listen to the music of **Kunday Kunday**.

Is it slow or fast?

Can you clap in time with the music? Now with your right and left hand, do the kunday in time with the music. Then move your arms in lateral and in reverse “T” “while doing the kunday.

- **Kumintang** – Rotate the wrist clockwise or counter clockwise (R/L).

- **Arms in Lateral** – Position- Place both arms at one side, either sideward right or sideward left
• **Arm in Reverse T** Position - Place your arms at sides horizontally, with elbows bent at a right angle, the forearms parallel to the head, and the palms forward or facing inward.

Now, do the change step. Read the description and look at the illustration below. (Your teacher will provide you the illustrations)

• **Change step** – Step right foot sideward, close left to the right and step in place with the right foot.

• **Touch Step**. Point right foot forward, close right to the left. Repeat with your left foot.

Where you able to do the arm movements? How about the change step and point step?

**Remember!**

**Kunday-kunday** is a lively dance that originated from the Tagalog region. **Kunday** means moving the hands gracefully similar to the *kumintang*. The basic steps used in the dance are change step and point step. Arm movements include *kunday*, arms in lateral and reverse T position.

**Challenge Yourself!**

Group yourselves into four. Perform arm position/movements and the dance steps of *kunday-Kunday*. 
Loosen Up!

Share your experiences in performing position/movements and the dance steps of kunday-kunday

Check Yourself!

Combine the dance steps and arm movements. Do 16 counts for each.

Do each task properly. You may ask your partner to grade your performance by using the following ratings?

Legend:

5 – Excellent  
4 – Very Satisfactory  
3 – Satisfactory  
2 – Somewhat Dissatisfactory  
1 – Dissatisfactory
Look at the children in the picture. What costumes are they wearing?

Do you still see People wearing these costumes? Nowadays? Those costumes are worn for the dance Kunday Kunday. Would you like to try it?

**Note:** Your teacher will assist you in every activity.

Remember the dance steps and arm movements in kunday kunday. Did you practice at home?

If you did, then you are ready to learn the complete dance. In this dance, you may choose a classmate like your partner or your teacher will assign partners.
Use the arm movements and the dance step you learned. Use the music of kunday-kunday so the students will be familiar with the music and the rhythm.

Before anything else, try to study the following terms used in the dance.

Partners stand side by side

Face Partner
Face Front
Now, you listen to the music (Kunday-Kunday)

Learn Figures I to IV. Your teacher will show you the complete dance and teach you the dance by figures.

Be patient in mastering the steps and the arm movements so you can enjoy the dance.

Once you have learned the steps with the music, you will be given time to practice.

Practice the dance with music

Master the sequence.

Dance with the music and enjoy!

**Kunday-Kunday**  
*(Francisco Reyes Aquino)*  
Vol. ____

**FORMATION.** Partners must stand about six feet apart, and face audiences. The girl must be at the right side of the boy.

**Remember!**

*Kunday-Kunday* – means to move the hands gracefully somewhat like a Kumintang when adults want small children to show them some artistic hand movement, they are asked to kunday. It is used in Tagalog regions in connection with hand movements. The Kunday movement is conspicuous in this dance.
Challenge Yourself!

Repeat the dance two or three times so that you will learn this interesting dance well.

Loosen Up!

How did you find the dance?
Did you enjoy it?
Share your experiences.

Check Yourself!

Check (√) your performance by using the following ratings:

Legend:

5 – Excellent
4 – Very Satisfactory
3 - Satisfactory
2 – Somewhat Dissatisfactory
1 - Dissatisfactory
Lesson 5 - RING RHYTHMICS

The ring is used as an implement for rhythmic routines. It helps develop coordination, gracefulness and confidence.

Have you tried creating movements with the use of a ring?

Create a simple routine and perform it with music.

Let’s Begin!

Note: Your teacher will assist you in every activity.

To prepare yourself for the activity, do the warm up exercise below

(Your teacher will provide you the illustrations)
Find a group and do the assigned task.

How did you feel while performing the proper way of handling the ring?

Use the rings with proper body mechanics. Follow the Figures 1-4 (Your teacher will provide you the figures)

1. Which part of the steps is fast?
2. Which part of the steps is slow?
3. What force is observed?
4. What flow is applied?
5. Where you able to perform the figures properly?

The **ring** is one of the many implements that can be used in rhythmic routines. Proper handling of the ring let’s you explore various movements and create shapes and actions.

Stay with your group. Repeat the movements with a ring and execute the figures well.
Loosen Up!

Tired?

Pause and sing this lively familiar song with an interesting lyrics.

“Jake and Jean“

(To the tune of Jack and Jill, By: Voltair C. Asildo)

Check Yourself!

Your teacher will grade your performance by using the following ratings:

Legend:

5 – Excellent
4 – Very Good
3 – Good
2 – Fair
1 – Needs Improvement
Lesson 6 - BALL RHYTHMICS

Balls are not only used in playing. It can also be used as exercise implements.

Try creating a routine with the use of a ball.

Let’s Begin!

**Note:** Your teacher will assist you in every activity. Do warm up exercises to prepare for the activities.
Perform the activity with a partner. Do Figures I-III.

**Figure I**
Standing Position: Stand with feet together, hands on chest level and palms facing down elbows out.
- a. Bounce ball count 1
- b. Catch ball count 2
- c. Repeat a and b counts 3, 4

**Figure II**
Standing Position: Stand with feet together hands on chest level elbows out
- a. Swing ball circle to the right, ball backward-forward counts 1, 2
- b. Repeat to the left counts 3, 4
- c. Repeat all 4 counts

**Figure III**
Standing Position: Stand feet together hands on chest level elbows out
- a. Throw ball upward, raising arms horizontally upward count 1
- b. Catch count 2
- c. Single bounce on the floor, swing arm sideward-downward count 7
- d. Catch count 4

Use music for the routine. Have fun doing the activity.
Follow the rhythmic exercises. (Please do Figures I-IV)

Which part of the figure is fast?
Which part of the figure is slow?
Which part of the figure is light?
Which part of the figure is strong?
Do you think you can dance gracefully?
What did you do while your teacher was leading the steps in rhythmic activities?

Remember!

Ribbons, hoops, balls, wands and other indigenous/improvised materials are simple implements used in exercise. They help develop body coordination, balance and flexibility. These are also materials that serve as extensions of our body. Our targets are:

**Time** – refers to slow, slower, slowest/fast, faster, fastest
**Force** – refers to light, lighter, lightest/strong, stronger, strongest
**Flow** – refers to smoothness of movement

Challenge Yourself!

Use a ball, and perform again the rhythmic routines in response to time, force and flow.

Loosen Up!

Sit down in a circle formation and sing Jake & Jean
In a stride sitting position sing Leron, Leron Sinta and use the following week steps:

Standing Position: Stride sitting position, ball on chest level elbows out

a. Sway body right and left 4 counts
b. Twist trunk to the right, swing ball circle, ball backward-forward counts 1, 2
c. Repeat position to the left counts 3, 4
d. Repeat a and c 4 counts
e. Throw ball upward (overhead), raising arms obliquely upward count 5
f. Catch count 6
g. Single bounce on the floor, swing arm sideward-downward count 7
h. Repeat a to c 4 counts

Perform the rhythmic exercises with ball. Use music suited to the activity. Grade your performance. Use the following ratings:

**Legend:**

3 - Very Good
2 - Good
1 - Fair

<table>
<thead>
<tr>
<th><strong>Activities</strong></th>
<th><strong>Score</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Feet movements are done accurately</td>
<td></td>
</tr>
<tr>
<td>Hand movements are done correctly</td>
<td></td>
</tr>
<tr>
<td>Implements are held properly</td>
<td></td>
</tr>
<tr>
<td>Performed the whole rhythmic activity with gracefulness</td>
<td></td>
</tr>
</tbody>
</table>
Do you know how to play basketball?
Do you know how to dribble and shoot?

Let’s Begin!

**Note:** Your teacher will assist you in every activity

In the previous lesson, you learned the correct body mechanics in doing rhythmic routines with a ball. You will now learn the different techniques of dribbling and shooting ball. You will use these in a simple but challenging fun game.

Start the activity by performing the following exercises.
Study and practice how to do perform correct dribbling.

A. **Head level** – refers to dribbling the ball at the head level/head and waist in between.

B. **Waist level** – refers to dribbling the ball at the waist level/waist and in between.

C. **Knee level** – refers to dribbling the ball at the knee level/below.
Let’s have a shooting game

Join any team for this game.

Mechanics of the game:
(Your teacher will give you the mechanics)

Did you enjoy the game?
Were you able to bring the ball forward?
What do you need to do to score a point?

Remember!

Shooting and dribbling are basic skills in basketball. Learning through fun but challenging games will help you develop coordination and accuracy.

Challenge Yourself!

One, Two and Three... Dribble Away

1. Did you enjoy the game?
2. Did you execute the proper way of dribbling?
3. Did you show sportsmanship in the game? How?
Loosen Up!

Take a rest. Form a big circle and sit “Indian style”. Sing the song “Maglaro Tayo”.

Check Yourself!

Choose a partner. And do the task. Ask your partner to rate your performance. Legend:

3 – Excellent
2 – Satisfactory
1 – Good

QUARTER 3

Lesson 8 - TUMBANG PRESO CHALLENGE
Have you seen children playing **Tumbang Preso**?

**Tumbang preso** is a game that tests your skills in running, walking, and dodging in slow and fast movements in varying directions. In addition, your agility and accuracy in hitting the target will also be tested.

---

**Let's Begin!**

Do the following exercises to prepare you for the day's activity.

**Note**: Your teacher will guide you.

Now that you have warmed-up, you are ready for the next activity.

**Activity 1** - Crazy Can  
(Note: Your teacher will show you the procedure)

**Activity 2** – Tumbang Preso

Let's play another game. Invite your friends to play **Tumbang Preso** and use the skills you learned in Crazy Can.

Your teacher will prepare the venue and materials to be used. You must listen carefully to the mechanics of the game.

**Did you play Tumbang Preso?**  
What skills did you apply while playing the game?  
What are the important things to remember in playing **Tumbang Preso** so you can play better?
**Remember!**

*Tumbang Preso* is a game that calls for agility, accuracy and speed. You need to walk, run and dodge in varying speeds and directions, to evade being tagged by the “IT”. Your honesty, sportsmanship and self-discipline are tested.

**Challenge Yourself!**

Let’s play another game. Invite your classmates to play *Hilahang Lubid* (Tug of War) and use the skills you learned from the previous games.

**Note:** Your teacher will give you the procedure.

**Loosen Up!**

Sing any song that you learned from past lessons.
Check Yourself!

Grade your performance by checking the box that matches your action.

(Your teacher will provide you the table or chart)