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**3**

# **Physical Education**

## **Quarter 1 - Week 3**

### **MaglakawugMagkanta Kita**



Department of Education • Republic of the Philippines

**Physical Education - Grade 3**

**Alternative Delivery Mode**

**Quarter 1- Week 3: maglakawugMagkanta Kita**

**First Edition, 2020**

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# 3

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### **MaglakawugMagkanta Kita**

This instructional material was collaboratively developed and reviewed by educators from public and private schools, colleges, and or/universities. We encourage teachers and other education stakeholders to email their feedback, comments, and recommendations to the Department of Education at [action@deped.gov.ph](mailto:action@deped.gov.ph).

**We value your feedback and recommendations.**

**Department of Education • Republic of the Philippines**

***PasiunangSalita***

Malipayong pagsalimot sa MAPEH sa katatlong Grado,  
kini ang modyul sa Maglakawug Magkanta Kita.

Kini ang modyul ng himosang magtutudlo sa Dibisyon sa Malaybalay City subaysa K to 12 Kurikulumginiyahansang opisyal sa Dibisyon.

Kini ang tinguhang makakat – on ang mga kabataantaliwalang adil sila makasulod sa eskwelahan tungodsang problema sa pandemya (COVID19).

### **Pahimangnosang Magtutudlo:**

Kini ang kobsang pag-aarong makakat – on ang mga estudyante.  
Gilauman ng inyosilang magiyahansang paggamit niini.

### **Alang sa mga Tinun – an:**

Kini ang modyul ng himo aron magiyakanimosang sabot sa competency nga ang makat – unang mahibal – an.

### **Pahimangnosang Tinun – an:**

1. Dili sulatan o hugawan ang modyul. Ang inyong mga tubag sa mga bulohaton isulat sa inyong *activity* not buksa MAPEH.
2. Iganid sa pagtubag ang mga bulohaton.
3. Ibalik ang modyul sa maayong kondisyon sa petsang sumalas sa inyong gikabotan sa imong magtutudlo.
4. Kung adunay mga pangutana o kalibogayaw pagmakulap sa pagkonsultasyon magtutudlo. Itext o tawag niining numero \_\_\_\_\_ (*teachers mobile number*).

Kami nanghinaot ng apina agini ini ikaw makasina tiog bulawanon ng pagtulon – an.

# ARALIN

## 3

# PE: MAGLAKAW UG MAGKANTA KITA

**Objective:** *Walk in different directions  
with proper body mechanics*



### **Hibalo-i Kini**

Karonatong pagatun-an ang mgainsaktong postura ug pamarugngamakahatagugmaayon gepektosaatong panglawas.



### **Sulayi Kini**

Direksyun: Butangi og tsek (/) anghugpulong nganagpadayag og saktong aposturasapaglakawogekisngamarka (X) kung dili. Isulatanginyong tubagsainyong *Activity Notebook*.

\_\_\_\_\_ 1. Ang lalaking anaglakawog tarong.

\_\_\_\_\_2. Anglalakinga nag bi-ad nganaglakaw.

\_\_\_\_\_3. Anglalakinganagbakosamtangnaglakaw.

\_\_\_\_\_4. Angbabaenganagtigkisamtangnaglakaw.

\_\_\_\_\_5.

Anglalakinganagtindogogtarongognakataasangulosasaktongadi reksyun.



### **Subli-a Kini**

Atonghisgutanangmgalihokngaatongnatun-ankagahapon.

1. modukopaingonsaatubangan
2. modukopaingonsaduhakakilid
3. mobi-ad paingonsalikod



### **Kat-oni Kini**

Atongkantahonang "Wiggle"

*Wiggle (3X)*

*Left, right, left, right ( move hands alternately)*

*Wiggle(3X)*

*The left, Right song*

*Wiggle(3X)*

Learn from your left & your right  
Bend to the right, bend to the left  
Bend to the rhythm of the beat.  
wiggle (3X)

Mgapangutana:

1. Unsanga parte salawasanggipalihoksakanta?
2. I-aksyonangimongnadungogsamtangikawnagkanta?
3. Unsa man kiningaklasesalihok? Lokomotor o di-lokomotorngalihok

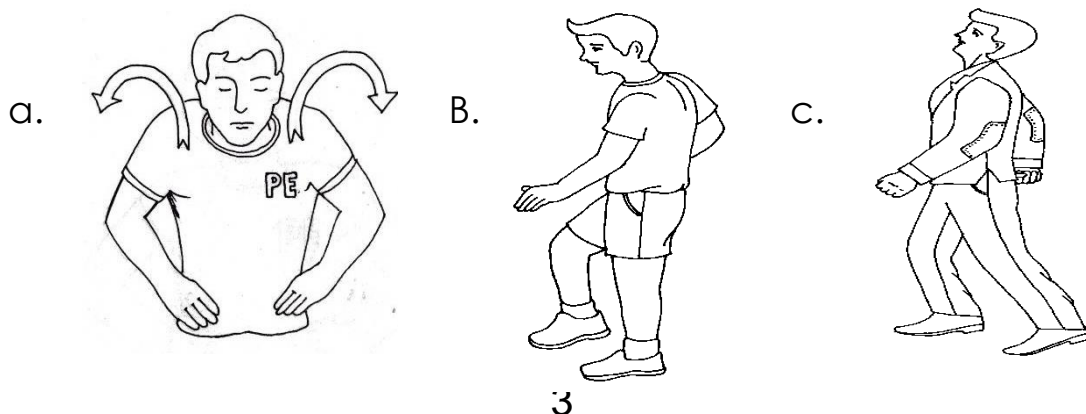
## Activity 1

Direksyon: Tan-  
awaangmgahulagwaynganaasaubosugpangitaaangnakalahi.  
IsulatangletrascinyongActivity Notebook.

1. Lalakinganaglakawngasaktoangbarug.



2. Lalakinganagbako



3. Lalakinganaglakawngaadunaysaktongabarug.



### **Susiha Kini**

MgaPangutana:

1. Unsa man angimongnakitasahulagway?
2. IkomparaanghulagwayAogB? Asa man saduhakahulagwayangnagpakitasasaktongapostura o barug?
3. Asa man saduhakalalakiangnagpakitasasaktongapostura o barugsapaglakaw?Anganaabasahulagwaynga C o D?
4. Ipakitaangsaktongapostura o barugsapagtindog.
5. Ipakitaangsaktongapostura o barugsapaglakaw.





## **Pagpauswag**

### **Activity 1 (Individual)**

“Walking All The Way”

Ipakita ang aktong paglakaw.

### **Activity 2**

“I Am a Model”

Buhata ang paglakaw ng atul-id  
at ubang sandakong salamin ug pagkahuman tubaga ang mgapipil  
akapangutana sa ubos.

Pangutana:

1. Gi-unsa nimo paglakaw?
2. Asa nimo gibutang ang imong kamotsam tangikaw nagpasopaso?
3. Maayoba tan-awon maglakaw ngamagduko?
4. Maayobamaglakaw ngaitaasang suwang ug tul-id ngabarug?



## **Hinumdumi Kini**

Ang paglihok sa masapaglakawog pagtindog nga adunaysakton gapostura og barug, makahatagugkalipaysatagsa-tag sa og kini usab makahatag og maayong epektosaa tong panglawas.

Ang pagdisiplinasaatongkaugalingonsamaayong pagbarug maoy atong gikinahanglanaron mamahimong smart ug listo ang tawosaiyangkaugalingon nga angayansundogonsa ubanaron malikayanang buktotngapostura.



## **Buhata Kini**

Sundaang musunod ng direksyun

1. Itaasang imong kamot.
2. Igunitsapaderang isakakamot
3. Itaasang usakakamot samtang ang pikas na asubos.
4. Ituyokang imong lawas agisubos ngakamot, hangtod nga nagtalikod kana.



## **Ebalwasyon**

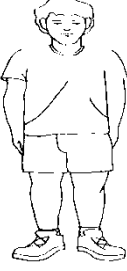
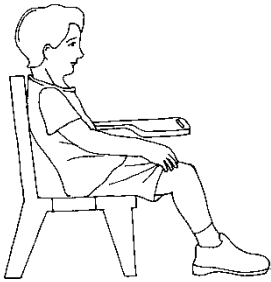
Direksyun: Basahaogsabtaanghugpulongsaubos.  
Isulatang**Sakto**kung  
matuodanggisultisahugpulongug**Sayop**kungwalaykamuoran.  
Isulatanginyongtubagsainyong*Activity Notebook*.

- \_\_\_1. Maglakawngaitaasangduhakakamot.
- \_\_\_2. Maglakawngakruskrusangimongduhakatiil.
- \_\_\_3. Maglakawnganagluhod.
- \_\_\_4. Maglakawngaimongilabyogangimongduhakakamot.
- \_\_\_5. Maglakawngamagdungo.



## **Mga Buluhaton**

Direksyun: Butangiogtsek (/) angkaon kung  
unsaanggipakitasahulagway.IsulatanginyongtubagsainyongA  
*ctivity Notebook*.

	Maayong Postura	Dili-Maayong Postura
1. Pagtindog 		
2. Paglingkod 		



### **Sanggunian**

Physical Education 3 Kagamitan Ng Mag-Aaral Sinugbuanong Bisaya Unit 1 . 2014. 1st edition.  
 K To 12 Physical Education Curriculum Guide. 2016. DepEd.

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<https://teachershq.com/grade-three-tg/>

Fitness for Health and Sport by Patricia G. Avila, MD

Fitness for Children by Curt Hilton, copyright 1995



## *Tubag sa mga Pangutana*

<b>SulayiKini</b>	<b>Kat-oniKini</b>	<b>Pagpauswag</b>
1. Sakto	1.c	1.
2.sayop	2. B	2.
3. sayop	3.A.	3.
4. sayop	4.	4.
5. sakto	5.	5.
<b>Susiha</b>	<b>HinumdumiKini</b>	<b>Ebalwasyon</b>
1.	1.	1.Maayong Postura
2.	2.	2. Dili Maayopostura
3.	3.	3.
4.	4.	4.
5.	5.	5.

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