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3

Physical Education

Quarter 1 - Week 4

LIHOK UG PIK-A ANG MGA



Department of Education • Republic of the Philippines

P.E- Grade 3

Alternative Delivery Mode

Quarter 1 - Week 4: Lihok ug Pik-a Ang mga Tuhod

First Edition, 2020

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Physical Education

Quarter 1 - Week 4

LIHOK UG PIK-A ANG MGA TUHOD

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.

We value your feedback and recommendations.

Department of Education • Republic of the Philippines

Pasiunang Salita

Malipayong pagsalmotsa MAPEH salkatulong Grado, kiniang modyul sa Aralin 4, Lihok ug Pik-a Ang Mga Tuhod.

Kining amodyul gihi mosamag magtutudlosa Dibisyon sa Malayb alay City subaysa K to 12 Kurikulum giniyahansamga opisyal sa niining Dibisyon.

Kininagtinguhang makakat – on ang mgakabataantali walang adilisilamakasulod sa eskwelahantung odsaproblemasapandemya (COVID19).

Pahimangnosamga Magtutudlo:

Kininagalangkobsamgapamaagiaron makakat – on ang mga estudyante. Gilauman ng inyosilang magiyahansapaggamit niini.

Alangsamga Tinun – an:

Kining amodyul gihi moaron mugiyakanimosapagsabotsa competency nga angay makat – unanugmahibal – an.

Pahimangnosamga Tinun – an:

1. Dilisulatan o hugawanang modyul. Ang inyong mgatubagsamgabulohaton isulatsainyong *activity* not buksa MAPEH.
2. Iganidsapagtubagang mgabulohaton.
3. Ibalikang modyul samaayong kondisyonsapetsasumalasainyong gikasabotansaimong magtutudlo.
4. Kung adunay mgapangutana o kalibogayaw pagmakulisapagkonsultasainyong magtutudlo. Itext o tawagniiining numero _____ (*teachers mobile number*).

Kami
nanghinaotngapinaaginiiniikawmakasinatiogbulawanonngapagt
ulon – an.

ARALIN
4

**P.E : LIHOK UG PIK-A ANG MGA
TUHOD**

Objective: *Identifies conditioning and flexibility exercise that will improve posture.*



Hibalo-i Kini

Karonatongpagatun-an angmganagkalain-
laingpaglihokugpagpikosaatongmgatuhodsamasapagluhods
aduhakatuhod,
pagtunobngakatungaangpagpikosatuhoduguban pa.
Pinaaginiiniatousabngamahibaluankonunsaangnagsuportasa
atongmgatiilaronmakamugnakitaognagkalain-
laingpaugnatsakusog.

Kiniimportantekaaayongpagatun-an
natokaykininagsuportasaatongmgatiilsapanahongakitamagl
akaw-lakawugmakaabotkitasabisanasangadireksyon.



Sulayi Kini

Direksyon: IsulatangSkungsaktoanggipakitasahulagwayDSkung
dili-sakto.Isulatangimongtubagsaimong activity notebook.

1. Nagluhodangduhakatuhod.



2. Nagluhodngagibulagangmgatuhod



3. Nagluhodngakatungaangpagpikosatuhod.



4. Giluhodangusakatiil samtanggiinatangusasakiid.



5. Nagluhodngagipikoangisakatiil.



Subli-a Kini

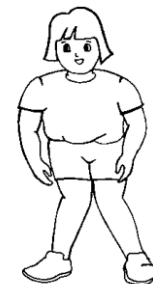
Mgalainlaingposisyonsapaglakaw.

A

B

C

D

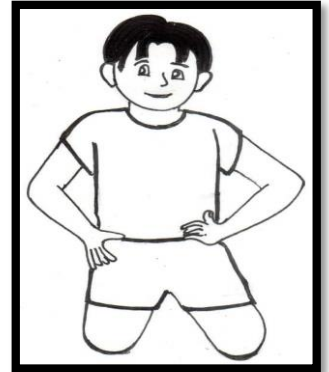
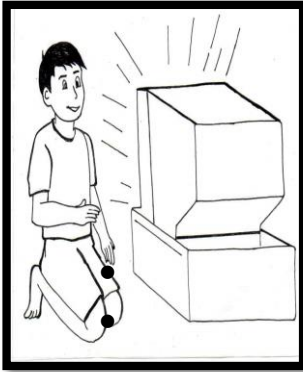


1. Unsainyongnamatikdansa hulagway A ug C?
2. Unsainyongnamatikdansa hulagway B ug D?
3. Kinsakahasailahaangadunaysaktongapormasapaglakaw?
4. Kinsakahaangnaglakawogmaayo A o D?



Kat-oni Kini

Direksyon :Sunda ang gibuhat sa hulagway sa ubos.



- Sayonbakini o lisod?
- Unsaanginyonggibatisamtanggihimoangpagpikosamgatuho d?



Susiha Kini

Angpagpikosamgatuhodmahimosanagkalain-laingpamaagisapagpreparaparasapagpaugnatsakusog. Angmganagkalain-laingposisyonsapagpikosatuhodmaoang; pagluhodsaduhakapaa, pagtunobngaibulagangmgapaa, pagtunobngakatungaangpagpikosatuhodugpagluhodsasakatiiil samtanggiinatangusasakiliidwala/tuongabahin. Kung sapnotangsalogpwedemaggamitugpanaptonparasatuhod.Maka mugnakitaoglainlaingpaugnatsakusogsamtangnagluhodnakapun teriyasapagpiko,balanseugkusog.



Pagpauswag

Direksyon :Pangita-a sa *column* B
 angmgahulagwaynggaginganlansa *column* A.
 Isulatangimongtubagsaimong *activity* notbuk.

A

B

1. Nagluhodang duhakatuhoa.



2. Nagluhodngagipiko angisakatiil.b.



3. Giluhodangusakatiil samtanggiinatangusa sakilid.C.



Hinumdumi Kini

Unsaangkalain-
 laingposisyonsapaglihokugpagpikosamgatuhod?



Buhata Kini

Direksyon: Mag-itsaog dice ug buhaton kung unsa nga naasa dice.

Ang dice adunay deriksyon kon unsa iyang himuon ngalihok.

Sulod sa dice:

- Iluhod ang duha kapaa.
- Pagluhod nga ibulag ang mga paa.
- Pagluhod nga katunga ang pagpikosatuhod.
- Iluhod ang usa ka tiil samtang giinatang usa sa kilid.



Ebalwasyon

Direksyon: Isulat ang tsek (✓) kung anghulagway nagpakita ug insaktong pagpikosamgatuhod. Eks (x) kung wala. Isulat ang imong tubag sa imong activity notebook.

1.



2.



3.



4.

5.



Mga Buluhaton

Direksyon: Magmugnaoglainlaingposisyon o
lihoksamtangnagluhod.



Sanggunian

K to 12 Grade 3 P.E Curriculum Guide 2016 Edition

K to 12 Grade 3 MAPEH Teachers Guide

K to 12 Grade 3 MAPEH Learners Material

First Quarter Exemplar

www.lrmds.weebly.com

study.com

lrmds.depedldn.com

kids exercise clipart



Tubag sa mga Pangutana

Sulayikini	Sublia-a kini	Pagpauswag	Ebalwasyon
1. S	1. answer may vary	1. C	1. \checkmark
2. DS	2. answer may vary	2. A	2. \checkmark
3. DS	3. A ug C	3. B	3.X
4. DS	4. A		4.X
5. S	5		5. \checkmark

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