

Physical Education

Quarter 1 - Week 8

Flexibility on Trial



Physical Education - Grade 3
Alternative Delivery Mode
Quarter 1 - Week 8: Flexibility on Trial
First Edition, 2020

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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.

Pasiunang Sulat

Malipayong pagsalmotsa MAPEH salkatulong Grado,
kiniang modyul sa Flexibility on Trial.

Kiningamodyul gihimosamgamagtutudlosa Dibisyon sa Malayb
alay City subaysa K to 12
Kurikulumginiyahansamgaopisyalesniining Dibisyon.

Kininagtinguhangamakakat – on
angmgakabataantaliwalangadilisilamakasulodsakeskwelahantung
odsaproblemasapandemya (Covid 19).

Pahimangnosamga Magtutudlo:

Kininagalangkobsamgapamaagiaronmakakat – on
angmgaaestudyante.
Gilaumanngainyosilangmagiyahansapaggamitniini.

Alangsamga Tinun – an:

Kiningamodyulgihimoaronmugiyakanimosapagsabotsa
competency ngaangaymakat – unanugmahibal – an.

Pahimangnosamga Tinun – an:

1. Dili sulatan o hugawanangmodyul.
Anginyongmgatubagsamgabulohatonisulatsainyong*activ
ity*notbuksa MAPEH.
2. Iganidsapagtubagangmgabulohaton.
3. Ibalikangmodyulsamaayongkondisyonsapetsasumalasain
yonggikasabotansaimongmagtutudlo.
4. Kung adunaymgapangutana o
kalibogayawpagmakulisapagkonsultasainyongmagtutudl
o. Itext o tawagniiningnumero _____ (*teachers
mobile number*).

Kami
nanghinaotngapinaaginiiniikawmakasinatiogbulawanonngapagt
ulon – an.

ARALIN 8

PE: Flexibility on Trial

Objective: Determine conditioning and flexibility exercise that will improve body posture.



Hibalo-iKini

Karonatong pagatun-an ang pag-
ilasan agkalainlaing paugnatsakusog ug *flexibility* na ehersisyo. An
g *flexibility* usaka abilidad sa tawong apalamboon para
andamang lawas paglikaysakadaot ug makatabang samaay
ong pamarog.

Kini importantekaayong pagatun-an aron mahibal-an
nato ang paglikaysamgadisgrasya ug makatabang samaayong p
amarog.

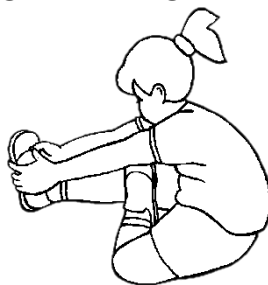
Gikinahanglan na ay pasensiyang disiplinang magbuha
t sa mga *flexibility* na ehersisyonang makalingawngamgakalihokang p
isikal.



SulayiKini

Panuto:

Pilia angletrang pagpakitasahulagway. Isulatangim
ong tubagsainyong activity notebook.



1.)

a.

pagpormang abliang mgapaa

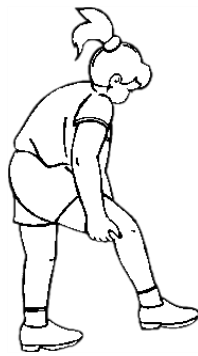
- b. inataangbuktonsamtanggikrusangmgapaa
- c. pagpormaogletrang L sapaglingkod
- d. pagmartsasalugar

2.)



- a. pagpormangaabliangmgapaa
- b. molingkodngasamasabaki
- c. ipormaanglawassamasairo
- d. pagmartsasalugar

3.)



- a. dukouggunitisaduhakakamotangusakapaa
- b. pagmartsasalugar
- c. pagpormangaabliangmgapaa
- d. ipormaanglawasngasamasairo

4.)



- a. ipormaanglawasngasamasairo
- b. molingkodngasamasabaki
- c. inataangbuktonsamtanggikrusangmgapaa

d. walasaA,Bug C

5.)



- a. pagpormaogletrang L sapaglingkod
- b. kab-
otaangmgatudlosatiilsamtangnaglingkod
- c. pagpormangaabliangmgapaa
- d. pagmartsasalugar



Subli-a Kini

Panuto:

a. Pakulobngapaghigda

Grupohaangnagpakitagbalanseogdilibalansen
gapormasamatagbahinsalawasnganaasakaho
n.Isulatangimomgtubagsainyong activity
notebook.



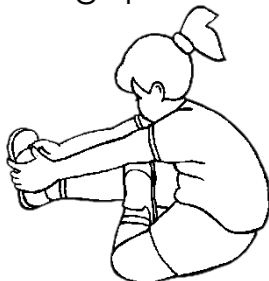
- b. Patalikodngapaghigda
- c. Molvingkodngapormasabaki
- d. Ipormaanglawasngasamasairo
- e. Moluhodugiabanteangtuongapaa

Nagpakitaogbalanse	Dili balanse

Kat-oniKini

Panuto: Tan-awa ang mga hulagway og sunda ang nagkalainlaing paugnat sa kusog ug *flexibility* na ehersisyo nga makatabang nga mapalambo ang maayong pamarog.

1. Pagpormaogletrang L sa paglingkodmgapaa



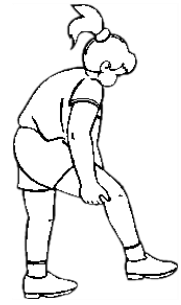
2. Pagpormangaabliang



3. Kab-otaangmgatudlo

satiilsamtangnaglingkodkamotangusakapaa

4. Dukouggunitisaduhaka

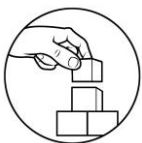


5. Inata ang buktong samantang
gikrusang mapaa



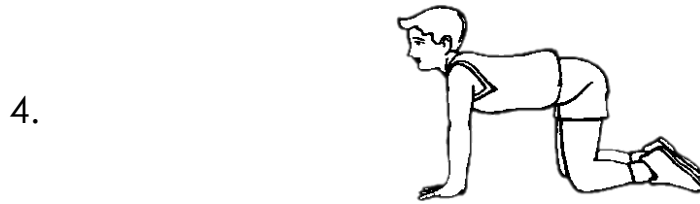
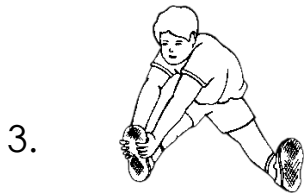
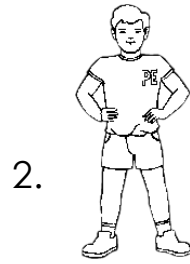
Susihang

Ang nagkailanlaing paugnatsakusogug *flexibility* na ehersisyosak apamaaging mapalambo ang ating maayong pamarogug para andam ang ating lawas paglikaysakadaot. Makadaot ang dilihustong posisyon sapaginatsamgabuktonugsamgapaasamtangkitagaeherisyo. Ang pagpasensiyang disiplinamang ginahanglansamtanggabuh at kitasalainlaing paugnatsakusogug *flexibility* na ehersiyonamakalingawngamgakahokang pisikal.



Pagpauswag

Panuto: Butang iog kung nagpakitasapaugnatsakusogug *flexibility* na ehersiyong ang wala nagpakita. Isulat ang imong tubag sa inyong activity notebook.



HinumdumiKini

Adunaylainlaingpaugnatsakusogugflexibilityna
ehersisyongamakatabangsapagpalambosamaayong
pamarog.



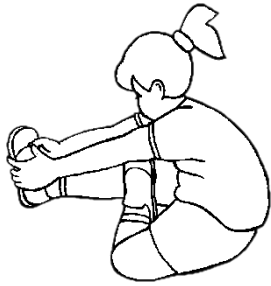
BuhataKini

Panuto: Isulatang**Sakto** kung
nagpakitakinisamgapaugnatsakusogugflexibilityn
aehersisyong**Dili** **sakto**angwalanagpakita.
Isulatangimongtubagsainyong activity notebook.



Molingkodngasamasabaki Pagpormangaabliang mgapaa

3.



4.



Pagpormaogletrang L saDukouggunitisaduhaka paglingkod kamotangusakapaa

5.



Kab-otaangmgatudlosa tiisamtangnaglingkod



Ebalwasyon

Panuto:

Tun-
iangmgahulagwayunsangamgapaagnatsakuso
gugflexibilitynaehersisyoanggipakitaniini.
Itandiing column A sa column B
.Isulatangimongtubagsainyong activity
notebook.

A

B

1.



a. Pagpormaogletrang L sapaglingkod



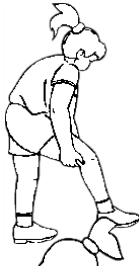
2.



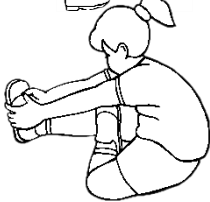
3.



4.



5.



Mga Buluhaton

Buhatausabang saktong paugnatsakusog ug *flexibility* na ehersisyongaimong natun-an.

b. Kab-

otaangmgatudlosatiilsa
mtangnaglingkod

c. Inataangbuktonsamtan
ggikrusangmgapaa

d. Pagpomangaabliangm
gapaa

e. Dukouggunitisaduhaka
kamotangusakapaa

f. pagmartsasalugar



Sanggunian

K to 12 Grade 3 Physical Education Curriculum Guide 2014 Edition

K to 12 Grade 3 Physical Education Kagamitan Ng Mag-aaral Sinugbuanong Bisaya Unit 1. 2014. 1st ed.

K to 12 Grade 3 Physical Education Teacher's Guide 2014 Edition

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