

PHYSICAL EDUCATION WORK BOOK

MODULE TWO	Arnis (Dual Sports)	TIME ALLOTMENT	8 SESSIONS
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OVERVIEW OF THE MODULE

Arnis is a Filipino martial art that can be performed individually or with a partner, using a single stick or a pair of sticks for striking and blocking; it may also be used for self-defense.

This module will allow me to learn the fundamental skills of Arnis through lessons that are presented in the order that they will be taken up in class. This will allow me to follow closely and participate actively in all the learning activities.

Self- and peer evaluation will be used to monitor my progress and check how proficient I have become. A set of rubrics will be used for this purpose, which I can also use to help me identify and correct my classmate's errors, if there are any present.








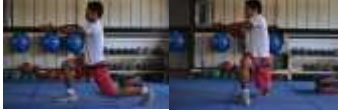
Appropriate warm-up, stretching and cool-down exercises will be routinely performed to make sure that my body is physically ready for the day's lessons and to prevent any injury from occurring.






As the lessons progress, my fitness level will





	<p>also be monitored. Conducting regular fitness checks will enable me to be more conscious about my health and lifestyle. Also, having proper fitness will allow me to perform the drills in class with ease.</p>
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<h2>LEARNING COMPETENCIES</h2>	<p>At the end of this module, I will be able to:</p> <ol style="list-style-type: none">1. Practice the skills learned in this course with few observable errors in technique.2. Execute with confidence the fundamental skills of Arnis.3. Understand the rules, conventions and terminology in Arnis by using them during the execution of skills.4. Perform the warm-up, stretching and cool-down exercises properly and on my own.5. Determine my fitness levels and identify areas for improvement.6. Be open to criticism when a peer is evaluating my performance, and at the same time, be critical and fair when evaluating others.7. Be honest and fair at all times.8.
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SESSION 1	INTRODUCTORY ACTIVITY	5
	MINUTES	
REVIEW: <p>In our previous lesson, I have assessed my skill-related fitness.</p> <p><i>Skill-related physical fitness (SRPF)</i> consists of components that have a relationship with learning motor skills quickly and the ability to achieve a high level of performance in sports.</p> <p>This quarter, I am going to learn the fundamental skills in Arnis. I know that I will be able to improve my motor skills with practice so that I am able to strike and block well; and quickly shift my body while maintaining balance. Practicing these skills will therefore help me become more fit.</p> PREVIEW: <ul style="list-style-type: none">• Today’s lesson consists of three (3) parts: first, the routine warm-up and dynamic stretching exercises; second, the basic skills in grip and body stance, and third, the cool-down routine.• The tasks include:<ul style="list-style-type: none">✓ Performing warm-up and dynamic stretching exercises.✓ Learning the fundamental skills in Arnis:<ol style="list-style-type: none">1. Holding the stick with the proper grip.		




	2. Familiarizing oneself with the basic stance and salutation.	
<h1>SESSION 1</h1>	SKILL DEVELOPMENT	5 MINUTES
	<p>GENERAL WARM-UP</p> <ol style="list-style-type: none"> 1. Jog for 1 minute. 2. Side shuffle (left foot leading) for 20 seconds. 3. Side shuffle (right foot leading) for 20 seconds. 4. Carioca (left foot leading) for 10 seconds. 5. Carioca (right foot leading) for 10 seconds. 6. Butt kicks for 10 seconds. 7. High knees for 10 seconds. 	
	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Side Shuffle</p> </div> <div style="text-align: center;">  <p>Carioca</p> </div> <div style="text-align: center;">  <p>Butt Kicks</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;"> <div style="text-align: center;">  <p>High Kicks</p> </div> <div style="text-align: center;">  <p>Knees</p> </div> </div>	
<p>DYNAMIC STRETCHING</p> <ol style="list-style-type: none"> 1. Knee hug to calf raise  2. Single leg deadlift  3. Lunge and twist  		



	<p>4. Toe touch</p> 	
	<p>APPLICATION</p>	<p>20 MINUTES</p>
	<p>FUNDAMENTAL SKILLS</p> <p>1. Grip: Proper hold of the stick</p> <div style="display: flex; align-items: flex-start;">  <ul style="list-style-type: none"> ✓ Hold the stick one fist away from the punyo (butt) of the stick. Close the grip with the thumb. </div> <p>2. Basic Stance and Salutation</p> <p>Handa</p> <div style="display: flex; align-items: flex-start;">  <ul style="list-style-type: none"> ✓ Feet are positioned shoulder width apart. ✓ Stick is held in front of the body. </div> <p>Pugay</p> <div style="display: flex; align-items: flex-start;">  <ul style="list-style-type: none"> ✓ Place the weapon hand across the chest. ✓ Bow by bending at the waist. </div> <p>Handa sa Paglaban/Fighting Stance</p> <div style="display: flex; align-items: flex-start;">  <ul style="list-style-type: none"> ✓ One foot in front (foot the same as the weapon hand), the other foot on the rear ✓ Keep feet apart, distance of one foot. ✓ Both knees slightly bent </div>	

	Forward Stance	<ul style="list-style-type: none">✓ Toes facing forward✓ Weight evenly distributed on both feet
		<ul style="list-style-type: none">✓ Distance of 5 steps between the feet.✓ Back leg kept straight, rear foot is held at a 45 degree angle.✓ Keep the front knee bent.✓ Weight is evenly distributed on both feet.
	Backward Stance	<ul style="list-style-type: none">✓ Distance of 4 steps between the feet.✓ Both knees are slightly bent.✓ Rear foot held at a 90 degree angle.✓ 70% of the body weight on the rear foot while 30% is placed on the front foot.
		
COOL-DOWN: Static Stretching Exercises		
1. Wrist (fingers down, up, forward)		
		
2. Finger stretch		
		

	<p>3. Overhead stretch</p> 	
	<p>4. Chest stretch</p> 	
	<p>5. Triceps</p> 	
	<p>6. Cross elbow</p> 	
	<p>7. Zipper</p> 	
	ASSESSMENT	5 MINUTES
	<p>Using the rating scale below, I can assess my performance on the following skills accordingly:</p> <p>Rating:</p> <p>I I can practice the skill by myself.</p> <p>O I can practice the skill with others'</p>	

	<p>help. W I will just wait for the next PE class.</p> <table border="1" data-bbox="705 306 1227 592"> <thead> <tr> <th>RATING</th> <th>ACTIVITY</th> </tr> </thead> <tbody> <tr> <td></td> <td>Warm-up</td> </tr> <tr> <td></td> <td>Dynamic stretching</td> </tr> <tr> <td></td> <td>Grip</td> </tr> <tr> <td></td> <td>Stance</td> </tr> <tr> <td></td> <td>Static stretching</td> </tr> </tbody> </table>		RATING	ACTIVITY		Warm-up		Dynamic stretching		Grip		Stance		Static stretching
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SESSION 2	INTRODUCTORY ACTIVITY	5 MINUTES												
	<p>REVIEW:</p> <p style="text-align: center;">In our previous lesson, I have learned to properly hold (grip) the arnis stick and assume the proper stance. I have also learned how to perform the routine exercises for warm-up and cool-down.</p> <p>PREVIEW:</p> <ul style="list-style-type: none"> • Today's lesson consists of the twelve (12) striking techniques which are aimed at different parts of the body that are considered to be vulnerable. I will be learning how to perform the first five (5) techniques: <ul style="list-style-type: none"> ✓ Striking technique 1-Left side of the head attack ✓ Striking technique 2-Right side of the head attack ✓ Striking technique 3-Left side of the trunk attack ✓ Striking technique 4-Right side of the 													

	<p>trunk attack</p> <ul style="list-style-type: none"> ✓ Striking technique 5-Thrust to stomach 	
<p>SESSION 2</p>	<p>SKILL DEVELOPMENT</p>	<p>10 MINUTES</p>
	<p>GENERAL WARM-UP</p> <p>DYNAMIC STRETCHING EXERCISES</p>	
<p>SESSION 2</p>	<p>APPLICATION</p>	<p>20 MINUTES</p>
	<p>STRIKING TECHNIQUES: Hitting vital points of the body as targets by means of slashing, stabbing and thrusting actions; all techniques are performed with a fighting stance</p>	
	<p>ST1: Left side of the head attack</p> <div style="display: flex; align-items: flex-start;">  <ul style="list-style-type: none"> ✓ Assume fighting stance ✓ Stick held at one o'clock; slashing action ✓ Free hand on chest </div> <p>ST2: Right side of the head attack</p> <div style="display: flex; align-items: flex-start;">  <ul style="list-style-type: none"> • Assume fighting stance ✓ Stick held at eleven o'clock; slashing action ✓ Free hand on chest </div> <p>ST3: Left side of the body (trunk) attack</p> <div style="display: flex; align-items: flex-start;">  <ul style="list-style-type: none"> ✓ Extend weapon hand ✓ Strike any part of the trunk between the shoulder and hip joints; slashing action against the outer part of the trunk </div>	

<h1>SESSION 2</h1>	<p>ST4: Right side of the body (trunk) attack</p>  <ul style="list-style-type: none"> ✓ Same as ST3 <p>ST5: Thrust to solar plexus (stomach) attack</p>  <ul style="list-style-type: none"> ✓ Thrust weapon hand towards the target point (solar plexus) ✓ Follow-through with upward movement <p>COOL-DOWN: Static stretching exercises</p>															
	ASSESSMENT	5 MINUTES														
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<h1 style="text-align: center;">PROCEDURES</h1>	<p>The lessons and activities in every session are presented using the following format:</p> <p>INTRODUCTORY ACTIVITY: This contains a <i>review</i> of the previous lesson/activity and a <i>preview</i> of the lessons and activities that will be taken up in the current session.</p> <p>SKILL DEVELOPMENT: The warm-up routine will serve as preliminary exercises before the introduction of the skill to be learned.</p> <p>APPLICATION: This explains the activity in detail so that I may be able to follow closely and participate actively in it.</p> <p>ASSESSMENT: This contains guides that will help me monitor myself <i>before, during</i> and <i>after</i> the lessons and the activities so I may know how well I am able to participate in class.</p>	
	<h1 style="text-align: center;">SESSION 3</h1>	<p>INTRODUCTORY ACTIVITY</p>
<p>REVIEW:</p> <p style="text-align: center;">In our previous lesson, I learned how to perform the five (5) striking techniques:</p>		

left (1) and right (2) side of the head attack, left (3) and right (4) side of the trunk attack, and the thrust to stomach (5) attack.

Using the following rating scale, I can assess how I performed the following techniques:

- 4 - Performed the technique with no or few observable errors
- 3 - Performed the technique with some errors but I am able to correct myself easily
- 2 - Performed the technique with some errors but I relied on other's help
- 1 - I need more practice to get it right

RATING	TECHNIQUE
	Left side of the head attack
	Right side of the head attack
	Left side of the trunk attack
	Right side of the trunk attack
	Thrust-to-stomach attack

	<p>PREVIEW:</p> <ul style="list-style-type: none"> • Today's lesson consists of the remaining seven (7) of the twelve (12) striking techniques: <ul style="list-style-type: none"> ✓ Striking technique 6-Left chest stab ✓ Striking technique 7-Right chest stab ✓ Striking technique 8-Left knee strike ✓ Striking technique 9-Right knee strike ✓ Striking technique 10-Left eye poke ✓ Striking technique 11-Right eye poke ✓ Striking technique 12-Crown attack 	
<p>SESSION 3</p>	<p>SKILL DEVELOPMENT</p>	<p>5 MINUTES</p>
	<p>GENERAL WARM-UP</p> <p>DYNAMIC STRETCHING EXERCISES</p>	
<p>SESSION 3</p>	<p>APPLICATION</p>	<p>20 MINUTES</p>
	<p>STRIKING TECHNIQUES:</p> <p>ST6: Left chest stab</p> <div style="display: flex; align-items: flex-start;">  <ul style="list-style-type: none"> ✓ Assume the fighting stance. ✓ Extend weapon hand forward, palm facing outward. ✓ Keep elbow up. </div> <p>ST7: Right chest stab</p>	



- ✓ Assume fighting stance
- ✓ Scooping action
- ✓ Extend weapon hand forward, palm facing outward.
- ✓ Keep the elbow down.

ST8: Left lower leg (knee/shin/ankle) strike



- ✓ Lower the body
- ✓ Extend weapon hand to hit any part of the lower leg between knee and ankle joint
- ✓ Palm upward

ST9: Right lower leg



- ✓ Lower the body
- ✓ Extend weapon hand to hit any part of the lower leg between knee and ankle joint
- ✓ Palm downward

ST10: Left eye poke




- ✓ Assume fighting stance
- ✓ Extend weapon hand forward, palm facing outward
- ✓ Elbow down

ST11: Right eye poke















- ✓ Assume fighting stance
- ✓ Extend weapon hand forward,

	<p style="text-align: right;">palm facing outward ✓ Elbow up</p> <p>ST12: Crown attack</p> <div style="display: flex; align-items: center;">  <p>✓ Hack against the top of the head</p> </div> <p>COOL-DOWN: Static stretching exercises</p>																
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	<p>55%). (Minimum) _____ bpm TO (Maximum) _____ bpm</p> <p>2. Compute your heart rate given a VIGOROUS intensity exercise (minimum = 60% and maximum = 85%). (Minimum) _____ bpm TO (Maximum) _____ bpm</p>	
<p>SESSION 4</p>	<p>INTRODUCTORY ACTIVITY</p>	<p>15 MINUTES</p>
	<p>REVIEW:</p> <p>In our previous lesson, I learned how to perform the remaining seven (7) striking techniques: left (6) and right (7) chest attack; left (8) and right (9) knee attack; left (10) and right (11) eye attack, and the crown (12) attack.</p> <p>Using the following rating scale, I will assess how I performed the following techniques:</p> <ul style="list-style-type: none"> 4 - Performed the technique with no or few observable errors 3 - Performed the technique with some errors but I am able to correct myself easily 2 - Performed the technique with some errors but I relied on other's help 	




	<p>1 - I need more practice to get it right</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th style="width: 15%;">RATING</th> <th>TECHNIQUE</th> </tr> </thead> <tbody> <tr> <td></td> <td>Left chest stab</td> </tr> <tr> <td></td> <td>Right chest stab</td> </tr> <tr> <td></td> <td>Left knee strike</td> </tr> <tr> <td></td> <td>Right knee strike</td> </tr> <tr> <td></td> <td>Left eye poke</td> </tr> <tr> <td></td> <td>Right eye poke</td> </tr> <tr> <td></td> <td>Crown attack</td> </tr> </tbody> </table>		RATING	TECHNIQUE		Left chest stab		Right chest stab		Left knee strike		Right knee strike		Left eye poke		Right eye poke		Crown attack
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<p>PREVIEW:</p> <ul style="list-style-type: none"> • Today's lesson consists of the following tasks: <ul style="list-style-type: none"> • Practice the striking techniques 1-12 • Monitor my heart rate to determine the intensity of the exercises. 																		
<h2>SESSION 4</h2>	<p>SKILL DEVELOPMENT</p>	<p>10 MINUTES</p>																
	<p style="text-align: center;">DETERMINING MY HEART RATE AT REST</p> <p>1. My partner signals the time for me to "start" and "stop" counting my pulse (radial or carotid) for 6 seconds.</p> <p>HEART RATE AT REST: _____ bpm</p> <p>2. I now signal my partner to "start" and "stop" counting his/her pulse for 6 seconds.</p>																	

	<p>GENERAL WARM-UP</p> <ol style="list-style-type: none"> 1. Jog for 1 minute. 2. Side shuffle (left foot leading) for 20 seconds. 3. Side shuffle (right foot leading) for 20 seconds. 4. Carioca (left foot leading) for 10 seconds. 5. Carioca (right foot leading) for 10 seconds. 6. Butt kicks for 10 seconds. 7. High knees for 10 seconds. <p>HEART RATE AFTER WARM-UP: _____ bpm</p> <p>DYNAMIC STRETCHING</p> <ol style="list-style-type: none"> 1. Knee hug to calf raise 2. Single leg deadlift 3. Lunge and twist 4. Toe touch <p>HEART RATE AFTERSTRETCHING: _____ bpm</p>	
<h1>SESSION 4</h1>	<p>APPLICATION</p>	<p>15 MINUTES</p>
	<p>STRIKING TECHNIQUES</p>	
	<p>ST1: Left temple attack</p>	
<p>ST2: Right temple attack</p>		
<p>ST3: Left shoulder attack</p>		

	ST4: Right shoulder attack	
	ST5: Thrust-to-stomach attack	
	ST6: Left chest attack	
	ST7: Right chest attack	
	ST8: Left knee attack	
	ST9: Right knee attack	
	ST10: Left eye attack	
	ST11: Right eye attack	
	ST12: Crown attack	

	<p>HEART RATE AFTER STRIKING: _____ bpm</p> <p>COOL-DOWN: Static stretching exercise</p> <p>HEART RATE AFTER COOL-DOWN: _____ bpm</p>															
<p>SESSION 4</p>	<p>ASSESSMENT</p>	<p>5 MINUTES</p>														
	<p>1. Rank the following exercises accordingly: 1-most intense; 2-moderate; 3-least intense.</p>															
	<table border="1"> <thead> <tr> <th data-bbox="663 783 991 857">EXERCISES</th> <th data-bbox="991 783 1235 857">HEART RATE (bpm)</th> <th data-bbox="1235 783 1353 857">RANK</th> </tr> </thead> <tbody> <tr> <td data-bbox="663 857 991 903">General warm-up</td> <td data-bbox="991 857 1235 903"></td> <td data-bbox="1235 857 1353 903"></td> </tr> <tr> <td data-bbox="663 903 991 940">Dynamic stretching</td> <td data-bbox="991 903 1235 940"></td> <td data-bbox="1235 903 1353 940"></td> </tr> <tr> <td data-bbox="663 940 991 977">Striking techniques</td> <td data-bbox="991 940 1235 977"></td> <td data-bbox="1235 940 1353 977"></td> </tr> <tr> <td data-bbox="663 977 991 1021">Cool-down</td> <td data-bbox="991 977 1235 1021"></td> <td data-bbox="1235 977 1353 1021"></td> </tr> </tbody> </table>		EXERCISES	HEART RATE (bpm)	RANK	General warm-up			Dynamic stretching			Striking techniques			Cool-down	
EXERCISES	HEART RATE (bpm)	RANK														
General warm-up																
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<p>2. Identify the exercise intensity as moderate or vigorous (base it on your Session 3 assignment).</p>																
<p>SESSION 5</p>	<p>INTRODUCTORY ACTIVITY</p>	<p>20 MINUTES</p>														
	<p>REVIEW:</p> <p>In our previous lesson, we monitored our heart rate while performing all of the exercises. We also practiced the following skills: grip, stance and the 12 striking techniques.</p> <p>PEER EVALUATION:</p> <p>Using the following rating scale, assess</p>															

	<p>YOUR PARTNER as s/he performs the following techniques:</p> <p style="margin-left: 40px;">4 - Performed the technique with no or few observable errors</p> <p style="margin-left: 40px;">3 - Performed the technique with some errors but is able to correct him/herself easily</p> <p style="margin-left: 40px;">2 - Performed the technique with some errors but relied on my help</p> <p style="margin-left: 40px;">1 - Needs more practice to get it right</p>			
	RATING	TECHNIQUE	RATING	TECHNIQUE
		Left side of the head		Left
		Right side of the head		Right
		Left side of the trunk		Left
		Right side of the trunk		Right
		Thrust-to-stomach		Left
	RATED BY:		DATE	
				Right
				Crow
<p>PREVIEW:</p> <ul style="list-style-type: none"> • Today's lesson consists of the ten (10) blocking techniques which consist of parrying an opponent's strike in defense. Blocking with balance and in the correct stance will enable me to counter-strike with equal efficacy. I will be learning how to perform the five (5) basic techniques: 				

	<ul style="list-style-type: none"> ✓ Blocking technique 1-Inward ✓ Blocking technique 2-Outward ✓ Blocking technique 3-Rising ✓ Blocking technique 4-Downward inward ✓ Blocking technique 5-Downward outward 	
<h2>SESSION 5</h2>	APPLICATION	15 MINUTES
	<p>BLOCKING TECHNIQUES:</p> <p>BT1: Inward</p> <div style="display: flex; align-items: flex-start;">  <ul style="list-style-type: none"> ✓ Place free hand on the stick. ✓ From forward stance, shift body obliquely. <ul style="list-style-type: none"> • Parry inward </div> <p>BT2: Outward</p> <div style="display: flex; align-items: flex-start;"> <div style="display: flex; gap: 10px;">   </div> <ul style="list-style-type: none"> • Free hand rotates the stick downward. ✓ Shift body obliquely on the opposite side ✓ Parry outward. </div>	

BT3: Rising



- ✓ Hold the stick parallel to the ground, waist level.
- ✓ Push the stick upward, over the head.

BT4: Downward inward



- ✓ From fighting stance, shift stance.
- ✓ Lower the body
- ✓ Extend weapon hand, up.

BT5: Downward outward



- ✓ From fighting stance, shift stance
- ✓ Lower the body
- ✓ Extend weapon hand, down
- ✓

COOL-DOWN: Static stretching exercises



**Quadriceps
Calf**

Seated

Groin

Hamstring

Wrist (fingers up, down, forward)
Finger

Overhead **Trunk** **Triceps**

Cross **Elbow** **Zipper** **Glute**

The image displays a collection of stretching exercises. At the top, four sequential photos show wrist flexion and extension. Below this, a row of three photos illustrates overhead arm stretches, trunk rotation, and triceps stretching. The bottom row features four photos for cross-body arm stretch, elbow flexion, zipper stretch, and glute stretching. A large light blue vertical bar is on the left side of the page.

<h1 style="margin: 0;">SESSION</h1> <h2 style="margin: 0;">5</h2>	ASSESSMENT	5 MINUTES									
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	Cool-down										
<h1 style="margin: 0;">SESSION</h1> <h2 style="margin: 0;">6</h2>	INTRODUCTORY ACTIVITY	10 MINUTES									
	<p>REVIEW:</p> <p style="text-align: center;">In our previous lesson, we reviewed the 12 striking techniques and learned the five (5) basic techniques in blocking: inward (1), outward (2), rising (3), downward inward (4) and downward outward (5).</p> <p>PREVIEW:</p> <ul style="list-style-type: none"> • Today's lesson consists of the following tasks: <ul style="list-style-type: none"> <li style="text-align: center;">Practice the following skills or techniques: <li style="text-align: center;">1. Striking techniques 1-12 <li style="text-align: center;">2. Blocking techniques 1-10 • Monitor my heart rate to determine the intensity of the exercises. 										

SESSION 6	SKILL DEVELOPMENT	10 MINUTES
	<p>Determine heart rate at rest (6-second count): _____ bpm</p> <p>GENERAL WARM-UP</p> <ol style="list-style-type: none"> 1. Jog for 1 minute. 2. Side shuffle (left foot leading) for 20 seconds. 3. Side shuffle (right foot leading) for 20 seconds. 4. Carioca (left foot leading) for 10 seconds. 5. Carioca (right foot leading) for 10 seconds. 6. Butt kicks for 10 seconds. 7. High knees for 10 seconds. <p style="text-align: center;">HEART RATE AFTER WARM-UP: _____ bpm</p> <p>DYNAMIC STRETCHING</p> <ol style="list-style-type: none"> 1. Knee hug to calf raise 2. Single leg deadlift 3. Lunge and twist 4. Toe touch <p style="text-align: center;">HEART RATE AFTER STRETCHING: _____ bpm</p>	
SESSION 6	APPLICATION	15 MINUTES
	<p style="text-align: center;">Striking techniques 1-12</p> <p style="text-align: center;">HEART RATE AFTER STRIKING: _____ bpm</p>	

	<p>Blocking techniques 1-5</p> <p style="text-align: center;">HEART RATE AFTER BLOCKING: _____ bpm</p> <p>Cool-down: Static stretching</p> <p style="text-align: center;">HEART RATE AFTER COOL-DOWN: _____ bpm</p>																									
<p>SESSION</p> <p>6</p>	ASSESSMENT	5 MINUTES																								
	<p>1. Rank the following exercises accordingly: 1- most intense; 2-moderate; 3-least intense.</p>																									
	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center;">EXERCISES</th> <th style="text-align: center;">HEART RATE</th> <th style="text-align: center;">RANK</th> <th style="text-align: center;">INTENSITY</th> </tr> </thead> <tbody> <tr> <td>General warm-up</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Dynamic stretching</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Striking techniques</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Blocking techniques</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Cool-down</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>			EXERCISES	HEART RATE	RANK	INTENSITY	General warm-up				Dynamic stretching				Striking techniques				Blocking techniques				Cool-down		
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<p>3. Identify the exercise intensity as moderate or vigorous (base it on your Session 3 assignment).</p>																										

<h1>SESSIONS</h1> <h2>7 and 8</h2>	INTRODUCTORY ACTIVITY	10 MINUTES
	<p>REVIEW:</p> <p style="text-align: center;">In our previous lesson, we rated our peer in the performance of the five (5) blocking techniques, and monitored our heart rates while performing the different exercises.</p> <p>PREVIEW:</p> <ul style="list-style-type: none"> • Today's lesson consists of the following task: <ol style="list-style-type: none"> 1. Choreograph a 3 to 5-minute routine with a partner that combines the striking and blocking techniques which I have learned throughout the quarter. 2. Our routine will be rated by our teacher using the following rubrics: <ol style="list-style-type: none"> a. Proper execution of techniques: <ul style="list-style-type: none"> • Striking • Blocking • Stance and posture • Body shifting b. Proper timing in the execution of technique c. Agility in moving the entire body to the proper position d. Proper coordination and continuous exchange between partners to show fluidity of movements e. Variety of techniques 	

	<p>The following rating scale shall be used:</p> <p>1- No or only a few observable errors; performed with high level of confidence</p> <p>2- Some errors in technique but are able to keep presence of mind and carry on; encourages partner</p> <p>3- Some errors in technique; more comfortable in starting all over again or backtracking; may show impatience or frustration</p> <p>4- Needs more practice; shows impatience or frustration</p>	
<p>SESSION 7 and 8</p>	<p>SKILL DEVELOPMENT</p>	<p>5 MINUTES</p>
	<p>GENERAL WARM-UP</p> <ol style="list-style-type: none"> 1. Jog for 1 minute. 2. Side shuffle (left foot leading) for 20 seconds. 3. Side shuffle (right foot leading) for 20 seconds. 4. Carioca (left foot leading) for 10 seconds. 5. Carioca (right foot leading) for 10 seconds. 6. Butt kicks for 10 seconds. 7. High knees for 10 seconds. <p>STATIC STRETCHING EXERCISES</p> <ol style="list-style-type: none"> 1. Wrist (fingers down, up, forward) 2. Fingers 3. Overhead 4. Trunk 	

	5. Triceps 6. Cross elbow 7. Zipper	
SESSION 8	APPLICATION	15 MINUTES
	CHOREOGRAPHY and PRACTICE	
SESSION 8	ASSESSMENT	10 MINUTES
	<p>Rate your choreographed routine by checking the appropriate box:</p> <p>1- No or only a few observable errors; performed with high level of confidence</p> <p>2- Some errors in technique but are able to keep presence of mind and carry on; I encouraged/have been encouraged by my partner</p> <p>3- Some errors in technique; more comfortable in starting all over again or backtracking; We may have gotten a bit impatient or frustrated with one another;</p> <p>4- I/We needed more time to practice; we can do better next time</p>	

	RATING			
	1	2	3	4
Execution of technique				
• Striking				
• Blocking				
• Stance & posture				
• Body shifting				
Timing of strikes & blocks				
Agility of movements				
Coordination				
Variety of techniques				

All photos of PE faculty members of the University of Asia and the Pacific were taken in April 2012 by Mr. Joshua Ben R. Villareal. These photos are his and the module authors' (Stella Marie M. Urbiztondo and Anamaria Laudet S. Mangubat) sole property. Use of these photos outside of this module is allowed provided that the owners are properly acknowledged.

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