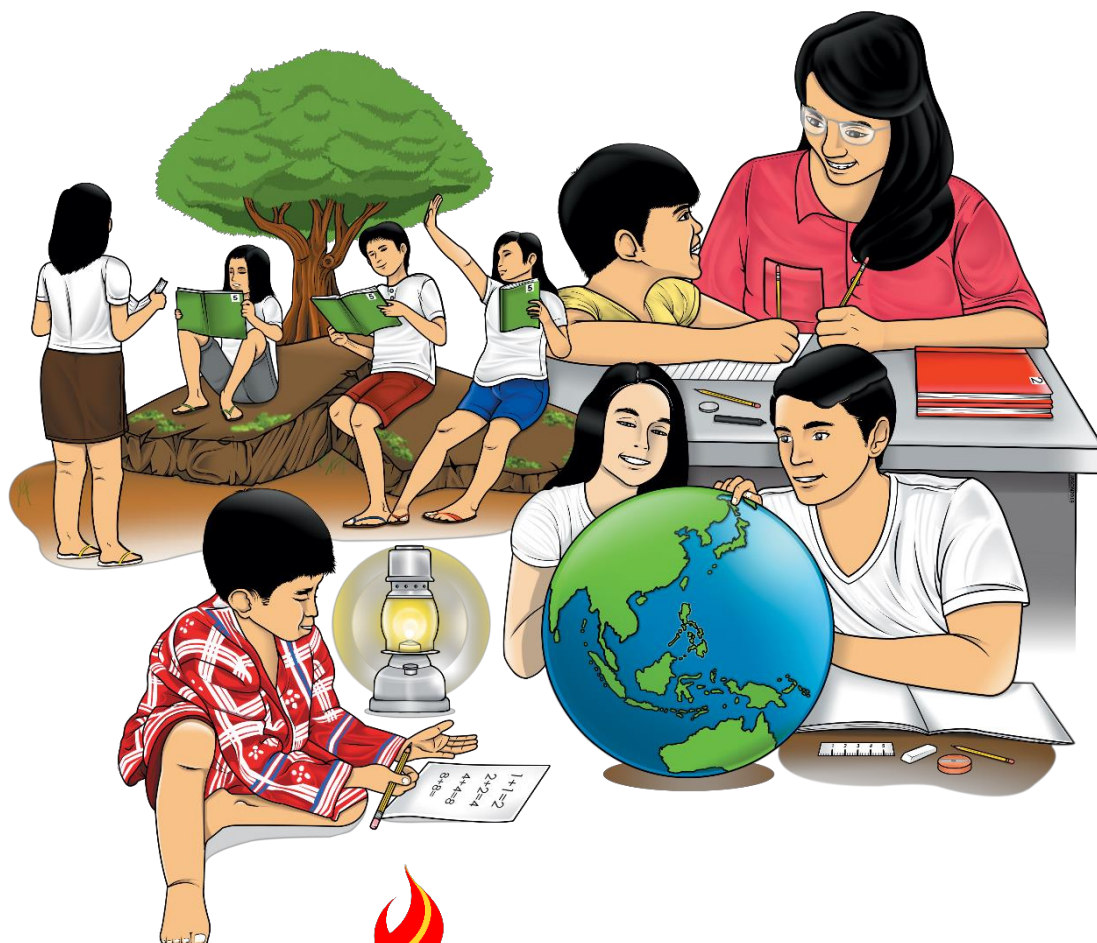


# Health Optimizing Physical Education H.O.P.E 2

**Quarters 3 and 4 – Module 3:  
Sets FITT goals based on training  
principles to achieve and/or  
maintain HRF.**



## **Health Optimizing Physical Education 2**

### **Alternative Delivery Mode**

### **Quarter 2 – Module 2: Sets FITT Goals Based on Training Principles to Achieve and/or Maintain HRF**

**First Edition, 2021**

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# **Health Optimizing Physical Physical H.O.P.E 2**

**Quarters 3 and 4 – Module 3:  
Sets FITT goals based on  
training principles to achieve  
and/or maintain HRF.**

# **Introductory Message**

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



## ***What I Need to Know***

This module was designed and written with you in mind. It aims to teach the basic movements of Solo Baston (single stick) to practice of these martial arts. This module hopes to contribute to the preservation of our authentic Filipino fighting culture and traditions, in honour of our heroic ancestors.

The module is divided into two lessons, namely:

- Lesson 1 – Combative Sports- ARNIS

After going through this module, you are expected to:

1. Recognize the history of Arnis
2. Identify the facilities, equipment, benefits, and terminologies being used in Arnis.
3. Demonstrate the basic stance and the 12 striking points techniques.
4. Choreograph a two-minute single Anyo that displays the fundamental skills of Arnis.

**Lesson****1****Biology: The Science of Life*****What's In***

Direction: The following are the components of Physical fitness needed in playing Arnis. Rate yourself accordingly based on your ability. 4 very well, 3-well, 2-needs extra work, 1- weakness

| <b>SKILLS</b>       | <b>RATING</b> | <b>REMARKS</b> |
|---------------------|---------------|----------------|
| 1. coordination     |               |                |
| 2. speed            |               |                |
| 3. agility          |               |                |
| 4. reaction time    |               |                |
| 5.balance           |               |                |
| 6.muscular strength |               |                |

A general rating of (4) *very well* means you can play the sports confidently. You are; therefore, encouraged to pursue sport for recreational purposes and a form of self-defense. If your rate *needs extra work* or below, it is not too late. Playing Arnis will help you develop your fitness level and at the same time learn the art of self-defense.



## ***What's New***

### **Activity 1. Know, Want and Learn**

Direction: List the individual/dual sports that you know under the “What I Know?” column. On the “What I want to Learn?” column, write the things you still want to learn about the sports you listed. Lastly, on the “What I learned?” column, write all the topics/ skills that you have learned from your physical education class.

| What I Know? | What I Want to learn? | What I learned? |
|--------------|-----------------------|-----------------|
|              |                       |                 |
|              |                       |                 |
|              |                       |                 |
|              |                       |                 |
|              |                       |                 |
|              |                       |                 |



## ***What is It***

### **HISTORY OF ARNIS**

This martial art was originated in the Philippines. The primary weapon used in this traditional martial art is the cane or baton. It also involves hand-to-hand combat grappling, and weapons disarming. Do you know what it is? Read the story and learn its history

Arnis, also known as kali or eskrima, refers to a category of Filipino martial arts that emphasizes the use of weapons – whether it be fighting sticks, blades, or improvised weapons. In arnis, the weapons are used as an extension of the body. It 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. Indios used sticks to practice wielding their swords and *bolos* which they disguised as a folk dance. This is one possible reference as to how arnis developed into actual martial art. However, because of the new culture brought by our colonizers, Arnis was overshadowed and almost went out of the spotlight. : Luckily, with the rise of martial arts as a popular sport during the 1980s, arnis was able to recapture the interest of the Filipinos and the whole world in general.

What is the latest in Arnis?

Modern Arnis is the system of Filipino fighting arts founded by Remy Presas as a self-defense system. His goal was to create an injury-free training method as well as an effective self-defense system to preserve the older Arnis systems. The Department of Education includes the sport as a Physical Education course. Arnis was included among the priority sports in Palarong Pambansa (National Games) in 2010 where Anyo is one of the popular ones. It is a combination of pre-arranged or choreographed striking, blocking, and body shifting techniques.

Different styles of arnis are now being practiced all over the world. Although not as popular as other oriental martial arts, it is highly respected for its practicality and effectiveness in terms of self-defense and combat. Arnis was declared as the national sport of the country. It was approved and signed by President Gloria Macapagal Arroyo into law. Today, the governing body of Arnis in the Philippines is the PEKAF Philippine Eskrima Kali Arnis Federation.

## EQUIPMENT

The game is played by using prescribed padded sticks in delivering artistic and legal blows, strikes, thrusts, and disarming the opponent to gain scores. Here are the equipment, facilities, and terminologies needed in playing Arnis.

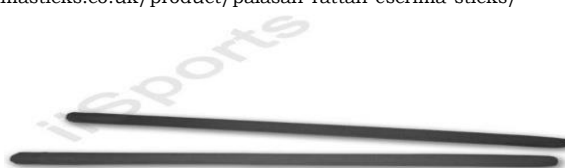
Equipment:

- **Wooden Stick**-made of rattan and measures not less than 60 cm and not more than 90 cm in length with a diameter of not less than 1.3 cm and not more than 3.8 cm. It must not have sharp edges or pointed ends.



<http://www.eskrimasticks.co.uk/product/palasan-rattan-eskrima-sticks/>

- **Foam**- cushion material- should be foaming the padded sticks and shall have a maximum grip diameter not greater than 3.81 cm. for competition use.



<https://www.pinterest.ph/pin/522980575449309689/>



- **Head Protector**-refers to a pair of protective head gear to include an impact-worthy face mask.

<https://shopee.ph/Stix-Arn timer-Headgear-Protector-i.63716280.4615247623>



**Body Protector** - refers to a pair of body protector, properly cushioned to avoid injuries and the specifications shall be according to the i-ARNIS.

- Groin and Body Protector- to avoid injuries and the specification shall be according to the i-ARNIS.
- Forearm and chin guards- a compulsory to also avoid severe injuries while having a fight or competition.

<https://prezi.com/gf2i9xqnwbyo/equipments-and-mechanics-of-arnis/?frame=8d7a17818961abc7abf768437cf553f5364dfd5>



## **FACILITY**

- **Playing Area-** A square measuring 8.0 meters by 8.0 meters with a two (2) meters minimum free zone around it, and a clear space without any obstruction up to a height of not less than 5 meters from the playing surface



<https://martialartskills.com/arnis-rules-and-regulations/#FACILITES>

## **Benefits of Arnis to a Person**

- Effective self-defense.
- Contributes to the development of physical fitness.
- Develops mental qualities such as alertness and precision.
- Cultivates desirable character traits such as alertness and precision.
- Develops mental strength and courage that allows someone to face danger and pain.
- Develop the virtue of perseverance to the highest degree.

## TERMINOLOGIES:

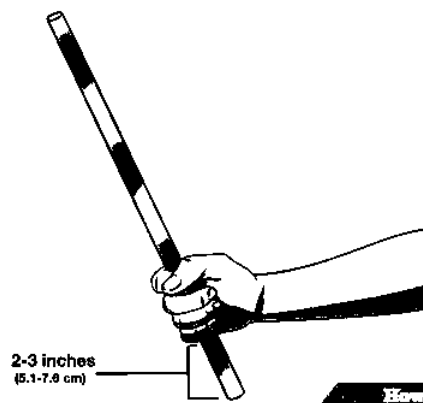
- Arnisador- practitioners of Arnis
- Butt- punyo of the stick closer to the handle
- Dagger – Daga
- Distance (Long Range) – Largo
- Distance (Medium Range) – Medio
- Distance (Short Range) – Corto
- Goodbye – Paalam
- Grappling or Wrestling – Dumog
- Grip- the way on how to hold the stick
- Handle/grip of weapon – Puño
- Hello – Mabuhay (or) Kumusta
- How are you? – Kumusta?
- Instructor – Guro
- Machete – Bolo
- Poke – Tusok
- Ready position- Handa
- Respect – Pugay (form of salutation/greeting between practitioners)
- Stab or Thrust – Saksak
- Stick (Single) – Solo Baston
- Stick (Double) – Doble Baston
- Stick Weapon – Yantok
- Sword – Espada
- Sword and Dagger – Espada y Daga
- Thank You – Salamat
- Unarmed Combat – Mano Y Mano
- You Are Welcome – Walang Anuman
- Weaving (Weapon Movement) – Sinawali

<https://brainly.ph/question/2499152#readmore>

## FUNDAMENTAL SKILLS

### Grip: Proper hold of the stick

Hold the stick one fist away from the punyo (butt) of the stick. Close the grip with the thumb.



[https://www.google.com/search?q=proper+handling+of+the+arnis&btn=i&sch&wd=2&h&KEwI0o\\_847qYAHUQ8pQ8H5cBHQ2j](https://www.google.com/search?q=proper+handling+of+the+arnis&btn=i&sch&wd=2&h&KEwI0o_847qYAHUQ8pQ8H5cBHQ2j)

cCegQIABAA&oq=proper+handling+of+the+arnis&gs\_lcp=CgNpbWcQAzoECAAQGFDTZlj\_dWDfeGgAcAB4AIAbCYgBhgSSAQMyLjOYQAQCgAQGqAQtdnd3Mtd2l6LWltZ8ABAQ&scient=img&ei=rMAUYY6dOpCM0ASnhJDoBw#imgsrc=7ucaX27hXxDESM

## Basic Stance and Salutations

Starting with the ready stance, move one foot about two feet (2') to the left or the right direction until both lower legs are almost perpendicular to the ground. Both toes are pointing in front, the waist, and the body is facing forward. The body should not be too low or extended otherwise it will be hard to maneuver.

### Ready Stance/ Handa

Stand with your feet apart parallel to the shoulder with both toes pointing forward. The knees should be straight, the waist and the body facing forward. Hands are on waist level and the hands should hold the sticks on both sides. The ready stance is commonly used when standing at ease during training or tournaments.



### Attention Stance

Stand with your feet forming a 45-degree angle. Heels should be close to each other, knees should be straight, the waist and body facing forward. Shoulders are dropped to the side and both hands are at waist level. The Attention Stance is commonly used in preparation for courtesy or “bowing” at the commencement of sparring.



### Forward Stance

Starting with the ready stance, move one foot forward until the knee and the toe are in line with each other. Both toes are pointing in front, the waist, and the body is facing forward. The body should not be too low or the lead foot too extended otherwise it will be hard to maneuver. Distribute the weight or center of gravity to both legs. Forward stances can be right foot lead, which is the Right Foot Forward Stance or it can be left foot lead which is Left Foot Forward Stance. Forward Stance is commonly used with frontal striking or blocking techniques.

### **Oblique Stance**

Starting with the ready stance, move one foot forward 45 degrees away from the body until the knee and the toe are in line with each other. Move in the same direction as the lead foot (e.g., for right foot lead, move 45 degrees forward to the right). Both toes are pointing in front, the waist, and the body is facing forward. The body should not be too low or the lead foot too extended otherwise it will be hard to maneuver. Distribute the weight or center of gravity to both legs. Oblique stances can be right foot lead, which is the Right Foot Oblique Stance or it can be left foot lead which is Left Foot Oblique Stance. Oblique Stances are commonly used for forward blocking and evasion techniques.



### **Straddle Stance**

Starting with the ready stance, move one foot about two feet (2') to the left or the right direction until both lower legs are almost perpendicular to the ground. Both toes are pointing in front, the waist and the body is facing forward. The body should not be too low or extended otherwise it will be hard to maneuver. Distribute the weight or center of gravity to both legs. Straddle stance are also called Horseback Riding Stance since it imitates horseback riding position. Straddle stances are commonly used for blocking the strikes to the side of the body.

### **Side Stance**

Starting with the ready stance, move one foot about two feet (2') to the left or right direction. The moving foot will be perpendicular to the ground while the other leg is extended thereby creating a position like that of a sidekick. Both toes are pointing in front, the waist and the body is facing forward. The body should not be too low or extended otherwise it will be hard to maneuver. Distribute the weight or center of gravity to both legs. If the left foot moves to the side it becomes the Right Foot Side Stance, if the right foot moves to the side it becomes Right Foot Side Stance. Side Stances are commonly used for strike deflection and evasion techniques.

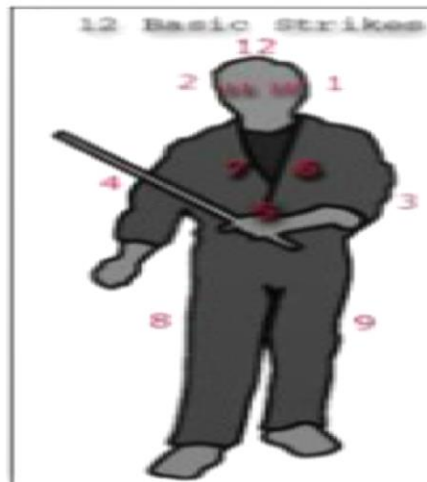


### **Back Stance**

Starting with the ready stance, move one foot backward 45 degrees away from the body. The heels of the foot should form an imaginary "L" shape while the legs are in a straddle position. The body should not be too low or extended otherwise it will be hard to maneuver. Distribute the weight or center of gravity to both legs. Back stances can be right foot lead, which is the Right Foot Back Stance or it can be left foot lead which is Left Foot Back Stance. Back stances are used for blocking and backward evasion techniques.

## THE 12 STRIKING TECHNIQUES IN ARNIS

1. Left Temple
2. Right Temple
3. Left Arm
4. Right Arm
5. Thrust to the stomach
6. Left chest
7. Right Chest
8. Right Foot
9. Left Foot
10. Left Eye
11. Right Eye
12. Crown/Top of head



### ST1: Left side of the head attack



- ✓ Assume fighting stance
- ✓ Stick held at one o'clock; slashing action
- ✓ Free hand on chest

### ST2: Right side of the head attack



- ✓ Assume fighting stance
- ✓ Stick held at eleven o'clock; slashing action
- ✓ Free hand on chest

### **ST3: Left side of the body (trunk) attack**



- Extend weapon hand
- Strike any part of the trunk between the shoulder and hip joints; slashing action against the outer part of the trunk

### **ST4: Right side of the body (trunk) attack**



- Extend weapon hand
- Strike any part of the trunk between the shoulder and hip joints; slashing action against the outer part of the trunk

### **ST5: Thrust to solar plexus (stomach) attack**



- □ Thrust weapon hand towards the target point (solar plexus)
- □ Follow-through with upward movement



### **ST6: Left chest stab**

- ☐ Assume the fighting stance.
- ☐ Extend weapon hand forward, palm facing outward.
- ☐ Keep elbow up.



### **ST7: Right chest stab**

- ☐ 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**

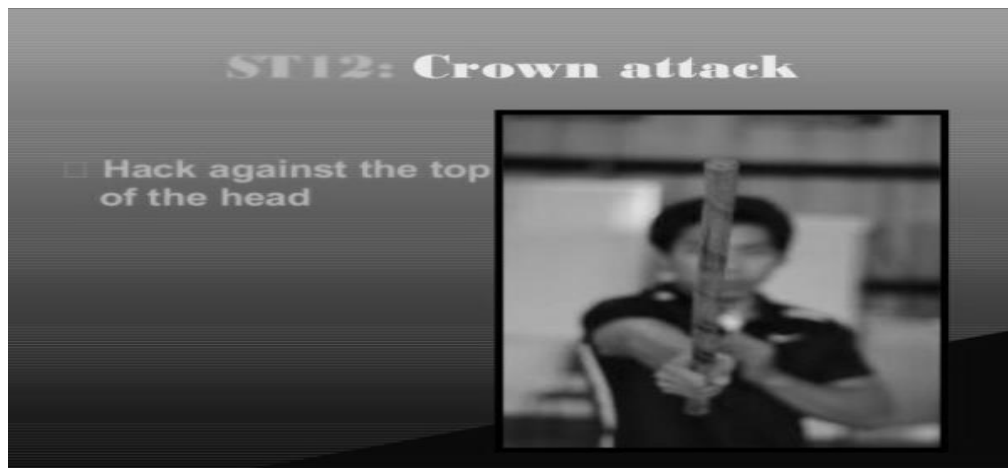
- ☐ Assume fighting stance
- ☐ Extend weapon hand forward, palm facing outward
- ☐ Elbow down



### **ST11: Right eye poke**

- ☐ Assume fighting stance
- ☐ Extend weapon hand forward, palm facing outward
- ☐ Elbow up



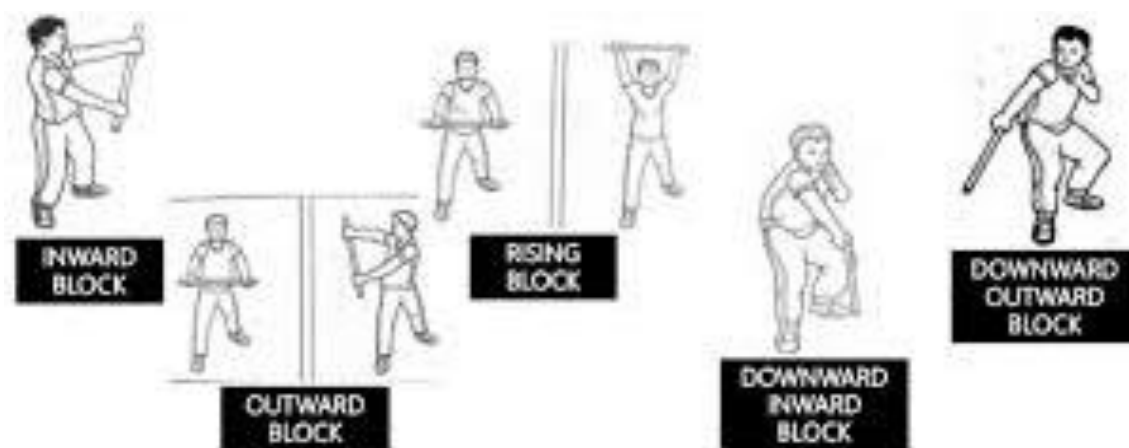


The most important thing in practicing the 12 strikes is to practice it continuously and repeatedly, being conscious of the target, stance, footwork, and body movements. Repeating the 12 basic strikes help build retention, memory and muscle conditioning.

**Link for 12 Striking Technique Tutorial**

**Video:**<https://www.youtube.com/watch?v=xCGc718CM0o>

## THE BLOCKING TECHNIQUES



Using blocking techniques when sparring allows us to move the attacking limb before the attack is completed to get closer to counter. It can stop the attacker's follow-up technique and upset his balance. You can use a blocking technique to move yourself to a safer position.

**Link for Blocking Techniques Video:**

**<https://www.youtube.com/watch?v=vejU6MMNc-8>**

## Types of Arnis Competitions



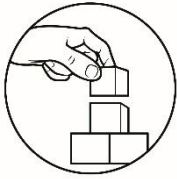
ANYO or FORM - A combination of pre-arranged or choreographed striking, blocking, and body shifting techniques and blocking techniques to create a three-minute single stick anyo.

**LABAN or FULL COMBAT** - players are required to strike their opponents' different body parts with one baton. Unlike other combative sports, **arnis** does not usually require any body contact between each player aside from the batons that they are holding.



**Arnis Competition- SEAGAMES 2019 PHILIPPINES VS. VIETNAM:**

[https://m.youtube.com/watch?v=7f1o\\_QXgKPE](https://m.youtube.com/watch?v=7f1o_QXgKPE)



## What's More

### Activity 1: I love this game!

Direction: The following are the 12 striking points in Arnis. Let us see if you can recognize the missing word/words in the chart by filling it out according to its striking number, ways on how to strike, and what part of the body is being strike.

| Striking number | Ways on how to strike | Part of the body |
|-----------------|-----------------------|------------------|
|                 | 1. _____              | left temple      |
|                 | Thrust                | 2. _____         |
| 3. _____        | Butt                  | left eye         |
| 4. _____        | Strike                | right shoulder   |
|                 | Strike                | 5. _____         |



## ***What I Have Learned***

### **Activity 1.1 I Believe I Can Do It**

Direction: In this activity, you will apply all the fundamental skills of Arnis such as stances, striking techniques blocking techniques. to create a two- minute single stick Anyo. Choreograph a two-minute single stick Anyo that will display the fundamental skills of Arnis.

- Equipment: Cane/ yantok, any contemporary or pop music, cellphone (for video production)
- Routine: Obtain your Resting Heart Rate, General Warm-up: Do a 10-minute slow jog.
- Dynamic Stretching:
  - a. Lunge
  - b. High Knees
  - c. side shuffle (left foot leading)
  - d. side shuffle leading (right foot leading)

Cooling down:

- a. standing toe touch stretch
- b. deep lunge with rotation
- c. quadriceps stretch
- d. upper chest stretch

Here's How:

- Make an individual 2 -minute single stick Anyo using a musical accompaniment of your own choice.

Rubrics for Anyo Performance

Rate your choreographed routine by checking the appropriate box:

1. No or only a few observable errors; performed the high level of confidence.
2. Some errors in techniques but can able to keep the presence of mind and carry on
3. Some errors in techniques; more comfortable in starting all over again or backtracking
4. Need more time to practice.

| <b>RUBRIC FOR EVALUATION</b>         |                        |                   |                   |                                |
|--------------------------------------|------------------------|-------------------|-------------------|--------------------------------|
| <b>Criteria for ANYO Performance</b> | <b>4<br/>Excellent</b> | <b>3<br/>Good</b> | <b>2<br/>Fair</b> | <b>1<br/>Needs Improvement</b> |
| Gracefulness of execution            |                        |                   |                   |                                |
| Impact and correct form of execution |                        |                   |                   |                                |
| Timing and Coordination              |                        |                   |                   |                                |

### **Activity 1.2 Show me your moves!**

Direction: Using the following rating scale, assess yourself as you perform the 12 Striking points and blocking with your partner then ask him/her to rate you based on the rating below.

- 4 – Performed the technique with no or few observable errors
- 3 – Performed the technique with some errors but can able correct oneself easily
- 2 – Performed the technique with some errors but relied on one's help
- 1 – Needs more practice to get it right

#### **Before doing the activity:**

Obtain your Resting Heart Rate.

General Warm-up: Do a 10-minute slow jog.

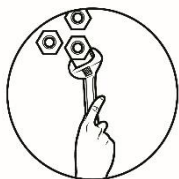
#### **Dynamic Stretching:**

- a. lunge
- b. high Knees
- c. side shuffle (left foot leading)
- d. side shuffle leading (right foot leading)

#### **Cooling down:**

- a. standing toe touch stretch
- b. deep lunge with rotation
- c. quadriiceps stretch
- d. upper chest stretch

| Rating | Technique                                   | Rating | Technique              |
|--------|---|--------|------------------------|
|        | strike to the left side of the head attack  |        | Right chest stab       |
|        | strike to the right side of the head attack |        | Strike Left lower leg  |
|        | strike to the left side of the body (trunk) |        | Strike right lower leg |
|        | strike to right side of the body (trunk)    |        | Left eye poke          |
|        | Thrust to stomach attack                    |        | Right eye poke         |
|        | Left chest stab                             |        | Crown attack           |



## ***What I Can Do***

Activity: 1. 1 My Arnis Portfolio

Direction: Create your own Portfolio by gathering all your pictures while performing the activity. This will serve as your record for accomplishing your task every week. Your goal is to execute the 12 Striking points and the Anyo alternately. Record the number of minutes/ hours devoted to each routine including the warm-up and cool-down exercise each day. Rate yourself based on:

5 stars – high intensity, 4 to 5 repetitions

4 stars – high intensity, 2 to 3 repetitions

3 stars – low intensity, 4 to 5 repetitions

2 stars – low intensity, 2 to 3 repetitions

1 star - low intensity, 1 repetition

### **Equipment:**

Cane and timer

| <b>Day</b> | <b>Activity</b> | <b>Time start</b> | <b>Time end</b> | <b>Total number of minutes/hours</b> | <b>Number of stars earned</b> |
|------------|-----------------|-------------------|-----------------|--------------------------------------|-------------------------------|
| Monday     | 12 striking     |                   |                 |                                      |                               |
| Tuesday    | Anyo            |                   |                 |                                      |                               |
| Wednesday  | 12 striking     |                   |                 |                                      |                               |
| Thursday   | Anyo            |                   |                 |                                      |                               |
| Friday     | 12 striking     |                   |                 |                                      |                               |
| Saturday   | Anyo            |                   |                 |                                      |                               |

### **Activity 1.2**

1. What is the biggest challenge that you have encountered while doing the activity?

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2. Did you strictly follow the routines that you prepared? Explain your answer.

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3. What have you realized after accomplishing the activity?

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**For inquiries or feedback, please write or call:**

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