

**Learning Competencies**

- Discuss the nature of different dances(PEH12FH-Ia-19)

**Activity 1**

**Instructions:** I'll be showing you some photos and you will need to guess where this celebration/festival takes place.



**What is FESTIVAL?**

Festival is a day of celebration, typically a religious commemoration. Festivals are an expressive way to celebrate glorious heritage, culture and traditions. Being a nation that places a strong emphasis on religion, fiestas frequently honor the patron saint or of harvest of a city or province.

Festivals here in Philippines or commonly known as “Fiesta” and it is part of the Filipino culture. There are local fiestas in every city and province. There is a fiesta going on at any time in the Philippines.

The number one best thing about festivals is the strong lineup of tasty treats and delights that every household are offering to their guests. Every household you visit will surely have something to offer you, and that’s the reason why Filipino festivals are amazingly good.

**History of Festival or Fiesta in the Philippines**

Fiestas were first introduced to the Filipinos by the Spaniards during the mid-1500s. The locals then worshipped many Gods and had their own set of cultures and traditions. In order to colonize the Philippines, the Spaniards brought Christianity, assigned patron saints for each town, and urged the inhabitants to convert and participate in the fiestas in order to be saved from evil.

Festivals in the Philippines typically begin with a bang: a procession of dancers wearing brightly colored costumes and props made entirely of recycled or local materials, music from a band, a friendly competition for the best-decorated houses, a mass in honor of the patron saint of the town or province, and a substantial feast for all.

Each festival also includes a variety of events, such as sporting competitions, pageants, and performances by cultural groups. Every event has a distinct theme that characterizes the festival's vibe.



The Philippines celebrates a variety of festivals throughout the year, but the following are some of the more well-known and widely observed ones in the islands of Luzon, Visayas, and Mindanao:

**Luzon**

**Pahiyas Festival**



**Panagbenga Festival**



**Flores De Mayo Festival**



**Visayas**

**Sinulog Festival**



**Ati-Atihan Festival**



**Masskara Festival**



**Mindanao Festival**

**Kadayawan Festival**



**Lanzones Festival**



**Tuna Festival**



## Activity

**Instructions:** You will be group into 3 and each group will share at least 3 festivals that they know and share it to other group.

## Summary

Regardless of celebration level, fiesta is beneficial emotionally and economically to many of us. It gives avenue to our local producers to exhibit their products and generate income. This also enable schools to showcase their talents by participating in events and competitions. This also attracts foreign and local tourism to explore the beauty of our homeland. And most importantly, it gives our identity because of our diverse culture and tradition.

## Reference:

- <https://apcda.wildapricot.org/Philippine-Festivals> (History of Festivals in the Philippines)
- <https://www.philembassymadrid.com/> (Philippine Fiestas or Festivals)
- <https://hicaps.com.ph/pahiyas-festival/> (Pahiyas Festival)
- <https://www.panagbengaflowerfestival.com/about-us> (Panagbenga Festival)
- <https://www.camella.com.ph/getting-to-know-flores-de-mayo-how-and-why-it-is-celebrated-in-the-philippines/> (Flores De Mayo)
- <https://www.camella.com.ph/everything-you-should-know-about-sinulog-festival/> (Sinulog Festival)
- <https://www.outlookindia.com/outlooktraveller/see/story/69222/all-about-ati-atihan-the-filipino-version-of-mardi-gras> (Ati-Atihan Festival)
- <https://nationaltoday.com/masskara-festival/> (Masskara Festival)
- <https://ajdavaotransport.com/what-is-kadayawan-festival/> (Kadayawan Festival)
- <https://sagay.gov.ph/lanzones-festival/> (Lanzones Festival)
- <https://topeventdestinations.com/festival/tuna-festival/> (Tuna Festival)

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**Physical Education and Health 3**  
**SY.2023-2024**

Name: \_\_\_\_\_  
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Date: \_\_\_\_\_  
Teacher: \_\_\_\_\_

**ASSESSMENT- WEEK 13**

**Instructions: (ESSAY)** At least 3-5 sentences. **(10 points each)**

1. What is the importance of celebrating festivals?

2. What values do festivals teach us?