

Learning Competencies

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

MINDANAO FESTIVAL

Mindanaonans take pride in celebrating these festivals because it means a lot not only to society but to their religious beliefs as well. Mindanao houses some of the most iconic cultural heritage of the country. Moreover, it is also the hometown of several ethnic groups, making it the host of some of the Philippines' grandest festivals.



KADAYAWAN FESTIVAL

- The **Kadayawan Festival** is an annual festival in the city of **Davao** in the Philippines. The festival is a celebration of life, a thanksgiving for the gifts of nature, the wealth of culture, the bounties of harvest and serenity of living. The Kadayawan Festival is a celebration of thanksgiving for a bountiful harvest. The festivities are held every **third week of August**.
- The festival was previously known as **Apo Duwaling Festival**, named after three icons of Davao; **Mount Apo**, **Durian**, and the **waling-waling orchid**.



LANZONES FESTIVAL

- The **Lanzones Festival** offers appreciation for the abundant harvest on **Camiguin Island**. In preparation for the season of the tropical fruit **lanzones**, the town of **Mambajao** celebrates the feast during the **third week of October**. Numerous activities have been prepared including trade fair, sport events, inter-agency dance showdown, live bands, parade and a lot more.



TUNA FESTIVAL

- The **Tuna Festival** is celebrated on **August 30 to September 5**. It is celebrated in **General Santos City (Gensan)**, the tuna capital of the Philippines. The city celebrates a week-long fantastic festival honoring local culture and pride every year.
- The **Tuna Festival** in the Philippines has been **the biggest fiesta in Gensan** since 1988. This event celebrates the city's main product: tuna. General Santos is also the biggest producer of sashimi-grade Tuna in the country. The Tuna Festival is a kind of festival that celebrates fish and other seafood. Unlike other festivals celebrating fruit, such as the Mango and Lanzones Festival, the event celebrates marine products.



FLOMLOK FESTIVAL

- **FlomLok Festival** is a celebration that coincides with the Foundation Anniversary of **Polomolok, South Cotabato**, held every **September**. Among the main highlights of the event are the electrifying street dancing competition where locals wear the most beautiful and colorful costumes with T'Nalak fabric.
- **Polomolok** got its name from the **B'laan** word "**Flomlok**" which means "**hunting grounds**," as the municipality is known for its abundance of wildlife.



HIGALAAY FESTIVAL

- The **Higalaay Festival** formerly known as **Kagay-an Festival**, then to **Higalaay Kagay-an Festival** in 2014, is a patronal festival held each year in **Cagayan de Oro, Philippines**, every **28th day of August**, celebrating the feast day of **St. Augustine** – patron saint of the city.
- **Higalaay Festival** means "**Friendship Festival**", which the word "**Higalaay**" comes from the Cebuano word "**higala**" which was regarded from what the city of Cagayan de Oro is being tagged, the **City of Golden Friendship**.

Activity

Instructions: You will be divided into 5 groups. Each group will be assigned to any Festivals in the Philippines and each group will need to create dance routine for at least 2-3 minutes.

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://en.wikipedia.org/wiki/Kadayawan_Festival (Kadayawan Festival)
- <https://sagay.gov.ph/lanzones-festival/> (Lanzones Festival)
- <https://hicaps.com.ph/lanzones-festival> (Lanzones Festival)
- <https://hicaps.com.ph/tuna-festival/> (Tuna Festival)
- <https://www.lumina.com.ph/news-and-blogs/blogs/why-live-in-south-cotabato/> (FlomLok Festival)
- <https://philippines.travel/events/helobung-festival> (FlomLok Festival)
- https://en.wikipedia.org/wiki/Higalaay_Festival (Higalaay Festival)

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Physical Education and Health 3
SY.2023-2024

Name: _____
Yr and Sec: _____

Date: _____
Teacher: _____

ASSESSMENT- WEEK 16

Instructions: Read and understand the questions. Write **TRUE** if the statement is correct and write the correct answer if the statement is incorrect. Write your answer on the space provided

- _____ 1. Mindaoanons take pride in celebrating these festivals because it means a lot not only to society but to their religious beliefs as well.
- _____ 2. The Higalaay festival was previously known as Apo Duwaling Festival, named after three icons of Davao; Mount Apo, Durian, and the waling-waling orchid.
- _____ 3. The Lanzones Festival offers appreciation for the abundant harvest on Camiguin Island.
- _____ 4. The Lanzones Festival in the town of Mambajao celebrates the feast during the third week of September.
- _____ 5. Higalaay Festival means "Friendship Festival", which the word "Higalaay" comes from the Cebuano word "higala".
- _____ 6. Polomolok got its name from the B'laan word "Flomlok" which means "hunting grounds".
- _____ 7. The Tuna Festival in General Santos (Gensan) is celebrated on August 30 to September 10.
- _____ 8. FlomLok Festival is a celebration that coincides with the Foundation Anniversary of Polomolok, South Cotabato, held every September.
- _____ 9. The Higalaay Festival formerly is a patronal festival held each year in Cagayan de Oro, Philippines, every 28th day of August, celebrating the feast day of St. Augustine.
- _____ 10. The Kadayawan Festival will be held or celebrated every third week of August.