

Learning Competencies:

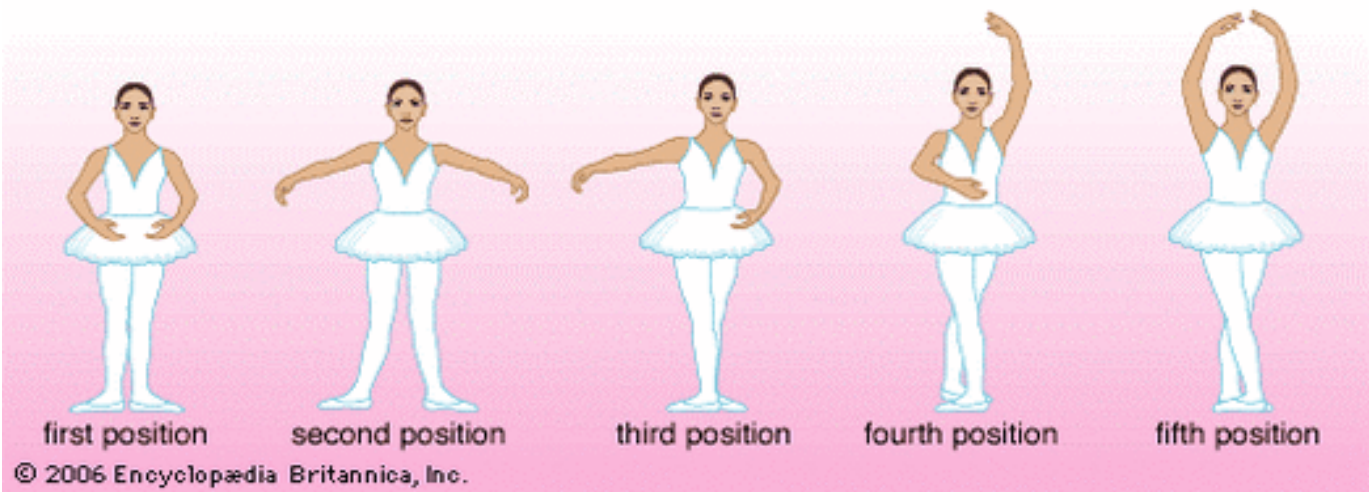
- Discusses the nature of the different dances (PEH12FH-Ia-19)
- Explains how to optimize the energy systems for safe and improved performance PEH12FH-Ib-c-2

INTRODUCTION

You will discover the basic folk dancing positions in this session. There are five fundamental arm and foot positions. The mastery of these positions is essential to a child’s further development in dance. The most basic and important strong holds in dancing are found in these positions.

BASIC FUNDAMENTAL POSITIONS OF FOLK DANCE

ARMS POSITION



- 1st Position-**Both arms are raised in front of chest with rounded elbows.
- 2nd Position-** Arms are opened sideward with rounded elbows.
- 3rd Position-** Right arm is raised above the head and left arm is maintained in second position.
- 4th Position-**Right arm is maintained above the head and left arm is placed in first position.
- 5th Position-** Both arms are raised above the head with rounded elbows.

FEET POSITION



- 1st Position-** Heels together 45 degrees
- 2nd Position-** Feet apart about one foot away from each other
- 3rd Position-** Right heel close to the left in-step.
- 4th Position-** Right foot placed in front of the foot about one foot away from each other
- 5th Position-** Right heel close to the left big toe.

ACTIVITY

Instructions: Make a video of yourself dancing the Basic Fundamental Steps in Folk Dancing with music, and make sure to add your responses to the questions below.

Questions:

1. In your own thoughts what are the importance of basic fundamentals in folk dancing?
2. Why do we need to learn or to know the basic fundamentals positions of folk dance?

Summary/Synthesis

Our culture and tradition include folk dancing, so we must work to preserve this type of tradition. Folk dances are regarded as vital because they justify the existence of a culture. It has been practiced for hundreds of years, and maintaining that tradition is important because primarily, it keeps a culture of people alive, by sharing and teaching younger generations the dances as it is a way for people to express, share, and connect with their own traditional culture.

REFERENCES

- Dance for Life K12 CURRICULUM (H.O.P.E for SHS)
(Authors) **(Introduction)**

Marcelita L. Apolonia
Mia Elaine P. Collao
Pauline A. Gabayan
Gilda Ma. Paz R. Kamus
- <https://abm11hype.medium.com/the-five-fundamental-positions-dancing-for-beginners-90137c0ad8e7>
(The Five Fundamental Positions)

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Physical Education and Health 3
SY.2023-2024

Name: _____
Yr and Sec: _____

Date: _____
Teacher: _____

ASSESSMENT- WEEK4

Test I. MULTIPLE CHOICE.

INSTRUCTION. Encircle the correct answer.

1. When the right arm is maintained above the head and left arm is placed in first position.
A. 5th position C. 1st position
B. 4th position D. 3rd position
2. Both arms are raised above the head with rounded elbows.
A. 1ST position C. 5th position
B. 2ND position D. 3rd position
3. The arms are opened sideward with rounded elbows.
A. 3RD position C. 2ND position
B. 4TH position D. 5th position
4. Both arms are raised in front of chest with rounded elbows.
A. 4TH position C. 3rd position
B. 1ST position D. 2nd position
5. The right arm is raised above the head and left arm is maintained in second position.
A. 2ND position C. 3RD position
B. 4th position D. 1ST position
6. When right heel close to the left in-step.
A. 1ST position C. 3rd position
B. 4th position D. 5th position
7. Heels together 45 degrees.
A. 3rd position C. 2ND position
B. 1st position D. 4TH position
8. Right foot placed in front of the foot about one foot away from each other.
A. 2nd position C. 5TH position
B. 6TH position D. 4TH position
9. Right heel close to the left big toe.
A. 4th position C. 3rd position
B. 5TH position D. 2nd position
10. Feet apart about one foot away from each other.
A. 2ND position C. 3RD position
B. 1st position D. 4TH position