LEARNING AS ONE NATION
Expanded Project

PE and Health_7

SHS LEARNING ACTIVITY

Name: _____ **Score/Mark:** _____
Grade and Section: _____ **Date:** _____
Strand: ☐ STEM ☐ ABM ☐ HUMSS ☐ ICT (*TVL Track*)
Subject: ***Physical Education and Health***
Type of Activity: ☑ Concept Notes ☑ Skills: Exercise/Drill ☐ Illustration
☑ Performance Task ☐ Essay/Report ☐ Others: _____

Activity Title: Zumba
Learning Target: To engage in physical activities such as dancing and applying of Zumba steps
References: *(Author, Title, Pages)* P.R.F. Carpio, CVIF Learning Activities

Zumba is an aerobic dance that is fun and easy to learn. It addresses the lifestyle of many teenagers and adults who have become sedentary, increasing their risk of being unhealthy due to a lack of physical activities. The activity below aims to improve your awareness and motivate you to engage in physical activity.

TASK. You will practice a Zumba dance and perform it together with your classmates during the next face-to-face meeting.

1. Incorporate at least ten (10) Zumba dance steps from the list below:

Mambo	A-Step	Jazz square
Grapevine	V-Step	Crisscross
March	Hustle	Step touch
Rocking horse	Kick ball change	Twisting
Charleston	Box step	Cha-cha

Dance steps to be included: _____
_____

2. Your class will be assigned a particular song from the list below:

- September by Earth, Wind & Fire
- Dancing Queen by ABBA
- Take On Me by a-ha
- La Bamba by Los Lobos
- Uptown Girl by Billy Joel

3. Write the beats per minute (bpm) applied to your dance: _____
4. Your performance will be graded based on the following criteria:

Timing and Rhythm	20
Coordination	20
Applying of steps	20
Posture and form	20
Attitude (Cooperation and expression)	20
TOTAL	**100**