



PILAR COLLEGE OF ZAMBOANGA CITY, INC.

R. T. Lim Boulevard, Zamboanga City

Basic Education Department

PAASCU Accredited Level III

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HOPE 2 – Sports

THIRD QUARTER REVIEWER

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Lesson #1: Introduction to Sports

Meaning of Sports

- Physical activities with **skills, rules, and competition.**
- Can be played **individually, in pairs, or in teams.**
- Sports give excitement through **winning and losing.**

History of Sports

- Started over **3,000 years ago.**
- Early sports were used for **war training and hunting skills.**

Classification of Sports

- **Individual** – one player (e.g. Arnis, Athletics)
- **Dual** – two players (e.g. Badminton singles)
- **Team** – group players (e.g. Basketball, Volleyball)

Types of Sports

- **Ball Sports** – basketball, soccer, volleyball, golf, baseball
- **Strength / Combat Sports** – boxing, wrestling, taekwondo, arnis
- **Track / Endurance Sports** – marathon, cycling, triathlon, decathlon

Skills in Sports

- **Technical Skills** – basic skills (dribbling, passing, spiking).
- **Tactical Skills** – strategies and decision making in the game.

Important Aspects in Learning Sports

- **History** – Understanding the **origin, inventor, and development** of the sport.
- **Court / Venue** – Knowing **where the game is played**, its size, layout, and safety features.
- **Equipment and Gear** – Using the **proper uniforms and protective equipment** to ensure safety and performance.
- **Technical and Tactical Skills** – Technical skills are the **basic movements**, while tactical skills are the **strategies used during the game.**

- **Rules of the Game** – The set of **guidelines** that explain how the game is played, scored, and penalized.
- **Officiating** – Officials **enforce rules, ensure fair play, and manage the flow of the game.**

Lesson #2: Arnis

Meaning of Arnis

- Filipino martial art using **sticks, blades, and improvised weapons.**
- Weapons act as an **extension of the body.**

Origin of Names

- **Kali** – from *kalis* (blade)
- **Eskirma** – from Spanish *esgrima* (fencing)
- **Arnis** – from *arnes* (armor)

Founder of Modern Arnis

- **Remy Amador Presas** – Father of Modern Arnis.
- Goal: **safe training and effective self-defense.**

Republic Act

- **RA 9850 (2009)** – Declared Arnis as the **National Martial Art and Sport.**
- **PEKAF** – Philippine Eskrima Kali Arnis Federation, the governing body of Arnis in the Philippines today.

Forms of Play

- **Espada y Daga** – long and short weapon
- **Solo Baston** – single stick
- **Sinawali** – two sticks with criss-cross motion

Facilities

- Playing area: **8m x 8m** with free zone.

Equipment

- Baston (stick)
- Head protector
- Body armor
- Arm, leg, hand, and groin guards

12 Striking Techniques

1. Left Temple Strike
2. Right Temple Strike
3. Left Side of the Shoulder
4. Right Side of the Shoulder

5. Abdomen Thrust
6. Left Chest Thrust
7. Right Chest Thrust
8. Right Lower Leg Strike
9. Left Lower Leg Strike
10. Left Eye Poke
11. Right Eye Poke
12. Crown Strike

Lesson #3: The Role of Sports in Managing Stress

Stress

- Feeling of **pressure from problems and challenges**.

Types of Stress

- **Eustress** – positive stress (motivates).
- **Distress** – negative stress (harmful).

Kinds of Stress

- **Acute** – short-term stress.
- **Cumulative** – stress that builds up.
- **Chronic** – long-term and dangerous stress.

Sources of Stress

- Major life changes
- Everyday problems
- Physical surroundings
- Personal and social problems

How Sports Help

- Releases **happy hormones**.
- Improves mood.
- Reduces anxiety.
- Builds confidence and social connection.

Lesson #4: Athletics

Meaning of Athletics

- Athletics is a group of sports involving **running, jumping, and throwing**, also called **track and field**, and it started in **Ancient Greece**.
- Athletics in the country is governed by the **Philippines Athletics Track and Field Association**, following international rules.
- Because athletics helps develop physical fitness, discipline, teamwork, and sportsmanship, it became an important part of Physical Education programs.

Main Events in Athletics

1. Running Events

Running events focus on **speed, endurance, rhythm, and proper technique** in races done on the track.

- **Sprint** – Short-distance race (up to 400m) that requires **explosive speed and fast starts**.
- **Long-Distance Run** – Races that test **stamina, breathing control, and endurance**.
- **Hurdles** – Runners sprint while **jumping over obstacles without leaving their lane**.
- **Relay** – A team race where runners **pass a baton smoothly within the exchange zone**.

2. Jumping Events

Jumping events measure an athlete's ability to **jump high or far using speed, strength, and coordination**.

- **High Jump** – Athletes leap over a bar using proper technique like the **Fosbury Flop**.
- **Long Jump** – Athletes run and jump as far as possible into a **sand pit from a runway**.
- **Pole Vault** – Athletes use a pole to lift their body **over a high bar with balance and power**.
- **Triple Jump** – A jump performed in **three continuous actions: hop, step, and jump**.

3. Throwing Events

Throwing events test **power, balance, and correct form** in projecting an object for distance.

- **Shot Put** – Athletes push a heavy ball from the neck using **glide or spin technique**.
- **Discus Throw** – Athletes throw a disc from a circle using **rotation for maximum distance**.
- **Javelin Throw** – Athletes throw a spear-like object that must **land tip-first to be valid**.
- **Hammer Throw** – Athletes rotate and release a wired ball to **gain momentum and distance**.