Name of Learner: ________________________
Grade & Section: ________________________
Name of School: ________________________
WHAT I NEED TO KNOW

In the previous module, you learned that Cha-Cha-Cha is a dance of Cuban origin. It was danced to the music of the same name introduced by Cuban composer and violinist Enrique Jorrin in the early 1950’s. The rhythm of the dance was developed from the danzon-Mambo Dance.

The module has one lesson: Lesson 8 – Psychosocial Benefits in Engaging Ballroom Dance. (PEH12FH-lo-t-17)

After going through this module, you are expected to:

1. Understand the concept of the psychosocial development of Ballroom Dancing;
2. Explain the psychosocial health benefits of Ballroom Dancing;
3. Integrate the psychosocial Effects of Ballroom Dancing to learners’ daily routines.

WHAT I KNOW

Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. It is a couple dance which is enjoyed both socially and competitively.
   A. Ballet     B. Ballroom     C. Jazz     D. Aerobics

2. Cha-Cha-Cha has a music of ________________
   A. Medium-Tempo Latin Music   B. Medium-Tempo Standard Music
3. The cha-cha-cha gained popularity in year ___________.  

4. It is the basic rhythm of the dance cha-cha-cha.  
   A. 1, 2, 3, 4  B. 3, 4, 1&2  C. 2, 3, 4&1  D. 4, 3, 2, 1

10. Which is NOT part of Ballroom Dance?  
   A. Ballet  B. Rumba  C. Cha-Cha-Cha  D. Tango

**WHAT’S IN?**

**Lesson 8: Psychosocial of Ballroom Dancing**

A health study conducted in Oxford University states that dancing has wide appeal for many older people because of their positive memories and experiences at a younger age. Dancing bolsters physical and mental health by helping to prevent falls, improve posture and flexibility, lift mood and ease anxiety. It’s also a fun activity that sharpens the mind, increase aerobic power and strength, builds social bonds, and can reduce pain and stiffness.
WHAT’S NEW

Aside from the evidence that the physical movement of dance produces positive mental health effects, there’s also an evidence to prove that dancing with others helps you feel a sense of connectedness. And, it often leads to an increase in social activity.

Directions: On a separate sheet of paper, answer the following personal evaluation.

1. Do you like dancing?
2. Is dancing enjoyable?
3. Do you find dancing tiring?
4. Does dancing help you feel good?
5. Are you into Dance Craze?

WHAT IS IT

According to Fred Astaire Dance Studio file, Ballroom Dancing is a perfect combination of physical activity, social interaction, and mental stimulation. Among its documented health benefits include enhancing one’s social life and self-confidence, reducing stress and depression, promoting mind relaxation, and expressing self-creativity.
WHAT’S MORE

In other words, Ballroom dancing can lead to an increase of social bonds and friendships amongst dancers. It is a key factor in improving one’s mood and overall mental wellbeing.

Though dancing itself should not replace help from a mental professional, it is just one of the ways in practicing healthy psychosocial development on one’s health.

1. During your vacant time in your home, invite close friends who always join dance competition. But, still observe health protocols and social distancing.
2. Ask them about their experiences on how dancing change their lifestyle.
3. Take note their reflections on their dancing experiences.

WHAT I HAVE LEARNED

1. Make a selfie video and discuss the reflections you got from your friends. Background music is on your own discretion.
2. Submit the video (1-2minutes only) to your teacher via online.
WHAT I CAN DO

1. Now that you have knowledge of the basic step of Cha-Cha-Cha and the ideas of psychosocial health benefits of dancing, create your own choreography thru video coverage and submit it via online to your teacher.
2. With any costume available in your home, invite a partner to do a Cha-Cha-Cha video with you.

GRADING RUBRICS

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Excellent (5pts.)</th>
<th>Good (3-4pts.)</th>
<th>Fair (1-2pts.)</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Own Choreography</td>
<td>The performers show unique choreography.</td>
<td>The performers show new choreography.</td>
<td>The performers show common choreography.</td>
<td></td>
</tr>
<tr>
<td>Timing</td>
<td>The routines are synchronized with the music very well.</td>
<td>The routines are synchronized with the music well enough.</td>
<td>The routines are synchronized with the music fairly good.</td>
<td></td>
</tr>
<tr>
<td>Basic Steps</td>
<td>The basic steps are excellently shown</td>
<td>The basic steps are shown good enough.</td>
<td>The basic steps are fairly shown.</td>
<td></td>
</tr>
</tbody>
</table>

Overall Total
**ASSESSMENT**

**Directions:** Answer the question written on a box. Use a separate sheet of paper in answering this portion. Have fun and enjoy.

1. In this time of pandemic, how dancing help you in reducing health problems in dealing your daily activities?
**Additional Activity**

Dancing can be a way to stay fit for people of all ages, shapes and sizes. It has a wide range of physical and mental benefits. List down all the benefits that you can get from dancing.
Answer Key

What I Know
1. B
2. C
3. A
4. A
5. A

What’s In
Answers may vary (Personal Evaluation)

What’s More
Output Based (Interview)

What I Have Learned
Output Based (Performance Task)

What I Can Do
Output Based (Performance Task)

Assessment
Answers may vary

Additional Activity
Answers may vary
References:

Online

https://ncbi.nlm.nih.gov/pmc/articles/PMC4179700/

https://www.slideshare.net/Melvolio/line-dancing-23379499

https://fredastaire.com
I am a Filipino, by Carlos P. Romulo

I am a Filipino—inheritor of a glorious past, hostage to the uncertain future. As such I must prove equal to a two-fold task—the task of meeting my responsibility to the past, and the task of performing my obligation to the future. I sprang from a hardy race, child many generations removed of ancient Malayan pioneers. Across the centuries the memory comes rushing back to me: of brown-skinned men putting out to sea in ships that were as frail as their hearts were stout. Over the sea I see them come, borne upon the billowing wave and the whistling wind, carried upon the mighty swell of hope—hope in the free abundance of new land that was to be their home and their children's forever.

I am a Filipino. In my blood runs the immortal seed of heroes—seed that flowered down the centuries in deeds of courage and defiance. In my veins yet pulses the same hot blood that sent Lapulapu to battle against the first invader of this land, that served Lakandula in the combat against the alien foe, that drove Diego Silang and Doghoy into rebellion against the foreign oppressor.

The seed I bear within me is an immortal seed. It is the mark of my manhood, the symbol of dignity as a human being. Like the seeds that were once buried in the tomb of Tutankhamen many thousand years ago, it shall grow and flower and bear fruit again. It is the insignia of my race, and my generation is but a stage in the unending search of my people for freedom and happiness.

I am a Filipino, child of the marriage of the East and the West. The East, with its languor and mysticism, its passivity and endurance, was my mother, and my sire was the West that came thundering across the seas with the Cross and Sword and the Machine. I am of the East, an eager participant in its spirit, and in its struggles for liberation from the imperialist yoke. But I also know that the East must awake from its centuried sleep, shake off the lethargy that has bound his limbs, and start moving where destiny awaits.

I am a Filipino, and this is my inheritance. What pledge shall I give that I may prove worthy of my inheritance? I shall give the pledge that has come ringing down the corridors of the centuries, and it shall be compounded of the joyous cries of my Malayan forebears when first they saw the contours of this land loom before their eyes, of the battle cries that have resounded in every field of combat from Mactan to Tarid Pass, of the voices of my people when they sing: “I am a Filipino born to freedom, and I shall not rest until freedom shall have been added unto my inheritance—for myself and my children and my children’s children—forever.”