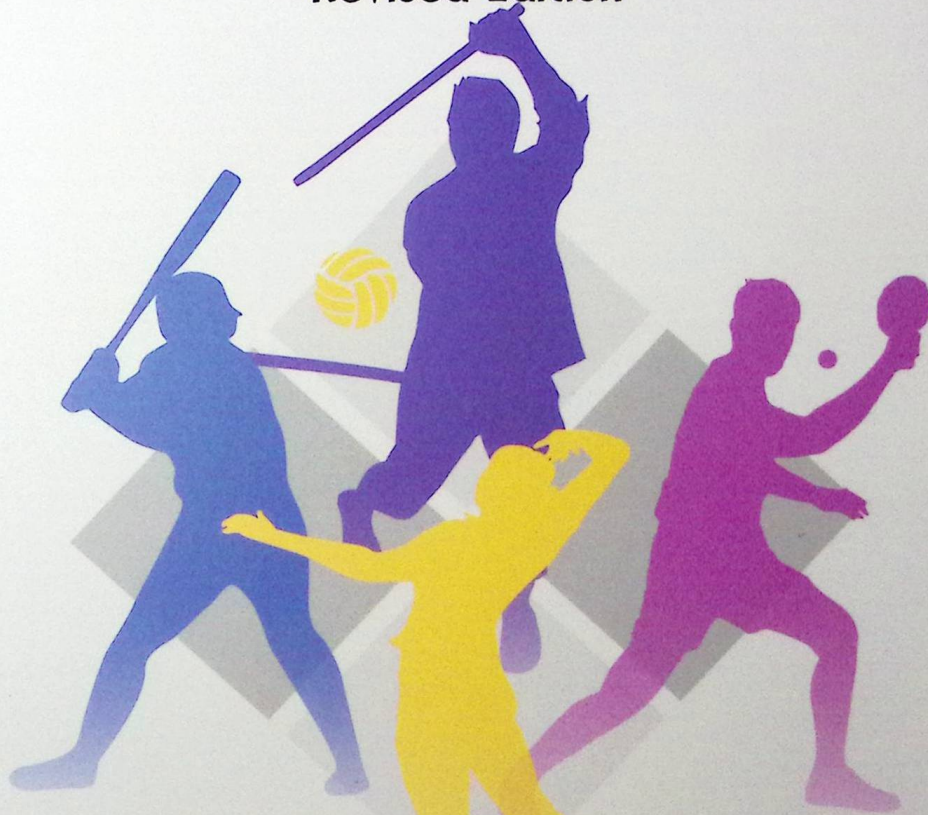


Sports *for* Life

HHealth - **O**Optimizing **P**Physical **E**Education
for Senior High School
Revised Edition



Diana N. Dy
Cyrus T.N. Alcantara

AUTHORS

Jerome A. Porto
AUTHOR/COORDINATOR

Sports *for* **Life**

HHealth - **O**Optimizing **P**Physical **E**Education
for Senior High School
Revised Edition

Diana N. Dy
Cyrus T.N. Alcantara

AUTHORS

Jerome A. Porto

AUTHOR/COORDINATOR



C & E Publishing, Inc.
2021



Table of Contents

Preface	vii
Unit 1 Basics of Sports	
Lesson 1 The Health Benefits of Sports and Physical Activities	2
Lesson 2 Common Injuries and First-aid Treatment.....	17
Lesson 3 Injury Preventive Measures.....	22
Lesson 4 Common Warm-up and Cool-down Exercises.....	26
Unit 2 Individual, Dual, and Combative Sports	
Lesson 5 Table Tennis Essentials	34
Lesson 6 Rules and Regulations in Table Tennis	57
Lesson 7 Modern <i>Arnis</i> Essentials	61
Lesson 8 Basic Rules in <i>Arnis</i>	78
Unit 3 Net-barrier Sports	
Lesson 9 Volleyball Essentials.....	84
Lesson 10 Rules and Regulations in Volleyball.....	107
Lesson 11 <i>Sepak Takraw</i> Essentials	120
Lesson 12 Basic Skills and Rules of the Game.....	133
Unit 4 Organizing Sports Events	
Lesson 13 Types of Sports Events.....	150
Lesson 14 Managing Participants	155
Lesson 15 Event Planning Process.....	159
Lesson 16 Tournament Bracketing.....	163
Glossary	169
References	177
Index	179

A

Arnis, 62-81

- Basic rules in playing, 64-69
- Categories of matches, 79-80
- History, 62-63
- Playing area, 81
- Sets, 69-76

H

- Health benefits of sports and physical activities, 3-4
 - Improved joint flexibility and range of motion, 3
 - Improved muscular strength and endurance, 3
 - Other benefits, 4

I

Injuries, 18-23

- Examples of injuries, 18
- First aid and treatment for injuries, 19-20
- Kinds of injuries, 18
 - Acute, 18
 - Chronic, 18
- Ways to avoid injuries, 23-25

K

- Kinds of warm-up exercises, 27-28
- Kinds of cool-down exercises, 28-31
 - Calf, 29
 - Hamstring, 29
 - Inner thigh, hip and groin, 31
 - Lower back, 31
 - Quadriceps (front of thigh), 29
 - Shoulder, 30
 - Triceps, 30
 - Upper body, 30

O

- Organizing sports events, 160-161
 - Budgeting, 161
 - Coordinating, 161
 - Organizing, 161
 - Planning, 161
 - Staffing, 161

P

- Preparations for sports and physical activities, 23-24

S

- Sports events, 151-153
 - Cancellation of games, 153
 - Participants, 156-157
 - Types of sports events, 151-153
 - City meet, 151
 - Intramural games, 151
 - Palarong Pambansa*, 152-153
 - Regional meet, 151-152
- Stretching exercises, 5-15
 - Abdominal and lower back muscles stretch, 7
 - Adductor stretch, 10
 - Biceps stretch, 5
 - Calf raises, 14
 - Calf stretch, 9
 - Chest stretch, 5
 - Dips, 12
 - Front of trunk stretch, 11
 - Groin stretch, 10
 - Hamstring stretch, 9
 - Hip and thigh stretch, 10
 - Iliotibial band stretch, 11
 - Push-ups, 12
 - Quadriceps stretch, 11
 - Shoulder and triceps stretch, 6
 - Shoulder stretch, 6
 - Side bend, 7
 - Squat throws, 13
 - Supermans, 13
 - Tuck jumps, 15
 - Upper back stretch, 6
 - V-ups, 14

T

- Table tennis, 35-49
 - Equipment, 35-36
 - Exercises and drills for the ball and racket, 40
 - Kinds of grip, 41-42
 - Penhold grip, 41
 - Shakehand grip, 41-42
 - History, 35
 - Receiving technique, 44-48
 - Block, 45
 - Defensive receiving, 44
 - Drive, 46
 - Lob, 48
 - Loop, 47
 - Offensive receiving, 44
 - Push, 44
 - Smash, 48
 - Rules and regulations in playing, 58-60
 - Service, 42-43
 - Return of service, 43
 - Serving technique, 42-43
 - Terminology, 36-38
 - Warm-up and cool-down exercises, 38-40
- Tournament bracketing, 164-166
 - Double elimination, 166
 - Single elimination, 164-165
 - Single round robin, 165-166

V

Volleyball, 84-118

Basic skills, 93

 Dig pass, 93-96

 Toss, 96-99

Block, 103-104

Equipment, 85-86

History, 85

Officials of a volleyball game, 110

 Hand signals, 111-117

Player positioning, 104-105

Rules in playing, 108-109

Serve, 99-100

 Jump serve, 100

 Overhead serve, 100

 Underhand serve, 99

Spike or attack, 101-102

Terminology, 87-91

Warm-up and cool-down
exercises, 91-93