

# Learning Activity Sheet for Music and Arts

Quarter 2

Lesson

**2**

**Worksheet for Music and Arts Grade 4**  
**Quarter 2: Lesson 2 (Week 2)**  
**SY 2024-2025**

This material is intended exclusively for the use of teachers participating in the implementation of the MATATAG K to 10 Curriculum during the School Year 2024-2025. It aims to assist in delivering the curriculum content, standards, and lesson competencies. Any unauthorized reproduction, distribution, modification, or utilization of this material beyond the designated scope is strictly prohibited and may result in appropriate legal actions and disciplinary measures.

Borrowed content included in this material are owned by their respective copyright holders. Every effort has been made to locate and obtain permission to use these materials from their respective copyright owners. The publisher and development team do not represent nor claim ownership over them.

**Development Team**

**Writer:**

- Alma Vida G. Gallardo (Benguet State University)

**Validator:**

- Wesly M. Tayag (San Vicente Pilot School For Philippine Craftsmen)

**Management Team**

Philippine Normal University  
Research Institute for Teacher Quality  
SiMERR National Research Centre

Every care has been taken to ensure the accuracy of the information provided in this material. For inquiries or feedback, please write or call the Office of the Director of the Bureau of Learning Resources via telephone numbers (02) 8634-1072 and 8631-6922 or by email at [blr.od@deped.gov.ph](mailto:blr.od@deped.gov.ph).

**LEARNING ACTIVITY SHEET**

<b>Learning Area:</b>	Music and Arts 4	<b>Quarter:</b>	2nd
<b>Lesson No.:</b>	<b>2</b>	<b>Date:</b>	
<b>Lesson Title/ Topic:</b>	<b>Basic Concepts and Principles of Sound, Theater, Dance, and Visual Elements in Relation to Faiths and Beliefs</b>		
<b>Name:</b>		<b>Grade &amp; Section:</b>	

**I. Activity No. 1: Loop-a-Word**

**II. Objective(s):** At the end of this activity, the pupils will be able to recall words related to the past lesson which are contributory to the present lesson.

**III. Materials Needed:** Activity sheet, pen

**IV. Instructions:**

Loop all the words you encounter in the previous lesson. Make sure you can define the word you loop for the teacher will ask you about it.

T	B	E	N	D	I	A	N	P	J	K	T
Y	A	W	Z	B	V	U	E	F	S	L	E
S	H	A	P	E	C	T	Q	O	P	F	X
T	A	P	I	S	O	L	I	B	A	O	T
I	G	O	N	G	L	I	R	G	C	R	U
M	A	E	Y	C	O	N	D	H	E	M	R
E	L	S	X	W	R	E	S	N	I	M	E

1		6	
2		7	
3		8	
4		9	
5		10	

**LEARNING ACTIVITY SHEET**

<b>Learning Area:</b>	Music and Arts 4	<b>Quarter:</b>	2nd
<b>Lesson No.:</b>	<b>2</b>	<b>Date:</b>	
<b>Lesson Title/ Topic:</b>	<b>Basic Concepts and Principles of Sound, Theater, Dance, and Visual Elements in Relation to Faiths and Beliefs</b>		
<b>Name:</b>		<b>Grade &amp; Section:</b>	

**I. Activity No. 2: In Your Own Words**

**II. Objective(s):** At the end of this activity, the pupils will be able to define “faith and belief” in their own words.

**III. Materials Needed:** Activity sheet, pen

**IV. Instructions:**

Supply each letter of the word Faith and Belief to generate you're their own definition of the word itself.

F- \_\_\_\_\_

B- \_\_\_\_\_

A- \_\_\_\_\_

E- \_\_\_\_\_

I- \_\_\_\_\_

L- \_\_\_\_\_

T- \_\_\_\_\_

I- \_\_\_\_\_

H- \_\_\_\_\_

E- \_\_\_\_\_

F- \_\_\_\_\_

**LEARNING ACTIVITY SHEET**

<b>Learning Area:</b>	Music and Arts 4	<b>Quarter:</b>	2nd
<b>Lesson No.:</b>	<b>2</b>	<b>Date:</b>	
<b>Lesson Title/ Topic:</b>	<b>Basic Concepts and Principles of Sound, Theater, Dance, and Visual Elements in Relation to Faiths and Beliefs</b>		
<b>Name:</b>		<b>Grade &amp; Section:</b>	

**I. Activity No. 3: Answer Me**

**II. Objective(s):** At the end of this activity, the pupils will be able to apply and interpret Basic concepts and principles of sound, theater, dance, and visual elements in relation to faiths and beliefs.

**III. Materials Needed:** No materials needed

**IV. Instructions:**

Divide the class into 8 groups. Assign a picture of a Bendian dance step to each group and let them determine at least one symbol and representation used in each step of the Bendian dance and even the designs in their costumes. Write your answers in the answer sheet. Distribute the pictures and let each group discuss for 5-10 minutes to do the task.

<b>8 BENDIAN STEPS</b>		
<b>Group Number</b>	<b>Step</b>	<b>Symbol And Representation</b>
<b>1. PINESBEKAN</b> (1 <sup>st</sup> picture from the left)	The right hand is extended upward while the left hand is extended downward. The fingers are almost touching the ground. The body is tilted slightly to the left. The left foot is lifted two inches above the ground and kicked in small motions to the side. It means to attack and take cover	
<b>2. SALAWASAO</b> (2 <sup>nd</sup> picture from the left)	Both arms are extended overhead while the hands are flipped up and down. This symbolizes praise for the bountiful harvest received by the village	
<b>3. KINITANGAN</b> (3 <sup>rd</sup> picture from the left)	Hands are steady on the waist. The gesture portrays caring for the crops to support the family	
<b>4. KINIKIYAN</b> (4 <sup>th</sup> picture from the left)	The right arm is bent. It is moved forward and back with the palms facing upward; the left arm is extended forward. The action mimics planting	
<b>5. INUSHUNGAN</b>	Both arms are raised slightly over the head, resembling the position of	

(5 <sup>th</sup> picture from the left)	surrender. It means to ask kabunyan to bless and protect their crops	
<b>6. INUDIYAN</b> (6 <sup>th</sup> picture from the left)	The dancers maintain their positions as in Inoshongan but this time the reverse direction. At another point the men face the women and vice versa. It means turn and reverse to confuse the enemy	
<b>7. PINAJOSAN</b> (7 <sup>th</sup> picture from the left)	Both arms are clipped at the back of the waist with hands facing upwards, the body is bent forward	
<b>8. INNABAYA</b> (8 <sup>th</sup> picture from the left)	The upper arm is clipped to the side while the lower arm is extended forward with hands facing upward. It symbolizes the receiving of blessings such as crops and livestock	