

4

Lesson Exemplar for Music and Arts

Quarter 1

Lesson

3

Lesson Exemplar for Music and Arts Grade 4
Quarter 1: Lesson 3 (Week 4-5)
SY 2024-2025

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LESSON EXEMPLAR

MUSIC AND ARTS / QUARTER 1 / GRADE 4

I. CURRICULUM CONTENT, STANDARDS, AND LESSON COMPETENCIES	
A. Content Standards	The learners demonstrate understanding of how one's cultural identity/ies and local tradition/s, including concepts, processes, and practices influence creative decisions.
B. Performance Standards	The learners apply local cultural and traditional concepts, processes, and practices in Music and Arts in creative works about one's cultural identity.
C. Learning Competencies and Objectives	<p>Learning Competency</p> <ol style="list-style-type: none"> 1. <i>explain relevant and/or unique local processes and practices in producing/ performing creative works that reveal their cultural identity.</i> <p>Objectives</p> <ol style="list-style-type: none"> 1. Recall the key components of the Sinukwan Festival. 2. Enumerate the art forms showcased during the Sinukwan Festival. 3. Discuss the distinctive local processes and practices utilized to make Sinukwan Festival costumes, props, decorations, music, and dance performances. 4. Explain how the Kapampangan people's cultural identity is embodied in the Sinukwan Festival. <p><i>Note: The material to be used will be determined and selected by the teacher based on the relevant creative works available in their province.</i></p>
C. Content	<p>Theme: “My Cultural Identity and My Province” Relevant Local Forms, Themes, Representation, Mediums, And Practices in Music and Arts</p> <p>I. PERFORMING ARTS</p> <p>A. Music</p> <ol style="list-style-type: none"> 1. Timbre <ul style="list-style-type: none"> • Vocal/Instrumental 2. Dynamics <ul style="list-style-type: none"> • Relevant Level of Dynamics

	<p>Musical Behaviors: Active Listening; Performing (singing, chanting, and playing instruments or other sound sources)</p> <p>B. Theater (evident in the local cultural performances)</p> <ol style="list-style-type: none"> 1. Relevant Elements of Artistic Expression (Lines, Shapes, Space, Textures, Rhythm, Sound, Movement, Color) 2. Principles of Composition and Organization <ul style="list-style-type: none"> • Balance, Proportion, Scale 1. Relevant Theater Forms <p>C. Dance Forms</p> <ol style="list-style-type: none"> 1. Relevant Local Dance Forms 2. Relevant Elements of Artistic Expression with local context <p>II. VISUAL ARTS</p> <ol style="list-style-type: none"> 1. Visual Elements and Forms 2. Balance, Proportion, Scale <p>Arts Processes: <i>Perceiving; Expressing; Responding; Producing 2D/3D artworks based on local themes, mediums, and practices; Performing (dancing, acting, dramatizing, and reenacting)</i></p> <p>Materials: <i>Any available local (natural and synthetic) materials; Improvised attire</i></p> <p><i>The specific content for performing and visual arts are based on the practices in the locality. Elements of artistic expressions and principles of composition are discussed based on how they are used in the local art practices.</i></p>
D. Integration	<p>SGD 11 Sustainable Cities and Communities: Protect Cultural and Natural Heritage</p> <p>Visual aesthetics</p> <p>Cultural Literacy, Awareness, and Appreciation</p> <p>Integration in Literature</p>

II. LEARNING RESOURCES

ATIN KU PŪNG SINGSING | Siuálâ Ding Meángûbié. (n.d.). Siuálâ Ding Meángûbié. <http://siuala.com/alaya/>

Art Aris Sampang. (2013, October 15). *Sinukwan Festival Music / Song - Interpretation Dance Version by Art Sampang* [Video]. YouTube. <https://www.youtube.com/watch?v=mjbOsmefcjs>

ChicSassyMom. (2011, April 25). *Lent 2011: † Magdarama, a Lenten Tradition in Pampanga †*. A Lifestyle Blog of Chic & Sassy Mom; A Lifestyle Blog of Chic & Sassy Mom. <https://chicsassymom.com/2011/04/25/lent-2011-%E2%99%B0-magdarama-a-lenten-tradition-in-pampanga-%E2%99%B0/>

Dizon, N. (2020, December 11). *Kapampangan Folk Song: Atin Ku Pung Singsing Real Meaning & Concept*. Pampanga360. <https://pampanga360.com/relearning-our-language-identity-through-a-kapampangan-folk-song/>

Fiesta, G. (2023, December 2). *Sinukwan Festival Pampanga Philippines*. Globe Fiesta: Festivals around the Worldwide. <https://globefiesta.com/sinukwan-festival-philippines/>

Flora, I. O. (2021, December 28). *Guagua celebrates 14th Dukit Festival*. SunStar Publishing Inc. <https://www.sunstar.com.ph/pampanga/local-news/guagua-celebrates-14th-dukit-festival>

Freddie Aguilar – *Atin Cu Pung Singsing*. (n.d.). Genius.com. <https://genius.com/Freddie-aguilar-atin-cu-pung-singsing-lyrics>

Fun Review Activities and Classroom Games to Do Now. (2019, October 17). TeachHUB. <https://www.teachhub.com/classroom-activities/2019/10/fun-review-activities-and-classroom-games-to-do-now/>

Jontotheworld. (2021, August 10). *THE BEST FESTIVALS IN PAMPANGA (You should experience these)*. Jon to the World Blog. <https://jontotheworld.com/best-festivals-pampanga/>

Karlaroundtheworld. (2019, December 5). *Sinukwan Festival in Pampanga 2019*. Karla around the World. <https://www.karlaroundtheworld.com/sinukwan-festival-in-pampanga-2019/>

Rey, M. V. (2019, October 7). *Atin Cu Pung Singsing - Story And Meaning About This Heirloom Song*. PhilNews. <https://philnews.ph/2019/10/07/atin-cu-pung-singsing-story-and-meaning-about-this-heirloom-song/>

Palibut. (2022, December 10). *Sinukwan Festival 2022: A Celebration of Kapampangan Culture*. Palibut.com. <https://palibut.com/2022/12/10/sinukwan-festival-2022/>

Palibut. (2023, December 11). *Sinukwan Festival 2023: A Colorful Tapestry of Pampanga's Cultural Heritage*. Palibut.com. <https://palibut.com/2023/12/11/sinukwan-festival-2023-a-colorful-tapestry-of-pampangas-cultural-heritage/#:~:text=The%20Sinukwan%20Festival%20of%20Pampanga>

Sisig - Kapampangan version. (2019, August 14). Kapampanganku. https://kapampanganku.com/sisig/#google_vignette

TARA!!! (2023, December 8). *SINUKWAN FESTIVAL 2023 STREET DANCE:PORAC MODEL COMMUNITY HIGH SCHOOL-BINULU FESTIVAL* [Video]. YouTube. <https://www.youtube.com/watch?v=BMdVhHFqfE8>

III. TEACHING AND LEARNING PROCEDURE		NOTES TO TEACHERS
A. Activating Prior Knowledge	WEEK 1: DAY 1 1. Short Review	This activity will serve as a recapitulation of the previous discussions and checking of

Activity 1: Unscramble the provided jumbled letters to determine the word or idea that the picture represents.

1.



Image source: https://kapampanganku.com/sisig/#google_vignette

S G I I S

2.



Image source:
https://wowlovers.pics/product_details/19774679.html

A R U L P

4.



Image source: <https://www.sunstar.com.ph/pampanga/local-news/guaqua-celebrates-14th-dukit-festival>

D K I U T

5.



Image source: <https://palibut.com/2023/12/11/sinukwan-festival-2023-a-colorful-tapestry-of-pampangas-cultural-heritage/#:~:text=The%20Sinukwan%20Festival%20of%20Pampanga,%2C%20pageants%2C%20and%20cultural%20shows>

L E S T V I A F

assignment/homework given last meeting.

The following pictures/creative works have the reflection of Kapampangan's cultural identity.

The teacher is highly encouraged to select and present creative works within their locality.

Key Answer:

1. SISIG
2. PARUL
3. MAGDARAME
4. DUKIT
5. FESTIVAL

In this activity, learner will be asked about their experiences in relation to the picture presented.

3.



Image source: <https://chicsassymom.com/2011/04/25/lent-2011-%E2%99%B0-magdara-a-lenten-tradition-in-pampanga-%E2%99%B0/>

M M A G R D A E A

ACTIVITY 2: SURVEY SAYS!

Name the best eight (8) festivals in Pampanga.

Best eight (8) festivals in Pampanga

ANSWER 1	<input type="text"/>	ANSWER 5	<input type="text"/>
ANSWER 2	<input type="text"/>	ANSWER 6	<input type="text"/>
ANSWER 3	<input type="text"/>	ANSWER 7	<input type="text"/>
ANSWER 4	<input type="text"/>	ANSWER 8	<input type="text"/>


- After the activity, the teacher will ask the processing questions:

Based from the blog of <https://jontotheworld.com/best-festivals-pampanga/> below are the best eight festivals of Pampanga.

1. Sinukwan Festival
2. Giant Lantern Festival
3. Philippine International Hot Air Balloon Festival
4. Makatapak Festival
5. Frog Festival
6. Duman Festival
7. Dukit Festival
8. San Pedro Cutud Lenten Rites

The teacher will reveal the answers using a PowerPoint presentation (PPT) or any available material. The teacher is highly encouraged to select and present creative works (festivals) within their locality.

	<ul style="list-style-type: none"> • Are you familiar with the festivals on the board/screen? • What are other festivals you know in Pampanga? • Did you ever watch or experience joining a festival dance? • What can you say about festival dances? <p>2. Feedback (Optional)</p>	<p>A short description of the festival will be given by the teacher when the name of the festival is included in the list. The teacher will divide the class into two and may follow the mechanics of the game “Family Feud”.</p> <p>Visit this link: https://www.teachhub.com/classroom-activities/2019/10/fun-review-activities-and-classroom-games-to-do-now/</p>
B. Establishing Lesson Purpose	<p>DAY 2</p> <p>1. Lesson Purpose</p> <p>The Sinukwan Festival</p> <p>The Sinukwan Festival rekindles the Kapampangan spirit with a weeklong cultural revival that happens in early December, culminating in a huge street dance parade through the streets of San Fernando, Pampanga, with several municipalities competing to the tune of "Atin Cu Pung Singsing." Kapampangans take great pride in the Sinukwan Festival, which gives them a chance to honor and preserve their rich cultural identity. It offers a chance to pass on knowledge about Pampanga's history, customs, and values to both the locals and visitors, strengthening the sense of continuity and community. With time, the event has developed into a cherished custom that cheers up and celebrates the Kapampangans and helps them get through difficult times like the Mount Pinatubo explosion and the Lahar in the 1990s. The Sinukwan Festival is a symbol of Kapampangan's resilient mindset.</p> <p>ACTIVITY 3: MY FESTIVAL DANCE</p>	<p>The activity relates to the last topic that has been discussed.</p> <p>This time, the activity is about the history of the Sinukwan Festival Dance. The teacher will assist the learners in answering the activity with the guide questions below:</p> <ol style="list-style-type: none"> 1. Where did the Sinukwan Festival come from? 2. Who can join/participate in the Sinukwan Festival? 3. When is the Sinukwan festival conducted? 4. What does the Sinukwan Festival represent to the Kapampangan people?

	<p>Complete the graphic organizer by supplying the correct information about the history and origin of the Sinukwan Festival in Pampanga. Write your answer inside the rectangle. The learner can add a rectangle if needed.</p>  <p>2. Unlocking Content Vocabulary</p> <p>Teachers will present the words to be unlocked:</p> <ul style="list-style-type: none"> • CREATIVE WORKS – are blended outputs of two or more art forms, including music, dance, visual arts, theater, and other art forms. • CULTURAL IDENTITY – refers to the shared attributes of a group of people, including place of birth, religion, language, cuisine, social behaviors, art, literature, and music. • ORAL TRADITION - a community's cultural and historical beliefs handed down by word of mouth or example from one generation to another without written instruction. <p>The teacher will ask the following guide questions:</p> <ul style="list-style-type: none"> • Are you familiar with these words? • What is your idea about these words? 	<p>5. What is the music used in the Sinukwan Festival?</p> <p>6. What are the highlights of the Sinukwan Festival?</p> <p>Key answers for graphic organizer:</p> <ul style="list-style-type: none"> • Every December • Pampanga • Entry: Each municipality of Pampanga • Atin Ci Pung Singsing • Cultural Heritage and historical significance of the Kapampangan • Resilient Kapampangan mentality <p>The teacher can give additional guided questions for the learner to answer the activity easily. Again, the teacher may choose creative works within his/her locality/ province.</p> <p>The teacher will allow the learner to share their ideas. The teacher can also use context clues to derive the right definition.</p>
<p>C. Developing and Deepening Understanding</p>	<p>WEEK 2: DAY 1</p> <p>SUB-TOPIC: Featured Art Forms in the Sinukwan Festival</p>	<p>Attached are the links that the teacher can use before and during the discussion.</p>

1. Explication

- ***Traditional Kapampangan Music and Dance***

The well-known Kapampangan song "Atin Cu Pung Singsing" sets the tone for the Sinukwan Festival. It is a traditional piece from the Kapampangan people that has been handed down through the ages.

Atin Cu Pung Singsing is a consecrated song for Kapampangan revolutionaries. The ring mentioned in the song represents Kapampangan Aláya. It refers to the intangible, universal, metaphysical, and infinite, also known as life force or spirit. Our aláya, like the ring in the song, is an essential component of our identity. It reminds us of our Kapampangan roots and the need to preserve our culture, language, and everything else since nothing remains of our Kapampangan identity without these.

- ***Costume and Prop Design for the Sinukwan Festival***

The dancers wear brightly colored headdresses (large crowns) with bright, dazzling accessories and costume designs reflecting the region's rich tapestry, enhancing the visual spectacle.



- ***Storytelling and oral traditions in the Sinukwan Festival***

The Sinukwan Festival outlines its roots in the Kapampangan god of ancient mythology, Aring Sinukwan, embodying the region's rich cultural heritage. Aring Sinukwan was the god of agriculture, fertility, and singing. The event was a time for people to gather, celebrate the harvest, and express gratitude to Sinukwan for his favors.

Oral/Unique Traditions, folk beliefs and culture

KAPAMPANGAN DEITIES

Living in Mount Arayat and the first inhabitant in Pampanga, he was a noble, gigantic being whose countenance reflected beautiful traits such as royalty, wisdom, faithfulness, ability and love. He is a product of the Kapampangans' primordial culture but, in many respects, he serves as a central image in the maintenance of their internal racial affinity as well as in the interaction of their past and present.

ARING SINUKUAN (KING SINUKUAN)



He is also known as the Kapampangan sun God of War and Death. In which, the people in the town honors the Kapampangan God by dancing which is actually one of the main highlights or the main activities during the 7th day event period. This event would be called "Sinukwan Festival".

Link for the Sinukwan Festival Street Dance Music

<https://www.youtube.com/watch?v=ciMMLGaMDt4>

Link for the Sinukwan Festival Free Interpretation

https://www.youtube.com/watch?v=mjbOsmefcjs&list=RDMjbOsmefcjs&start_radio=1

	<p>The rhythmic dances and chants during the festival pay tribute to the bountiful harvests and the land's fertility, keeping the community's ties to their land and traditions fiercely alive.</p> <p style="text-align: right;">Image source: https://www.facebook.com/permalink.php?story_fbid=pfbid02eS8kYg7K42o2VcUbk5ihFRCTSyECenBxMEyu5MALDkHtN45Pr6b1udN7r1krRmD3l&id=107420351516573</p> <ul style="list-style-type: none"> • The role of the Sinukwan Festival in preserving and promoting Kapampangan cultural identity <p>The festival has developed over the years into an excessive exhibition of dance, music, art, and food festivals that draws thousands of visitors from all over the world. Sinukwan Festival showcases the rich Kapampangan heritage and tradition through different activities such as street dancing, parades, and cultural shows. Here are the roles of the Sinukwan Festival in preserving and promoting Kapampangan's uniqueness:</p> <ul style="list-style-type: none"> ○ It is a vibrant expression of Kapampangan identity. ○ This festival is not only about colorful parades and dances; it is also evidence of the region's rich heritage and a way to honor ancestral traditions. ○ As you explore the substance of this event, you will see how it brings the community together, forging a sense of unity and pride among the people of Pampanga. ○ It promotes social interaction and bonding while strengthening the local economy and tourism. <p>2. Worked Example</p> <p>Activity 4: SONG KO TO</p> <p>The teacher sings the song "Atin cu pung Singsing." The learners will fill in the missing words to complete the lyrics. They will match the words exactly as they hear them in the song. Once done, the class will sing the song using the complete lyrics.</p> <p style="text-align: center;">Local: Pampanga “Atin Cu Pung Singsing” Atin cu pung _____ Metung yang timpucan</p>	<p>Local: Pampanga Folk Song: “Atin Cu Pung Singsing”</p> <p><i>Atin cu pung <u>singsing</u> Metung yang timpucan Amana que iti Qng indung ibatan <u>Sancan</u> queng sininup Qng metung a <u>caban</u> <u>Mewala</u> ya iti</i></p>
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Amana que iti
 Qng indung ibatan
 queng sininup
 Qng metung a _____
 _____ ya iti
 E cu camalayan

Ing _____ ning lub cu
 Susucdul qng banua
 Picurus cung _____
 Babo ning _____
 Ninu mang manaquit
 Qng singsing cung mana
 Calulung _____ cu
 Manginu ya _____

E cu camalayan

Ing sucal ning lub cu
 Susucdul qng banua
 Picurus cung gamat
 Babo ning lamesa
 Ninu mang manaquit
 Qng singsing cung mana
 Calulung pusu cu
 Manginu ya caya

DAY 2

3. Lesson Activity

ACTIVITY 5: My Sinukwan Festival and My Kapampangan Culture: Discover My Province Through MDVAT


To gain a deeper understanding of Pampanga's rich culture, complete the following activities and mark each one with a checkmark (✓) on your sheet as you finish it:

Featured Art Forms in the Sinukwan Festival	INSTRUCTION	MEDIA/CREATIVE WORK	REMARKS	
			YES	NO
Music	Listen to the Music of Sinukuan Festival	<ul style="list-style-type: none"> Link for the Sinukwan Festival Street Dance Music: https://www.youtube.com/watch?v=ciMMLGaMDt4 		

Attached are the links that the teacher can use before and during the discussion.

The teacher is encouraged to use their festival dance in their locality.

		<ul style="list-style-type: none">○ Link for the Sinukwan Festival Free Interpretation: https://www.youtube.com/watch?v=mjbOsmefcjs&list=RDmjbOsmefcjs&start_radio=1		
Dance	<p>Watch sample Street dance and Free Interpretation Videos</p> <p>Imitate the simple and basic steps of the Sinukwan Festival to experience the dance.</p>	<ul style="list-style-type: none">○ Street dance Sinukwan Festival: https://www.youtube.com/watch?v=BMdVhHFqfE8○ Free Interpretation Sinukwan Festival: https://www.youtube.com/watch?v=zBTa1FIq6rk		
Visual Arts	<p>Give one or two words to describe the costumes and accessories of the Sinukwan Festival.</p>	<div></div> <p>Image source: https://jontotheworld.com/sinukwan-festival-pampanga/</p>		

	<p>Theater/Story telling/ Oral Tradition</p>	<p>Reading the oral tradition.</p>	<p>Oral/Unique Traditions, folk beliefs and culture</p> <p>KAPAMPANGAN DEITIES</p> <div><p>Living in Mount Arayat and the first inhabitant in Pampanga, he was a noble, gigantic being whose countenance reflected beautiful traits such as royalty, wisdom, faithfulness, ability and love. He is a product of the Kapampangans' primordial culture but, in many respects, he serves as a central image in the maintenance of their internal racial affinity as well as in the interaction of their past and present.</p><p>ARING SINUKUAN (KING SINUKUAN)</p></div> <p>He is also known as the Kapampangan sun God of War and Death. In which, the people in the town honors the Kapampangan God by dancing which is actually one of the main highlights or the main activities during the 7th day event period. This event would be called "Sinukwan Festival".</p> <p>Image source: https://www.facebook.com/photo/?fbid=107643511494257&set=pcb.107644381494170</p>		
<p>D. Making Generalizations</p>	<p>1. Learners' Takeaways</p> <p>Complete the statements below:</p> <p>1. Today, I learn _____.</p> <p>2. My favorite part of the lesson is _____.</p> <p>3. I would like to learn more about _____.</p> <p>2. Reflection on Learning</p> <ul style="list-style-type: none">• In your simple way as a Grade 4 learner, how can you preserve and promote Kapampangan identity?				

IV. EVALUATING LEARNING: FORMATIVE ASSESSMENT AND TEACHER'S REFLECTION		NOTES TO TEACHERS
<p>A. Evaluating Learning</p>	<p>1. Formative Assessment</p> <p>Multiple Choice. Read and choose the correct answer.</p> <ol style="list-style-type: none"> 1. What is the role of Aring Sinukwan in Kapampangan mythology? <ol style="list-style-type: none"> A. God of war and conquest. B. God of wisdom and knowledge. C. God of the sea and marine life. 	<p>Answer key:</p> <ol style="list-style-type: none"> 1. D 2. C 3. D 4. C 5. A

	<p>D. God of agriculture, fertility, and singing.</p> <p>2. Describe the costume and prop design for the Sinukwan Festival.</p> <p>A. Dancers wear black robes and masks.</p> <p>B. Dancers wear animal skins and carry spears.</p> <p>C. Dancers wear brightly colored headdresses and dazzling accessories.</p> <p>D. Dancers wear traditional Kapampangan attire with simple adornments.</p> <p>3. How does the Sinukwan Festival contribute to preserving and promoting Kapampangan cultural identity?</p> <p>A. By excluding outsiders and tourists from participating.</p> <p>B. By focusing solely on modern trends and innovations.</p> <p>C. By discouraging participation from the younger generation.</p> <p>D. By fostering social interaction and unity among the community.</p> <p>4. Which of the following activities is NOT part of the Sinukwan Festival?</p> <p>A. Street dancing.</p> <p>B. Cultural shows.</p> <p>C. Car racing.</p> <p>D. Parades.</p> <p>5. What is the primary purpose of the Sinukwan Festival?</p> <p>A. To showcase Kapampangan heritage and tradition.</p> <p>B. To generate revenue for the local government.</p> <p>C. To protest against cultural appropriation.</p> <p>D. To promote modern Western culture.</p>			
B. Teacher's Remarks	<i>Note observations on any of the following areas:</i>	Effective Practices	Problems Encountered	<p>The teacher may take note of some observations related to the effective practices and problems encountered after utilizing the different strategies, materials used, learner engagement and other related stuff.</p> <p>Teachers may also suggest ways to improve the different activities explored.</p>
	<i>strategies explored</i>			
	<i>materials used</i>			
	<i>learner engagement/ interaction</i>			
	<i>others</i>			

C. Teacher's Reflection	<p><i>Reflection guide or prompt can be on:</i></p> <ul style="list-style-type: none"> ▪ <u>principles behind the teaching</u> <i>What principles and beliefs informed my lesson?</i> <i>Why did I teach the lesson the way I did?</i> ▪ <u>learners</u> <i>What roles did my learners play in my lesson?</i> <i>What did my learners learn? How did they learn?</i> ▪ <u>ways forward</u> <i>What could I have done differently?</i> <i>What can I explore in the next lesson?</i> 	<p>Teacher's reflection in every lesson conducted/ facilitated is essential and necessary to improve practice. You may also consider this as an input for the LAC/Collab sessions.</p>
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