

PHYSICAL EDUCATION 2

Rhythmic Dance and
Social Activities



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Physical Education 2

**RHYTHMIC DANCE AND
SOCIAL ACTIVITIES**

COLLEGE TEXT BOOK

**DR. MICHELLE D. PUNZALAN
DR. ANTONIO JARDIN HABANA JR.**

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PREFACE

This book is prepared in accordance to the requirements of COLLEGE P.E. 2 – RHYTHMIC DANCE AND SOCIAL ACTIVITIES.

The book contains various rhythmic dance exercises and social activities that the learners can perform based on their fitness goals, ability and capabilities.

This book is divided into eight chapters all of which concentrate on the rhythmic dance, including social activities.

A physically educated person who participates in health-enhancing physical activity:

- Demonstrates competence in selected motor skills.
- Assesses, achieves, and maintains physical fitness.
- Applies cognitive concepts in making healthy lifestyle
- Exhibits appropriate personal/ social character traits while participating in physical activity.

The curriculum emphasizes the body movements. It focuses on developing the learner's understanding of how the body responds, adjusts and adapts to physical activities.

This book discusses knowing your body movements, training in different dance movements patterns, and fitness exercises with principles of healthy eating. It also includes the cognitive skills of critical thinking, the social or interpersonal skills of communication, leadership and skills, management skills of self- monitoring and self-direction.

Students will be able to understand the significance of rhythmic dance to an individual's physical fitness and related components, through movement enhancement activities. The student will learn basic knowledge and understanding of body movements, skills and related activity.

This book aims to develop students' knowledge about the different components of dance for fitness, as well as the health benefits of rhythmic dance, and social activities.

Through this textbook, we hope that we can help the students to become physically fit, mental social, emotional and spiritual development through various activity with good posture and movements in all action, this where it is needed in all physical activities.

The Authors

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DEDICATION

This book is dedicated to both authors' families.

To God be the glory.

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