

Session 12

Creative Anyo

A. Introduction

Creative Anyo is a demonstration type of activity that showcase different Arnis movement combinations. It requires sharp movements, exertion of muscular strength and endurance and aims at exhibiting the right attitude by showing respect to others.

B. Session Objectives

- Review the basic / foundational skills in Anyo.
- Showcase School-based and higher competition Anyo performances from different parts of the country.
- Present different types of assessment and evaluation guide for PE Anyo performances.

C. Session Content

1. Topic 1 Brief Background of Arnis Anyo

What is Arnis Anyo?

- It is a form of demonstration of Arnis skills with the use of Arnis weapons.
- Showcases different movement skills that requires proper timing, coordination, agility, transition, balance and perfect flow of movements.
- May or may not use music accompaniment.
- Showcase of various combination of complex movements that challenges an individual's muscular and cardiovascular endurance, muscle strength and flexibility and individual's core

fitness components like balance, agility and the sense of reaction.

- Manifested behaviors from performers like: ***self- confidence, respect, discipline.***

Aims of Arnis Anyo in School

Character - Refinement of character over winning the match.

Etiquette – Sportsmanship is the baseboard of etiquette and humanity.

Discipline – Practice and Competition are an opportunity to improve oneself.

Self-control – Attitude, behavior and Character (ABCs) of Arnis specially during competition.

Sincerity – The Art of Arnis is a way gentle fighting not to intentionally harm the Opponent. Anyo is a demonstration activity.

Student's loyalty – Traitor attitude is not the name of the game.

Benefits in Engaging in Arnis Anyo

Physical Aspect

- Improves Over-all Fitness
- Gain Self-Defense Skills
- Develop a tone mesomorphic body

Mental Aspect

- Improves Cognitive Skills
- Alertness of Mind
- Improve Decision-making Skills
- Discipline and Self-Control

Emotional Aspect

- Improves Emotional Expression
- Self-empowerment

- Recognize others' perspective
- Stress reliever
- Increase sense of purpose

Social Aspect

- Develop ability to socialize
- Boost Self-confidence and belongingness

Since Anyo is an spectators' event, viewing various video demonstration from different performers will help in getting idea in terms of movement combination and its transition. ***Below under the reference section, listed are the video links for Anyo.***

2. Topic 2 *Sample Assessment and Evaluation for PE Students' Anyo Performance*

Sample Rubric #1

Single Sinawali Grading Rubric Group Performance

Mastery	5 points
Execution	5 points
Synchronization	5 points
PE Attire	5 points
Department	<u>5points</u>
TOTAL	25 points

Sample Rubric #2

**Double Sinawali Grading Rubric
*Performance Assessment***

	No Error	Minimal Errors	Needs Improvement
Stroke Order			
Stroke Transition			
Execution			
Department			
Appropriate attire			

Sample Rubric #3

Double Sinawali Grading Rubric Grading Rubric

	Very Satisfactory (5 points)	Satisfactory (3 points)	Fair (1 point)
Stroke Order			
Stroke Transition			
Execution			
Deportment			
Appropriate attire			
TOTAL (25 points)			

Sample Rubric #4

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Final Examination in PathFit III CREATIVE ANYO - ARNIS

Performing Group	Execution (5 points)	Energy level (5 points)	Synchronization (5 points)	Mastery of the routine (5 points)	Choreography (5 points)	Deportment (5 points)	Total (30 points)	Rank
1								
2								
3								
4								
5								

- Rank 1 = 100
- Rank 2 = 95
- Rank 1 = 90
- Rank 1 = 85
- Rank 1 = 80

Sample Rubric #5

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Final Examination in PathFit III
CREATIVE ANYO - DANCE

Performing Group	Execution (grace of movement) (5 points)	Energy level (5 points)	Synchronization (including transition) (5 points)	Mastery of the routine (5 points)	Choreography (dance movement factor) (5 points)	Costume (5 points)	Department (from entrance to exit) (5 points)	Total (35 points)	Rank
1									
2									
3									
4									
5									

- Rank 1 = 100
- Rank 2 = 95
- Rank 1 = 90
- Rank 1 = 85
- Rank 1 = 80

Sample Rubric #6

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Final Performance Test in PathFit 3 (CREATIVE ANYO – ARNIS)

CRITERIA	POINTS			
	5	3	2	1
Creativity (based on the skills learned)	Variation of all the required skills are evident in the performance.	Many variations are evident in the performance.	Few variations are evident in the performances.	No variation were made at all.
Synchronization (timing to music and coordination of movements)	Movements of each performer go along with the group and with the music.	Movements of each performer most of the time go along with the group and with the music.	Movements of each performer sometimes go along with the group and with the music.	Movements of each performer do not go along with the group and with the music.
Execution (posture and precision of movements)	Performers' position and movements are proper and precise.	Several performers' position and movements are proper and precise.	A number of performers' position and movements are proper and precise.	Performers' position and movements are not improper and not precise.
Totality (over-all impact of the performance)	The performance shows a great impact to the viewers.	The performance show quite an impact to the viewers.	The performance does not show an impact to the viewers.	

D. Conclusion

In teaching Arnis in school, it is best that we provide time for culminating activity where students can showcase their talent in creating Arnis skills routine. This will enable students to develop or enhance learning in many ways like physical, mental, emotional and social aspects of their being. This Anyo as a demonstration activity will provide an opportunity for the students to gain valuable experience and self-confidence.

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