

NAME: _____ SCORE _____

MUSIC & ARTS

Instructions: Read each question carefully and choose the best answer by encircling the corresponding letter.

1. What is the term for creative works that are unique to in a local area?
 - A. Traditional art
 - B. Combat art
 - C. National art
 - D. Foreign art

2. Which of the following is a traditional dance from Benguet?
 - A. Carinosa
 - B. Bendian Dance
 - C. Tinikling
 - D. Maglalatik

3. What is the main element of art that includes line, shape, and color?
 - A. Music
 - B. Sound
 - C. Visual arts
 - D. Dance

4. What is the primary purpose of the Bendian Dance in Benguet culture?
 - A. To celebrate the harvest
 - B. To honor heroes
 - C. To promote tourism
 - D. To perform at weddings

5. Which element is commonly used in the Bendian Dance to express faith?
 - A. Color and sound
 - B. Shape and emotion
 - C. Rhythm and movement
 - D. Music and costume

6. How is faith expressed through the Bendian Dance?
 - A. By using simple music
 - B. By singing while dancing
 - C. Through symbols and dance movements
 - D. By wearing modern costumes

7. Which of the following demonstrates the difference between faith and beliefs?
- A. Different costumes
 - B. Various foods
 - C. Different dance rituals
 - D. Different singing styles
8. Why is faith important in the context of the Bendian Dance?
- A. It spreads knowledge
 - B. It expresses culture
 - C. It demonstrates religion
 - D. It conveys a message
9. How does the Tayaw Dance differ from the Bendian Dance?
- A. In the type of costume
 - B. In the location where it is performed
 - C. In the purpose of the dance
 - D. In the age of the dancers
10. What is the importance of costumes in traditional dances like the Bendian Dance?
- A. To recognize the dance
 - B. To enhance beauty
 - C. To show identity
 - D. To make it easier to learn
11. What is the main concept of the Bendian Dance?
- A. Culture
 - B. Music
 - C. Education
 - D. Economy
12. Which of the following is not a visual element used in the Bendian Dance?
- A. Color
 - B. Line
 - C. Modern equipment
 - D. Space
13. What type of music is used in the Bendian Dance?
- A. Rock
 - B. Classical
 - C. Instrumental
 - D. Pop
14. Which of the following shows appreciation of tradition through the Bendian Dance?
- A. Wearing colorful costumes
 - B. Creating a new dance
 - C. Changing dance moves
 - D. Adding modern music
15. What is the purpose of visual elements in the Bendian Dance?
- A. To showcase culture

- B. To teach a lesson
- C. To entertain
- D. To warn

16. What can be learned from the Bendian Dance about faith?

- A. Use of modern costumes
- B. Display of customs and rituals
- C. Singing of ancient songs
- D. Changing the dance

17. What is the significance of the Tayaw Dance in terms of faith?

- A. Singing while dancing
- B. Symbols and body movements
- C. Wearing traditional attire
- D. Using simple music

18. What is the primary symbol of the Bendian Dance?

- A. Rhythm
- B. Color
- C. Space
- D. Dance movements

19. What is the purpose of the Tayaw Dance?

- A. To bring happiness
- B. To display faith
- C. For wedding ceremonies
- D. To entertain the audience

20. How can traditional art be used to express faith?

- A. By using various colors
- B. By showing rituals
- C. By adding dance
- D. By performing modern drama

PE & HEALTH

Instructions: Read each question carefully and choose the best answer by encircling the corresponding letter.

21. What is one characteristic of a healthy family?

- A. Lack of communication
- B. Family unity
- C. Frequent fights
- D. Avoiding physical activities

22. Which of the following is a physical activity of a healthy family?

- A. Watching TV all day
- B. Exercising together
- C. Playing video games

D. No physical activity

23. What is an important role of each family member?

- A. Only to work
- B. To help one another
- C. Avoid responsibilities
- D. Remain silent

24. What is the importance of having a healthy family?

- A. Having friends
- B. Living energetically
- C. Earning a lot of money
- D. Being free from illness

25. What does "locomotor movements" mean?

- A. Body movements
- B. Movements that do not move
- C. Stationary actions
- D. Dance moves

26. Which of the following is an example of a locomotor movement?

- A. Standing still
- B. Walking
- C. Clapping hands
- D. Sitting down

27. Which locomotor movement involves using balance and coordination?

- A. Running
- B. Jumping
- C. Walking
- D. Standing

28. How can locomotor movements be applied in invasion games?

- A. By clapping hands
- B. By moving in the field
- C. By sitting
- D. By standing still

29. What does "manipulative skills" mean?

- A. Movements using objects
- B. Simple body movements
- C. Sitting positions
- D. Dance steps

30. Which of the following is a manipulative skill?

- A. Running
- B. Throwing a ball
- C. Walking
- D. Standing

31. How do manipulative skills benefit invasion games?
- A. By remaining still
 - B. By moving objects accurately
 - C. By doing stationary exercises
 - D. By balancing on one leg
32. Which activity demonstrates coordination in manipulative skills?
- A. Sitting down
 - B. Kicking a ball
 - C. Jumping in place
 - D. Running around
33. What is the role of family members in promoting a healthy family?
- A. Not sharing chores
 - B. Supporting each other
 - C. Criticizing each other
 - D. Ignoring issues
34. How does performing physical activities together benefit the family?
- A. It builds family unity
 - B. It causes conflicts
 - C. It separates family members
 - D. It reduces energy
35. Which of these activities improves agility?
- A. Playing tag
 - B. Standing still
 - C. Laying down
 - D. Walking slowly
36. Which of these helps with balance in invasion games?
- A. Running
 - B. Standing on one foot
 - C. Walking straight
 - D. Sitting down
37. How can families practice health awareness together?
- A. Ignoring issues
 - B. Exercising together
 - C. Only adults exercising
 - D. Kids avoiding exercise
38. What is an example of a healthy activity for family bonding?
- A. Movie marathons
 - B. Family sports day
 - C. Silent dinner
 - D. Watching TV
39. Why is teamwork essential in family activities?
- A. It promotes unity

- B. It causes fights
- C. It is unnecessary
- D. It creates distance

40. What skill is enhanced by playing invasion games with family?

- A. Communication
- B. Anger
- C. Isolation
- D. Distance

Here's the answer key:

MUSIC & ARTS

- 1. A
- 2. B
- 3. C
- 4. A
- 5. C
- 6. C
- 7. D
- 8. B
- 9. C
- 10. C
- 11. A
- 12. C
- 13. C
- 14. A
- 15. A
- 16. B
- 17. B
- 18. D
- 19. B
- 20. B

PE and HEALTH

- 21. B
- 22. B
- 23. B
- 24. D
- 25. A
- 26. B
- 27. C
- 28. B
- 29. A
- 30. B
- 31. B
- 32. B
- 33. B
- 34. A

- 35. A
- 36. B
- 37. B
- 38. B
- 39. A
- 40. A