

SECOND PERIODICAL TEST IN MAPEH 4

Name: _____

Score: _____

Grade and Section: _____

Date: _____

Direction: Choose the letter of the best answer.

MUSIC AND ARTS

1. How does the rhythmic pattern in traditional Filipino music reflect the beliefs and traditions of local communities?
 - a) It mimics the sounds of modern pop music to appeal to younger audiences.
 - b) It follows the natural flow of conversations and stories in daily life.
 - c) It is shaped by the rituals and religious ceremonies, often used to invoke spiritual presence.
 - d) It is designed purely for entertainment purposes, unrelated to faith or tradition.
2. In a local festival that includes both traditional music and dance performances, how do performers use movement and sound to represent their faith and beliefs?
 - a) By dancing only to modern pop beats, ignoring traditional forms.
 - b) By using movements that symbolize local legends and beliefs, coordinated with rhythmic chants or songs.
 - c) By focusing only on theatrical elements without music.
 - d) By incorporating random gestures that do not connect with local traditions or beliefs.
3. Which of the following dance forms in the Philippines is often associated with religious or spiritual ceremonies?
 - a) Tinikling
 - b) Pandanggo sa Ilaw
 - c) Singkil
 - d) Hip-hop
4. When organizing a traditional theater performance rooted in local rituals, which element is most important in ensuring the cultural and spiritual relevance of the performance?
 - a) The use of modern costumes and lighting.
 - b) The rhythm and movement reflecting the stories and rituals of the local community.
 - c) The presence of famous actors to make it more appealing to the public.
 - d) The inclusion of fast-paced action scenes and loud sound effects.
5. Why is it important for local artists to include elements like rhythm, texture, and color in their works that represent religious beliefs in the province?
 - a) To make their art look more modern and popular in other countries.
 - b) To ensure their artwork is easy to understand, even without a cultural context.
 - c) To reflect the harmony and balance that are valued in both their faith and traditions, making the artwork spiritually meaningful.
 - d) To appeal to tourists who are unfamiliar with local religious practices.
6. Which element of music, commonly heard in local festivals and rituals, reflects the steady heartbeat of a community's faith during religious ceremonies?
 - A) Melody
 - b) Tempo
 - c) Beat
 - d) Dynamics
7. When participating in traditional Filipino dances like the *Subli*, how does the tempo of the music help the dancers express their religious devotion?
 - a) It determines how fast or slow the dancers perform their movements.
 - b) It controls the volume of the music played.
 - c) It changes the tone of the dance steps.
 - d) It sets the key signature for the dancers.

8. How do local traditional theatrical performances, such as *Moro-Moro*, use rhythm and movement to show the cultural and religious beliefs of the Filipino people?
 - a) By changing the costumes of the performers regularly.
 - b) By incorporating rhythmic speech and movements that represent spiritual battles and faith.
 - c) By setting up elaborate stage decorations.
 - d) By using modern musical instruments to enhance the sound quality.
9. In the performance of religious dances like the *Tinikling* during festivals, which element of dance helps express the spiritual connection of the community with nature?
 - a) The use of colorful costumes.
 - b) The arrangement of dancers in space and the timing of their steps.
 - c) The use of traditional songs as background music.
 - d) The interaction between the audience and the performers.
10. Local artworks displayed in churches or during religious festivals often use symbols and patterns. What is the purpose of these visual elements in representing the community's beliefs and faiths?
 - a) To add color and life to the event.
 - b) To show off the artistic talents of local artisans.
 - c) To symbolize the spiritual journey and connection to higher powers.
 - d) To create commercial value for local markets.
11. How can the rhythmic patterns in traditional Filipino music be influenced by religious or spiritual beliefs in your province?
 - a. By changing the tempo based on the musician's mood
 - b. By incorporating beats that reflect the timing of local prayers and chants
 - c. By using random rhythms without any cultural meaning
 - d. By only playing instruments without paying attention to the beat
12. In a local theater performance inspired by rituals, how might the use of color in costumes represent spiritual beliefs?
 - a. Bright colors are always used for happy scenes.
 - b. The colors are selected based on the availability of local dyes.
 - c. Specific colors are chosen to symbolize important spiritual ideas, like red for strength or white for purity.
 - d. The colors are used randomly with no connection to the ritual's message.
13. When comparing religious dance forms in your province to traditional theater, which element is most likely to be shared between the two?
 - a. The use of sound effects to create suspense
 - b. The use of rhythmic patterns to represent spiritual movement and rituals
 - c. The use of props to make the performance more dramatic
 - d. The use of fast movements to make the performance exciting
14. How do local faiths and beliefs influence the way musical instruments are played in your province?
 - a. They are played only when the community wants to celebrate holidays.
 - b. Instruments are played during specific rituals to honor deities or spiritual beings, following traditional rhythms and sounds.
 - c. Musicians play instruments only based on how they feel at the moment.
 - d. The instruments are never played because they are considered sacred.
15. How does the use of movement in local religious dance reflect the beliefs of the community?
 - a. The dancers move freely without thinking of the cultural meaning behind their steps.
 - b. The movement is based on what is popular in other cultures, like modern dance.
 - c. The dancers use slow, deliberate steps to mimic spiritual practices and rituals in the community.
 - d. The movements are purely for entertainment and have no connection to faith or tradition.
16. How can you best demonstrate your understanding of local beliefs and faith through music by using improvised instruments during a school performance?
 - a) By using modern instruments like guitars and drums while performing pop music.

- b) By creating a rhythmic pattern using bamboo sticks, stones, or other natural materials to represent a local ritual.
 - c) By singing foreign songs that have no connection to local traditions or faiths.
 - d) By focusing only on modern religious songs without incorporating any traditional rhythms or instruments.
17. In a local theater performance based on a traditional ritual, what would be the most effective way to convey the spiritual movement and rhythm of the community's faith?
- a) By copying dance moves from popular TV shows and adjusting the tempo to make it faster.
 - b) By using locally relevant movements, costumes, and colors that reflect the community's spiritual beliefs, while maintaining traditional rhythm and pattern.
 - c) By performing the play silently, without any movement or rhythm to focus only on the costumes.
 - d) By incorporating contemporary western theater techniques without considering local traditions.
18. Which visual element or principle would best represent the flow of traditional Philippine dance like Tinikling, which involves rhythmic movements and fast footwork?
- a) Emphasis
 - b) Contrast
 - c) Movement
 - d) Balance
19. You are asked to create a visual artwork that represents the faith and beliefs of your local community. If you want to show the rhythmic patterns of traditional weaving from the Ifugao, which principle of visual art should you apply?
- a) Unity
 - b) Rhythm and Pattern
 - c) Proportion
 - d) Variety
20. In creating a dance performance that depicts a local festival celebrating religious traditions, how can you apply the principle of movement to express the energy and devotion of the people?
- a) By using bright colors and bold lines in costumes to highlight the significance of the festival
 - b) By ensuring the performers move slowly to emphasize the solemnity of the occasion
 - c) By incorporating fast, dynamic steps and fluid transitions in the choreography to show enthusiasm and devotion
 - d) By adding repetitive elements in the dance steps to show the passage of time

PHYSICAL EDUCATION AND HEALTH

21. Which of the following BEST describes why promoting a healthy family is important for children's development?
- a) It helps children avoid making mistakes.
 - b) It allows children to become independent too early.
 - c) It helps children feel secure and loved, contributing to their healthy growth.
 - d) It teaches children how to handle all responsibilities by themselves.
22. In a healthy Filipino family, how can open communication be applied to resolve conflicts effectively?
- a) Ignoring the problem until it goes away.
 - b) Allowing only the parents to speak while children listen.
 - c) Encouraging each family member to calmly share their thoughts and feelings.
 - d) Asking neighbors to intervene in family arguments.
23. Why is it important for a family to enforce clear and fair rules at home?
- a) So that children will fear their parents and follow instructions.
 - b) To ensure that all family members feel safe, respected, and understand expectations.

- c) To show that only the parents have authority in the household.
 - d) To allow older siblings to control the behavior of younger ones.
24. Which of the following situations demonstrates respect for family members' opinions and boundaries?
- a) A parent listening to their child's side of the story before deciding on a punishment.
 - b) A parent deciding every activity for the weekend without asking the children.
 - c) Allowing children to argue until one gives up.
 - d) Parents forcing children to follow their decisions without explanation.
25. How does promoting a healthy family contribute to a positive self-concept among Filipino children?
- a) By making them always dependent on their parents for all decisions.
 - b) By helping them feel valued, loved, and confident in their abilities.
 - c) By making them always follow the rules without question.
 - d) By allowing them to make decisions without considering others' opinions.
26. Which of the following roles of a parent in a Filipino family best demonstrates promoting family health?
- a) Cooking traditional meals with less vegetables and more oil
 - b) Bringing the family together for regular medical check-ups
 - c) Letting children eat junk food without supervision
 - d) Allowing children to decide on their health habits by themselves
27. As a child, what is the most responsible way to promote family health in your household?
- a) Avoiding house chores because you are still young
 - b) Encouraging your family to exercise together during weekends
 - c) Ignoring your parents when they talk about eating healthy foods
 - d) Staying up late and refusing to follow a regular sleep schedule
28. Which action shows the responsibility of other family members, like grandparents or aunts, in promoting family health in the Filipino setting?
- a) Advising children to eat more fast food for convenience
 - b) Encouraging children to stay indoors and avoid physical activities
 - c) Teaching children the value of eating home-cooked meals
 - d) Leaving the parents alone to handle all health-related issues
29. How can a Filipino family work together to maintain and promote health at home?
- a) Letting each member make their own decisions about meals
 - b) Ensuring only the parents focus on health, while children play freely
 - c) Sharing responsibilities in meal planning and physical activities
 - d) Eating separately and not discussing health-related concerns
30. In a Filipino family, what can children do to support their parents in promoting family health?
- a) Requesting unhealthy snacks often
 - b) Volunteering to help in preparing nutritious meals
 - c) Disregarding the importance of handwashing
 - d) Asking for money to buy sugary drinks daily
31. Your family decides to improve their health by participating in regular physical activities. Which of the following activities best promotes both physical health and bonding among family members?
- a) Watching television together for a long time
 - b. Dancing Tinikling together as a family
 - c. Using mobile phones to play video games together
 - d. Sleeping in the afternoon after lunch
32. During weekends, your family chooses to do physical activities at home to stay healthy. Which activity would best help in improving both your family's fitness and overall health?
- a) Organizing a family marathon around the neighborhood
 - b. Preparing and cooking a nutritious meal together
 - c. Reading books in the living room
 - d. Playing board games all day
33. Physical activities can help improve the health of your family members. Which of the following family activities can best prevent common diseases like diabetes and heart disease?

- a) Doing household chores separately at different times
 - b. Attending a family Zumba session at the barangay hall
 - c. Eating fast food together every weekend
 - d. Using gadgets for hours without any physical activity
34. Which family activity would most likely strengthen your relationship with each other while improving your physical health?
- a) Joining a community gardening project in your barangay
 - b. Eating junk food while watching movies at home
 - c. Texting each other even when you are all in the same house
 - d. Sleeping early without engaging in any activities
35. Your family plans to adopt a healthy lifestyle. Which of the following is the best way to ensure both fitness and stronger family bonds in a Filipino household?
- a) Spending the day cleaning and organizing the house together
 - b. Allowing everyone to watch their favorite shows separately
 - c. Skipping meals to focus on work and school tasks
 - d. Ordering unhealthy take-out food every night
36. Which of the following strategies best demonstrates agility and coordination when attacking in a game of *patintero* (a traditional Filipino game)?
- a) Moving quickly in straight lines while avoiding defenders
 - b. Changing speed and direction to find an open space
 - c. Waiting in one place for the right moment to move
 - d. Following the same path as your teammates without adjusting movements
37. In a basketball game, you notice that the opposing team is effectively blocking the goal area. What would be the best way to create space for your teammates to attack?
- a) Stay in your current position and wait for a pass
 - b. Move closer to the defenders to put pressure on them
 - c. Use quick, balanced footwork to move into an open area
 - d. Focus on running fast without considering where the ball is
38. You are playing *agawan base* (a traditional Filipino game). Your team is defending its base. What is the best strategy to prevent opponents from capturing your base?
- a) Stand near the base and wait for them to approach
 - b. Move constantly around the base to deny open spaces
 - c. Try to capture the opponent's base without focusing on defense
 - d. Only defend when the opponents are very close to the base
39. In a game of *sipa* (a traditional Filipino game involving kicking a shuttlecock), what skill would best help you control the game when receiving the *sipa* from your opponent?
- a) Catching the *sipa* with your hands before it touches the ground
 - b. Using quick, balanced foot movements to position yourself
 - c. Standing still and waiting for the *sipa* to come towards you
 - d. Relying on your teammates to handle the incoming *sipa*
40. During a soccer game, you receive the ball while running. How can you best use balance and coordination to maintain control of the ball and avoid losing possession?
- a) Stop running immediately to avoid losing the ball
 - b. Keep your eyes on the ground to focus on the ball
 - c. Use controlled, coordinated movements while continuing to run
 - d. Run as fast as possible without worrying about ball control

ANSWER KEY:

1. C
2. B
3. C
4. B
5. C
6. C
7. A
8. B
9. B
10. C
11. B
12. C
13. B
14. B
15. C
16. B
17. B
18. C
19. B
20. C
21. C
22. C
23. B
24. A
25. B
26. B
27. B
28. C
29. C
30. B
31. B
32. A
33. B
34. A
35. A
36. B
37. C
38. B
39. B
40. C

**TABLE OF SPECIFICATIONS
SECOND PERIODICAL TEST IN MAPEH 4**

Learning Competencies	No. of Days	Percent age	No. of Items	Item Placement Under Each Cognitive Domains					
				Remembering	Understanding	Applying	Analyzing	Evaluating	Creating
MUSIC AND ARTS				1 2 3	4 5				
discuss the basic concepts and principles of sound, theater, dance and visual elements based on the representations of local creative works;	5	12.5%	5						
relate their faiths and beliefs based on the representations of local creative works with basic concepts and principles of sound, theater, dance and visual elements	5	12.5%	5			6 7	8 9 10		
compare the musical, theatrical, dance, and visual arts representations of local concepts (i.e. use of range of dynamics, use of colors and symbols) in relevant creative works based on the faiths and beliefs of the province;	5	12.5%	5		11 12		13 14 15		
experiment with relevant, appropriate, and available local processes and musical/improvised instruments, theatrical, dance and art materials in producing/performing creative works that reveal their faiths and beliefs; a	2	5%	2					16 17	
produce simple improvisations (rhythm and tempo, theatrical, dance, and visual) with faiths and beliefs as the theme	3	7.5%	3			18 19 20			
PHYSICAL EDUCATION AND HEALTH				21 22 23	24 25				
explain the characteristics and importance of promoting a healthy family;	5	12.5%	5						
demonstrate one's roles and responsibilities in promoting family health;	5	12.5%	5			26 27 28	29 30		
participate in various physical and daily life activities to improve family health; and	5	12.5%	5			31 32		33 34 35	
perform physical activities using invasion game concepts with agility, balance, and coordination for active living: a. locomotor skills by attacking to create space, and denying and covering space or goal; and b. manipulative skills by sending away and receiving objects.	5	12.5%	5				36 37 38	39 40	
TOTAL	40	100	40	6	6	10	11	7	0

Prepared by:

YOUR NAME
Teacher III

Contents Checked:

NAME
Master Teacher I

PRINCIPAL'S NAME
Principal

Contents Noted:

NAME
Public Schools District Supervisor

Contents Checked/Verified:

NAME
Education Program Supervisor