

NAME: _____ SCORE _____

MUSIC & ARTS

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

- 1.What is the purpose of using music, theater, and dance in local traditions?
 - a. For entertainment
 - b. To express faith and beliefs
 - c. For exercise
 - d. To decorate places

- 2.Which local dance is performed to celebrate victory in the Cordillera region?
 - a. Tinikling
 - b. Bendian
 - c. Pandanggo
 - d. Maglalatik

- 3.What type of visual art is commonly used to express beliefs in rituals?
 - a. Sculptures
 - b. Paintings
 - c. Pottery
 - d. Weaving

- 4.How does theater help convey a person's faith or belief?
 - a. By showing how people dance
 - b. By telling stories of faith and beliefs
 - c. By playing musical instruments
 - d. By showing nature's beauty

- 5.What is the primary focus of bendian dance?
 - a. To show power
 - b. To celebrate community strength and unity
 - c. To scare away evil spirits
 - d. To prepare for war

- 6.In what way do visual arts and music work together to represent local beliefs?
 - a. Visual arts provide decoration, while music offers entertainment
 - b. Visual arts and music both communicate deep emotions and faith
 - c. Visual arts and music both bring comfort to people
 - d. Visual arts are used in rituals, while music is used for festivals

7.How can someone use theater to express personal beliefs?

- a. By acting out stories about their faith
- b. By dancing in front of an audience
- c. By singing traditional songs
- d. By creating sculptures

8.If you are tasked to express your faith using the bendian dance, what element will you focus on?

- a. Rhythmic movements
- b. Religious symbols
- c. The costumes used
- d. The music played

9.How would you apply what you learned from analyzing both the bendian and tayaw dances to create your own dance performance?

- a. Copy the moves from both dances
- b. Use the faith themes and create new movements
- c. Use the same instruments
- d. Design similar costumes

10.How are the themes of faith and beliefs depicted differently in the bendian and tayaw dances?

- a. Bendian focuses on victory, while Tayaw focuses on rituals
- b. Tayaw uses masks, while Bendian does not
- c. Both dances focus on healing rituals
- d. Tayaw is done in pairs, while Bendian is in groups

11.How does music in the tayaw dance differ from the music in the bendian dance?

- a. Bendian uses faster rhythms, while tayaw uses slower ones
- b. Bendian music is loud, while tayaw music is soft
- c. Both dances use the same rhythm but different instruments
- d. Bendian dance does not use music

12.In analyzing the dance steps, which movement represents unity in the bendian dance?

- a. The solo steps
- b. The circular formation of dancers
- c. The use of drums
- d. The use of slow, deliberate steps

13.Which dance better represents faith and belief through music?

- a. Bendian
- b. Tayaw
- c. Both represent faith equally
- d. Neither

14.Which element of the bendian dance best expresses the belief in community unity?

- a. The costumes
- b. The group formation
- c. The use of hand gestures
- d. The individual performances

15.Which is a stronger representation of faith and beliefs in visual art: the bendian dance or the tayaw dance? Why?

- a. Bendian, because it uses visual symbols
- b. Tayaw, because of its connection to rituals
- c. Both are equal
- d. Neither

PE & HEALTH

16.Which of the following is a locomotor movement?

- a. Running
- b. Stretching
- c. Twisting
- d. Bending

17.What locomotor movement involves moving from one place to another by leaping?

- a. Hopping
- b. Jumping
- c. Skipping
- d. Leaping

18.What is the main purpose of locomotor movements in physical education?

- a. To improve strength
- b. To move from one place to another
- c. To enhance creativity
- d. To relax the body

19.What is the difference between running and skipping?

- a. Running is faster, skipping involves leaping
- b. Skipping is slower, running involves hopping
- c. Running involves moving side to side
- d. Skipping involves jumping on both feet

20.Which locomotor movement is used when playing tag?

- a. Twisting
- b. Running
- c. Bending
- d. Stretching

21.Why is balance important when performing locomotor movements?

- a. To look good
- b. To avoid falling and maintain coordination
- c. To improve speed
- d. To enhance strength

22.How can you use locomotor movements in playing a basketball game?

- a. By running to catch the ball
- b. By standing in one place

- c. By sitting on the bench
- d. By stretching before the game

23. How do you apply balance while performing jumping jacks?

- a. By jumping in place
- b. By using the arms for coordination
- c. By standing still
- d. By keeping the body centered

24. If you were to play an invasion game, which locomotor movement would be best for moving across the field?

- a. Stretching
- b. Leaping
- c. Running
- d. Skipping

25. How does agility affect the way you perform locomotor movements?

- a. It helps you move quickly and smoothly
- b. It makes movements slower
- c. It limits your range of motion
- d. It makes you stand still

26. What is the difference between balance and coordination when performing a movement like skipping?

- a. Balance involves staying in place, coordination involves moving different parts of the body together
- b. Coordination helps you avoid tripping, balance helps you move faster
- c. Balance helps you stay on your feet, coordination helps your feet and arms move together
- d. Coordination involves speed, balance involves strength

27. Which locomotor movement is most effective for changing directions in a game?

- a. Skipping
- b. Running
- c. Hopping
- d. Leaping

28. Which locomotor movement best demonstrates coordination and balance at the same time?

- a. Running
- b. Skipping
- c. Twisting
- d. Bending

29. Which locomotor movement is most suitable for invasion games that require speed and agility?

- a. Leaping
- b. Skipping
- c. Running
- d. Stretching

- 30.Which skill is more important in playing invasion games: balance or agility? Why?
- a. Balance, because it helps maintain control
 - b. Agility, because it helps you move faster and change directions quickly
 - c. Both are equally important
 - d. Neither are important

Music & Arts Answers

- 1. **b**
- 2. **b**
- 3. **a**
- 4. **b**
- 5. **b**
- 6. **b**
- 7. **a**
- 8. **b**
- 9. **b**
- 10. **a**
- 11. **a**
- 12. **b**
- 13. **c**
- 14. **b**
- 15. **b**

PE & Health Answers

- 16. **a**
- 17. **b**
- 18. **b**
- 19. **a**
- 20. **b**
- 21. **b**
- 22. **a**
- 23. **b**
- 24. **c**
- 25. **a**
- 26. **c**
- 27. **b**
- 28. **b**
- 29. **c**
- 30. **b**