

TABLE OF SPECIFICATIONS
(TALAAN NG ISPESAPIKASYON)
FIRST QUARTER IN
(UNANG MARKAHAN SA)
QUARTER 1
ACADEMIC YEAR 2025-2026

SUBJECT	MAPEH	ACT		MATATAG CURRICULUM												ACADEMIC YEAR 2025-2026	
GRADE	5			1 ST PERIODICAL TEST													
CODES	LEARNING COMPETENCIES <i>(INCLUDE CODES IF AVAILABLE)</i>	UAL INSTRUCTIONS (DAYS)	WEIGHT (%)	REVISED BLOOM'S TAXONOMY LEVEL OF COGNITIVE DIMENSION												TOTAL NUMBER OF TEST ITEMS	
				REMEMBERING		UNDERSTANDING		APPLYING		ANALYZING		EVALUATING		CREATING			
				NOI	POI	NOI	POI	NOI	POI	NOI	POI	NOI	POI	NOI	POI	NOI	POI
NC	1. differentiate evolving early Philippine conventional and contemporary performing and visual arts concepts, processes, and practices;	5		3	1,2,3	3	4,5,6									6	
NC	2. discuss the various forms and functions of the early Philippine performing and visual arts in their locality/province/region	5		3	7,8,9	4	10,11,12,13									7	
NC	3. adapt conventional processes and practices of the early Philippine performing and visual arts in their creative works; and	5				2	14,15	4	16,17,18,19							6	

NC	4. evaluate creative works based on identified conventions during the early Philippine performing and visual arts.	5				4	20,21, 22,23					2	24, 25				6
NC	1. apply various healthy coping strategies to manage stress;	10						4	26, 27, 28, 29	3	30,31,32						7
NC	2. demonstrate assertive behavior to prevent and deal with bullying, harassment, discrimination, and violence;			3	33,34 ,35	3	36,37, 38										6
NC	3. analyze stress-reducing benefits of physical activities; and	10				2	39,40			4	41,42,43, 44						6
NC	4. performs physical activities using striking/fielding game concepts with agility, balance, coordination, and speed for active living: a. locomotor skills by creating, moving, denying, and covering space: and b. manipulative skills by striking and sending an object to an intended area.			3	45,46 ,47									3	48,49 ,50		6
TOTAL		40	10 0%	12		18		8		7		2		3		50	50
Prepared by						Initial Content Validation						Final Validation					



FIRST PERIODICAL in
MAPEH 5

NAME: _____ SCORE: _____

GRADE AND SECTION: _____ DATE: _____

DIRECTIONS: READ and ENCIRCLE the correct answer for each question. Answer silently.

1. Which classification system is used to group traditional Filipino musical instruments according to how they produce sound?
- A. Gregorian Method B. Hornbostel-Sachs Classification
C. Kodály Method D. Pentatonic Scale
2. Which element of music refers to the softness or loudness of a sound?
- A. Timbre B. Rhythm C. Dynamics D. Tempo
3. What do we call the unique quality of sound that makes one voice or instrument different from another?
- A. Dynamics B. Pitch C. Texture D. Timbre
4. Why were early Philippine musical instruments made from bamboo, wood, or animal parts?
- A. These materials were cheap to buy from other countries.
B. These materials were easily found in the environment and suited daily life.
C. They were used only for decoration and not for real music.
D. These materials were required by foreign musicians.
5. How does the Hornbostel-Sachs system help us understand early Philippine instruments?
- A. It tells us how long the instruments can last.
B. It identifies the emotions in songs.
C. It groups instruments based on how sound is produced.
D. It shows how instruments are drawn in pictures.
6. Why is understanding vocal quality important when learning early Philippine music?
- A. It helps singers memorize lyrics faster.
B. It shows who has the loudest voice.
C. It is used only for dancing, not for singing.
D. It explains how different voices express meaning in traditional songs.
7. What is the purpose of early Philippine music during special events like harvest or victory celebrations?
- A. To sell musical instruments B. To entertain only tourists
C. To honor important community traditions D. To make songs for television
8. Which traditional musical instrument is made of bamboo and is common in many Philippine communities?
- A. Tongatong B. Gangsa C. Kulintang D. Violin
9. What does the word “timbre” in music refer to?
- A. The speed of a song B. The loudness of a sound
C. The quality of a sound that makes it unique D. The rhythm of the lyrics

10. Why is it important to understand the use of early musical instruments in everyday Filipino life?

- A. To compare them with modern pop instruments
- B. To help people learn how to buy instruments
- C. To understand how music was connected to daily activities and culture
- D. To decorate houses with old instruments

11. How do the dynamic markings in early Philippine music help express its meaning?

- A. They add new instruments to the performance
- B. They make the music faster
- C. They allow singers to rest between verses
- D. They show the loudness or softness, helping convey emotions or rituals

12. Why were specific instruments used during rituals such as birth or death in early Philippine communities?

- A. To entertain visitors from other villages
- B. To show off their musical skills
- C. To follow meaningful traditions and communicate spiritual beliefs
- D. To compete with neighboring tribes

13. How does vocal quality affect the performance of early Philippine songs?

- A. It makes the lyrics easier to memorize
- B. It creates a specific mood or feeling based on the purpose of the song
- C. It helps the instruments play better
- D. It tells dancers when to start moving

14. Why should learners study and use traditional Filipino art forms in their own creative projects?

- A. To copy famous international artists
- B. To sell more artwork in modern markets
- C. To preserve and appreciate Filipino culture in new ways
- D. To replace old traditions with new ones

15. How does learning early Philippine music and art processes help students create meaningful artworks today?

- A. It helps them win more art contests
- B. It teaches them to use digital tools faster
- C. It allows them to connect traditional meaning with personal expression
- D. It shows them how to copy exact old designs without changes

16. You are assigned to create a musical performance for a school program celebrating Filipino culture. Which of the following would best reflect early Philippine musical practices?

- A. Singing a modern pop song in Filipino
- B. Using native instruments like the kubing and kulintang in your performance
- C. Playing Western classical music
- D. Performing a K-pop dance with background music

17. If you are making a visual artwork inspired by early Philippine life, which of the following would be the best approach?

- A. Draw superheroes with modern gadgets
- B. Paint traditional community activities like farming or weaving using natural colors
- C. Use neon markers to create graffiti art
- D. Copy a famous painting from the internet

18. You are designing a costume for a local play based on early Filipino rituals. What material would be most appropriate to use?

- A. Plastic and metallic cloth
- B. Sequined fabric with modern logos
- C. Woven fabric made from local fibers like abaca or banana leaves
- D. Leather jackets and denim jeans

19.Your teacher asks you to compose a short rhythm using early Philippine music elements. What is a good way to start?

- A. Make a techno beat on your phone
- B. Combine digital drums with electric guitars
- C. Record animal sounds and remix them
- D. Use bamboo sticks and clap patterns based on tribal rhythms

20.Why is it important to recognize the materials used in early Philippine artworks when evaluating them?

- A. To know if they are expensive
- B. To check if they are colorful
- C. To understand their connection to nature and community life
- D. To match them with modern designs

21.When judging an early Philippine music performance, why should we consider its purpose in the community?

- A. Because the instruments are rare
- B. Because the purpose helps explain the style and mood of the performance
- C. Because the costumes are always bright
- D. Because the song titles are long

22.What makes a weaving pattern from early Philippine times valuable in evaluating visual art?

- A. Its symmetry and neatness only
- B. Its connection to tribal identity and storytelling
- C. Its ability to match modern fashion
- D. Its use of imported fabrics

23.How can we tell if a student’s performance reflects early Philippine music conventions?

- A. If it uses rap and hip-hop
- B. If it is sung in English
- C. If it uses native instruments and follows traditional rhythms or purposes
- D. If it includes famous actors

24.Your classmate presented a dance inspired by early tribal rituals using modern pop music and LED costumes. How should you evaluate this performance based on early Philippine conventions?

- A. It is excellent because it’s very modern and flashy.
- B. It needs improvement because the music and costumes do not reflect early Philippine traditions.
- C. It is perfect since it uses modern trends.
- D. It should win because it looks expensive.

25.A student created a painting using local materials and showed everyday life in an early Filipino village. Which is the best reason to give it a high score?

- A. It is made of natural materials and shows traditional Filipino culture.
- B. It uses the most colors.
- C. It looks like a painting from a museum in another country.
- D. It includes famous characters from cartoons.

PE&HEALTH

26.Ana feels nervous about her performance in the school play. What is a healthy way she can deal with her stress?

- A. Stay up all night worrying about her lines
- B. Eat a lot of junk food to feel better
- C. Use positive self-talk to boost her confidence
- D. Skip the play to avoid embarrassment

27.Ben is stressed because he has too much homework and not enough time. What is the best coping strategy he can use?

- A. Ignore all tasks and play video games
- B. Manage his time by making a study schedule

- C. Blame his teacher for giving too much work
- D. Wait until the last minute to do everything

28.Maria was bullied in class and now feels sad and confused. Which action shows a healthy coping strategy?

- A. Keep her feelings inside and avoid everyone
- B. Get angry and fight the bully
- C. Talk to a responsible adult or school counselor
- D. Stay home and stop going to school

29.Jude often feels anxious before class presentations. Which of these shows him applying mindfulness or grounding techniques?

- A. Practicing deep breathing and focusing on the present moment
- B. Shouting to release energy
- C. Thinking only about what could go wrong
- D. Comparing himself to others

30.Ella has been feeling stressed due to schoolwork and her responsibilities at home. She has been avoiding her tasks and shutting herself in her room. Which of the following is the best analysis of her situation?

- A. Ella should use comfort eating to feel better.
- B. Ella is managing stress effectively because she needs alone time.
- C. Ella is using a healthy coping strategy by avoiding the stressors.
- D. Ella is using an unhealthy coping strategy, as avoidance can make stress worse.

31.Juan has a big test coming up, and he feels overwhelmed. He decides to write in his gratitude journal every morning and practice deep breathing before studying. What can we conclude about his approach to stress management?

- A. Juan is using a healthy coping strategy, as he is incorporating mindfulness and positive practices.
- B. Juan is avoiding stress by not preparing for the test at all.
- C. Juan should focus on comfort eating to deal with his feelings of stress.
- D. Juan is using a negative coping strategy because he is overthinking the test.

32.After being bullied at school, Rosa feels upset but decides to talk to her teacher about the incident. What can we infer from Rosa’s choice to talk to an adult about her experience?

- A. Rosa is using a healthy coping strategy, seeking support from a responsible adult.
- B. Rosa is avoiding the issue by not confronting the bully directly.
- C. Rosa is using an unhealthy strategy by blaming herself for being bullied.
- D. Rosa should have kept her feelings to herself to avoid trouble.

33.What is one negative effect of bullying on a person's well-being?

- A. It can make a person feel more confident.
- B. It can lead to feelings of sadness and isolation.
- C. It helps people become better at sports.
- D. It encourages people to make new friends.

34.Which of the following is a life skill used to deal with bullying?

- A. Ignoring the problem and hoping it goes away.
- B. Staying silent and not sharing feelings.
- C. Avoiding all social interactions.
- D. Being assertive and speaking up when bullied.

35.What is assertive behavior in dealing with bullying?

- A. Letting the bully keep hurting you without saying anything.
- B. Standing up for yourself calmly and respectfully.
- C. Avoiding the bully and running away.
- D. Getting angry and fighting back.

36.Which of the following is a common effect of bullying on a person’s well-being?

- A. They feel more confident and stronger.
- B. They might feel sad, anxious, or isolated.

- C. They experience increased energy and happiness.
- D. They become better at communicating with others.

37. Why is assertive behavior important when dealing with bullying?

- A. It helps to avoid the bully completely.
- B. It makes the bully become your friend.
- C. It allows you to stand up for yourself in a respectful way.
- D. It lets you ignore the problem without addressing it.

38. What is an example of life skills that can help prevent bullying?

- A. Avoiding speaking up and staying quiet.
- B. Confronting the bully with physical force.
- C. Talking to a responsible adult and seeking support.
- D. Keeping all problems to yourself and not telling anyone.

39. How does physical activity help reduce stress?

- A. By increasing muscle tension and making the body more rigid.
- B. By helping the brain release chemicals that improve mood and relaxation.
- C. By making a person feel tired and less energetic.
- D. By causing the body to focus more on stressors.

40. Which of the following is an example of a physical activity that can help reduce stress?

- A. Sleeping all day without doing anything.
- B. Playing a favorite sport or engaging in outdoor exercise.
- C. Watching TV for long hours.
- D. Staying indoors and thinking about stressful events.

41. Why is jogging considered an effective physical activity for reducing stress?

- A. Jogging increases your stress level by tiring you out.
- B. Jogging allows you to focus only on your thoughts and stresses.
- C. Jogging helps to release endorphins, which improve mood and reduce stress.
- D. Jogging only helps you sleep and does not affect stress levels.

42. A group of friends plays basketball every weekend to relieve stress. Which of the following best explains the stress-reducing benefits of this activity?

- A. It helps them to ignore their problems and avoid them.
- B. Physical activities like basketball increase tension, making stress worse.
- C. Playing basketball helps release tension in the body and promotes a positive mood.
- D. Basketball only helps them to improve their skills, not reduce stress.

43. Maya practices yoga to relieve stress. How does yoga help in reducing stress according to the benefits of physical activity?

- A. Yoga helps by making her focus on physical strength and ignoring her emotional needs.
- B. Yoga relaxes the body, calms the mind, and improves breathing, which reduces stress.
- C. Yoga increases her energy but does not help with stress.
- D. Yoga encourages her to think about stressful situations more deeply.

44. How does playing a hobby, like painting, contribute to reducing stress?

- A. It distracts the person from stressful thoughts, promoting relaxation and creativity.
- B. It makes people more aware of their stress and anxiety.
- C. It forces the person to think about stressful situations in more detail.
- D. It causes tension and frustration, leading to increased stress.

45. Which of the following is an example of a locomotor skill used in striking/fielding games?

- A. Jumping
- B. Striking
- C. Throwing
- D. Balancing

46. What is the primary focus of using agility in striking/fielding games?

- A. To improve strength
- B. To quickly change direction and move efficiently

- C. To strike an object further
- D. To jump higher

47.Which of the following best describes the concept of "sending away" in a striking/fielding game?

- A. Moving quickly to intercept an object
- B. Standing still in one place to avoid the ball
- C. Running to cover space
- D. Throwing or striking the ball to an intended location

48.Imagine you are designing a new striking/fielding game. Which of the following features would you include to ensure players use both agility and balance during the game?

- A. A large, open field with no obstacles.
- B. A course with multiple areas where players must move quickly between different zones while maintaining their balance.
- C. A game where players simply stand still and wait for their turn to strike.
- D. A game where players can only walk at a slow pace.

49.You are creating a new drill for improving coordination in a striking/fielding game. What combination of activities would be most effective?

- A. Running in a straight line while throwing the ball at targets.
- B. Jumping and skipping while balancing on one foot.
- C. Practicing short sprints followed by striking a moving target.
- D. Watching other players practice and not participating.

50.As part of your game strategy, how would you design a position that encourages players to cover space and move quickly while maintaining control of the ball?

- A. Positioning players in fixed spots with no movement required.
- B. Giving players the option to stand still while others move for them.
- C. Assigning players to areas where they must move quickly in different directions, striking or throwing the ball to various spots on the field.
- D. Having players remain in one location to avoid any movement.

ANSWER KEY

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

- 24.B
- 25.A
- 26.C
- 27.B
- 28.C
- 29.A
- 30.D
- 31.A
- 32.A
- 33.B
- 34.D
- 35.B
- 36.B
- 37.C
- 38.C
- 39.B
- 40.B
- 41.C
- 42.C
- 43.B
- 44.A
- 45.A
- 46.B
- 47.D
- 48.B

49.C

50.C