

LESSON NO.	COMPETENCY	CODE	NO. OF TEACHING DAYS	ITEM PERCENTAGE	NO. OF TEST ITEMS	ITEM DISTRIBUTIONS/PLACEMENTS		
						EASY	AVERAGE	DIFFICULT
1	Describes the Philippines physical activity pyramid	PE6PF-Ia-16	2	17%	5	1,3,4	2,5	
2	Explains the indicators for fitness	PE6PF-Ia-17	2	17%	5	6,7,8,9,10		
3	Assesses regularly participation in physical activities based on the Philippines physical activity pyramid	PE6PF-Ib-h-18	3	25%	8	11,12,13,14,15,16,17,18		
4	1. To be able to explain the nature/background of target games and striking/fielding games.	PE6GS-Ib-1	5	41%	12		19,20,21,22,23,24,25	
	describes the skills involved in the games	PE6GS-Ib-2				27,28		
	Observes safety precautions	PE6GS-Ib-h-3						28,29,20
	TOTAL		12	100%	30	18	9	3

Republic of the Philippines
 DEPARTMENT OF EDUCATION
 Region I
 SCHOOLS DIVISION OFFICE I PANGASINAN
 Binmaley Cluster II
 BASING ELEMENTARY SCHOOL
 Basing, Binmaley, Pangasinan
 S.Y.

TABLE OF SPECIFICATIONS
 First Periodical Test in Physical Education-6

Prepared by:

 SEVERINO M. MANUEL
 Teacher III

I. Direction: Encircle the letter of the correct answer.

1. Describe Physical Activity Pyramid.

- A. It is a visual representation demonstrating how to increase physical activity until it becomes a part of daily routine.
- B. It is a visual representation with daily recommended activity at the base and proceeding to less beneficial activity at the peak.
- C. Both A and B
- D. None of the above

To answer correctly items 2 – 5, recall to mind the Physical Activity Pyramid on the right.

2. Which statement/s below describe step-1 of the Physical Activity pyramid?

- A. Moderate activities are found in step 1.
- B. It has activities like brisk walking.
- C. They are the most commonly done activities.
- D. All of the above

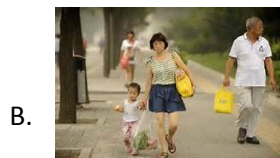
3. Which statement/s below describe/s moderate activities?

- A. Moderate activities include active plays.
- B. Moderate activities can be done more often.
- C. Moderate activities also increase the heart rate.
- D. All of the above

4. Step two of the Physical Activity Pyramid includes activities that are classified as ____.

- A. moderate activities
- B. vigorous activities
- C. minimal activities
- D. All of the above

5. Which activity below should be minimized?



6. It is the indicator of fitness which tells of the rate which someone or something happens or is done. It is the quality of being quick .

- A. balance
- B. Flexibility
- C. Speed
- D. Endurance

7. Which of the following explains the Physical Fitness Indicator balance?

- A. It is the ability to control your body so that you would not fall
- B. It is the skill you need to change and control your direction and position of your body.
- C. It is using your five senses with body parts involved in the physical fitness
- D. It is the ability to move your body parts quickly while applying the greatest force of your muscle.

8. Which of the following explains the Physical Fitness Indicator coordination?

- A. It is the ability to control your body so that you would not fall
- B. It is the skill you need to change and control your direction and position of your body.
- C. It is using your five senses with body parts involved in the physical fitness
- D. It is the ability to move your body parts quickly while applying the greatest force of your muscle.

9. Which activity below shows the ability of the muscles to stretch without discomfort or injury?



10. It is the ability to continue an activity without getting too tired. This can be muscular endurance or cardio (heart) endurance. It increases blood and heart activity.








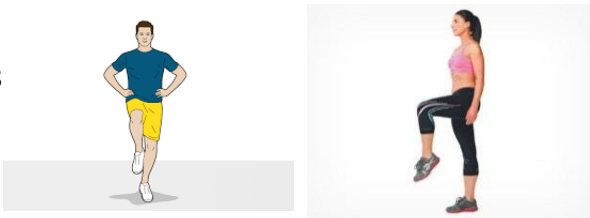
A. Endurance

B. Body Composition

C. Coordination

D. Speed

II. Direction: Shown in each picture below are activities that you do. Match column B to column A so as to identify the Physical Fitness activity shown by the picture. Write the letter of the correct answer on the blank before the number.

Column A	Column B
<div>_____ 11.</div> <div></div>	a. step test
<div>_____ 12.</div> <div></div>	b. jumping
<div>_____ 13.</div> <div></div>	c. zipper test
<div>_____ 14.</div> <div></div>	d. one-leg stand
<div>_____ 15.</div> <div></div>	e. push up
<div>_____ 16.</div> <div></div>	f. jogging
<div>_____ 17.</div> <div></div>	g. running
<div>_____ 18</div> <div></div>	h. curl ups

III. Direction: Analyze each statement below. Write on the blank TRUE if the statements is correct; FALSE, if otherwise.

- _____ 19. In target games, a player either throws, slides, or strikes an object with the goal of having the object land closest to or in a designated target.
- _____ 20. Target games can be in the form of either a team sport or an individual sport and sub-categorized into being either unopposed or opposed.
- _____ 21. Transferable skills are skills that cannot be acquired in one game and utilized in other games as well.
- _____ 22. In a striking/ fielding game, players on the batting team strike an object and attempt to run between two points before the fielding team can recuperate the object.
- _____ 23. “Syato” and “basagang palayok” are examples of traditional target games.
- _____ 24. There are three types of skills involved in striking/fielding games: Locomotor, non-locomotor, and manipulative skills.
- _____ 25. Locomotor skills involve stretching, bending, and reaching for an object.

IV. Direction: Answer the following items by identifying the answers from the answers pool. Write your answer on the blank provided for before the number.

target games

Striking/Fielding Games

Games or Educational games

obstacles

- _____ 26. These are activities in which players score points by striking an object and running to designated playing areas or prevent opponents from scoring by retrieving the object and returning it to stop the play.
- _____ 27. These are activities involving one or more people, on the move with or without an object or implement, playing under mutually agreed upon set of rules.

V. Synthesis (28 – 30)

Direction: (Based on what you have learned in your P.E. Lessons,) **why should you observe safety precautions when engaging yourself in target games and/or striking games?** Explain in sentences.

Key

- I. 1. C
- 2. D
- 3. D
- 4. B
- 5. A
- 6. B
- 7. A
- 8. C
- 9. D
- 10. A

- II. 11. h
- 12. e
- 13. g
- 14. 4
- 15. a
- 16. c
- 17. f
- 18. d

- III. 19. True
- 20. True
- 21. False (cannot be acquired = can be acquired)
- 22. True
- 23. False (target games = striking/fielding games)
- 24. True
- 25. False (Locomotor = Non-Locomotor)

- IV. 26. Striking/Fielding Games
- 27. Games or Educational games

- V. (Teacher's discretion)

HAVE A NICE DAY !