



Republic of the Philippines

Department of Education

Region _____

_____ ELEMENTARY SCHOOL

FOURTH PERIODICAL EXAMINATION

TABLE OF SPECIFICATIONS IN MAPEH 4

NAME: _____

SCORE: _____

Directions: Choose the correct answer from the options provided.

MUSIC & ARTS

1. Which of the following describes the property of sound in a traditional music performance from your province?

- A. The tempo and rhythm are always fast and energetic.
- B. The lyrics are not important in conveying emotions.
- C. The volume remains constant throughout the performance.
- D. The melody and harmony create the mood of the performance.

2. In a traditional theatrical play in your province, which element is most important in portraying emotions?

- A. Costume design
- B. Stage decorations
- C. Facial expressions and body movements
- D. Sound effects

3. Which dance element is observed when dancers move in different levels, such as standing, kneeling, or jumping?

- A. Space
- B. Timing
- C. Energy
- D. Movement

4. What principle of design is used when a painting from your province shows a balance between light and dark colors?

- A. Harmony
- B. Contrast
- C. Rhythm

D. Proportion

5. In a traditional festival in your province, how do visual elements contribute to the overall experience?

- A. By making the event colorful and lively
- B. By limiting the use of decorations
- C. By removing unnecessary props
- D. By keeping everything in black and white

6. Which of the following is a unique characteristic of folk music in cultural celebrations?

- A. It is always played using modern instruments.
- B. It reflects the history, traditions, and way of life of the people.
- C. It only features fast and lively beats.
- D. It is performed only by professional musicians.

7. What makes the traditional dances in cultural celebrations unique from one province to another?

- A. The use of similar movements in all provinces.
- B. The influence of Western dance styles.
- C. The specific costumes, hand gestures, and footwork that reflect local traditions.
- D. The requirement to use only recorded music.

8. In a cultural festival, what visual element is commonly used to represent the identity of a province?

- A. Traditional clothing, colorful decorations, and symbolic patterns
- B. Simple, plain costumes and decorations
- C. The use of only black and white designs
- D. The removal of any visual representation

9. How does theater play an important role in cultural celebrations?

- A. It presents stories, legends, and traditions of the community through acting and performances.
- B. It only serves as entertainment without any cultural significance.
- C. It is performed without the use of costumes or props.
- D. It only involves reading scripts without any movement or acting.

10. Which of the following describes how music and dance work together in cultural festivals?

- A. Music and dance do not need to match.
- B. The dance movements are influenced by the rhythm and beat of the music.
- C. Music is optional, and the focus is only on dancing.
- D. Dance performances are always done without background music.

11. When creating a festival artwork, which theme would best represent a local cultural celebration?

- A. Traditional customs, beliefs, and community history
- B. Modern fashion and technology trends
- C. International pop culture references
- D. Personal favorite cartoon characters

12. Which of the following is the most appropriate medium for creating costumes in a traditional street dance parade?

- A. Recycled and natural materials like woven fabric, shells, and beads
- B. Plastic and non-biodegradable materials for a shiny effect
- C. Plain white clothing with no decorations
- D. Modern business attire

13. In selecting a concept for a theatrical performance about a local festival, what should be the main focus?

- A. Random fictional characters with no cultural background
- B. The latest action movies from other countries
- C. The unique stories, myths, and traditions of the province
- D. Modern dance routines without any relation to the festival

14. Which artistic practice best highlights a province's unique identity in creative works?

- A. Avoiding historical and cultural influences
- B. Copying styles from famous international artists
- C. Ignoring traditional art forms and using only digital art
- D. Using indigenous patterns, colors, and symbols in designs

15. Why is it important to choose appropriate music for a cultural celebration performance?

- A. Any type of music can be used, even if unrelated to the culture.
- B. It sets the mood and strengthens the cultural identity of the celebration.
- C. Music is not necessary for cultural celebrations.
- D. Loud and fast music should always be chosen, regardless of the theme.

16. What is the best way to create a painting that represents your province's cultural festival?

- A. Use colors, symbols, and images that reflect local traditions and beliefs.
- B. Copy artwork from another country's festival.
- C. Use only black and white colors with no relation to the festival.
- D. Focus only on modern themes unrelated to the province's culture.

17. If you are designing costumes for a cultural dance presentation, which materials would be most appropriate?

- A. Indigenous fabrics, natural materials, and traditional accessories
- B. Plastic and artificial decorations that are not part of the culture
- C. Everyday school uniforms
- D. Clothes with modern cartoon characters

18. A class is preparing for a school-wide exhibit showcasing local traditions. Which of the following is the best theme for their creative artworks?

- A. Modern fashion and futuristic designs
- B. Famous international landmarks
- C. Celebrations of harvest, religious festivals, and traditional dances
- D. Abstract shapes with no cultural meaning

19. In creating a poster about a regional festival, what element should stand out the most?

- A. Words and images that do not connect to the local culture
- B. Random drawings that do not relate to the celebration
- C. A single plain color with no design
- D. Symbols, colors, and images that represent the festival's meaning

20. Why is it important to use local concepts and traditions when making creative artworks?

- A. To preserve and promote the unique identity of the province or region
- B. To follow modern art trends from other countries
- C. To avoid using cultural symbols and focus only on abstract designs
- D. To make the artwork look the same as all other provinces' artworks

P.E & HEALTH

21. Which of the following is a basic health right of every child?

- A. The right to eat only junk food
- B. The right to stay indoors all the time

- C. The right to play and engage in physical activities
- D. The right to avoid medical check-ups

22. Why is access to clean and safe drinking water important for children?

- A. It has no effect on a child's health.
- B. It is only necessary when a child is sick.
- C. It is only for adults, not for children.
- D. It helps keep the body healthy and prevents dehydration.

23. What should parents and teachers do to support a child's right to active living?

- A. Keep children inside the house all day.
- B. Encourage physical activities like sports and outdoor play.
- C. Allow children to stay up late and skip exercise.
- D. Let children decide whether they want to be active or not.

24. Which of the following is an example of a healthy and active lifestyle?

- A. Eating a balanced diet and exercising regularly
- B. Watching TV and playing video games all day
- C. Skipping meals and not drinking enough water
- D. Avoiding outdoor activities and staying in bed all day

25. How can the government protect a child's right to a healthy life?

- A. By providing vaccination programs and health services
- B. By removing physical education classes in schools
- C. By limiting children's access to playgrounds and sports facilities
- D. By allowing children to eat only fast food

26. Which of the following is an example of being an informed and responsible consumer?

- A. Checking product labels and expiration dates before buying
- B. Buying items based only on advertisements without checking quality
- C. Purchasing products without comparing prices
- D. Ignoring the ingredients and nutritional facts of food items

27. Why is it important to compare prices before buying a product?

- A. To spend as much money as possible
- B. To get the best quality product at a reasonable price
- C. To buy the most expensive item without thinking
- D. To avoid checking the product's quality

28. When buying food products, which information should you always check on the packaging?

- A. The popularity of the brand
- B. The color of the packaging
- C. The number of celebrities endorsing the product
- D. Expiration date and nutritional value

29. A store is selling a very cheap product, but it does not have a proper label or manufacturer details. What should you do?

- A. Avoid buying it because it might not be safe
- B. Buy it immediately because it is cheap
- C. Ignore the missing details and use the product anyway
- D. Share it with friends without checking its quality

30. How can you practice being a responsible consumer?

- A. By supporting local products and businesses
- B. By buying products without checking their quality
- C. By choosing products based only on advertisements
- D. By purchasing unnecessary items without thinking

31. Which of the following is a reliable source of health and fitness facts?

- a. Social media influencers without scientific background
- b. Peer-reviewed health journals and medical professionals
- c. Unverified blogs and online forums
- d. Advertisements promoting weight-loss products

32. Why is it important to verify health and fitness information before following a trend?

- a. To ensure it is popular among celebrities
- b. To avoid spending too much money on fitness products
- c. To prevent harm from misleading or unsafe fitness practices
- d. To keep up with the latest trends

33. How can fitness fads negatively impact physical activity participation?

- a. They promote consistent and evidence-based exercise routines
- b. They often lack scientific proof and may cause injuries
- c. They encourage individuals to follow only medically approved workouts
- d. They help people develop long-term healthy habits

34. Which statement is true about fitness fads?

- a. All fitness trends are safe and suitable for everyone
- b. Fitness fads often promise quick results with little effort
- c. Fitness fads are always backed by scientific research
- d. Every new exercise trend leads to long-term health improvement

35. What is the best way to encourage a healthy and active lifestyle?
- a. Following every new fitness trend seen on social media
 - b. Choosing evidence-based fitness programs tailored to individual needs
 - c. Buying expensive supplements for quick weight loss
 - d. Avoiding exercise altogether to prevent injuries
36. Why is it important to participate in rhythmic activities and dances?
- A. To develop movement skills, coordination, and fitness
 - B. To avoid exercising and stay inactive
 - C. To limit social interaction with others
 - D. To feel tired and exhausted without any benefits
37. Which of the following is an example of a rhythmic activity?
- A. Tinikling and Cariñosa
 - B. Playing video games all day
 - C. Sitting and watching TV for hours
 - D. Sleeping instead of exercising
38. How can you improve your movement competence while dancing?
- A. By not paying attention to rhythm and timing
 - B. By skipping warm-up exercises and jumping right into the routine
 - C. By practicing proper posture, balance, and coordination
 - D. By avoiding physical activities altogether
39. What should you do before engaging in any rhythmic activity or dance?
- A. Avoid stretching or moving to conserve energy
 - B. Start dancing immediately without preparation
 - C. Perform warm-up exercises to prevent injuries
 - D. Eat a heavy meal right before dancing
40. How can participating in rhythmic activities and dances benefit your health?
- A. It has no impact on physical health
 - B. It makes the body weaker and less active
 - C. It increases stress and fatigue
 - D. It helps improve flexibility, strength, and overall fitness

ANSWER KEYS:

MUSIC & ARTS:

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

P.E & HEALTH:

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

20. D