Republic of the Philippines
Department of Education - Region III
Schools Division of Bulacan
District of Sta. Maria West

CAY POMBO ELEMENTARY SCHOOL

Cay Pombo, Santa Maria, Bulacan

MAPEH 6

FIRST PERIODICAL TEST

NAME: _____ _____ SCORE: _____

GRADE – SECTION_____ _____ DATE : _____

Music

Direction: Read the following question/ statement and choose the letter of the correct answer.
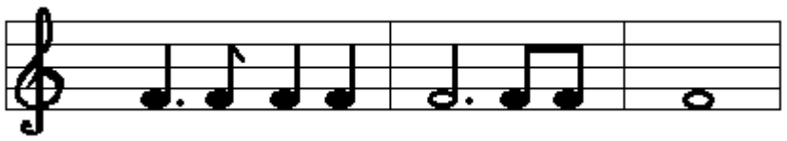
1. What kind of notes is this (𝅗𝅥) ?

   a. Half note b. whole note c. quarter note d. eighth note

2. Which of the following symbols shows an eighth note?
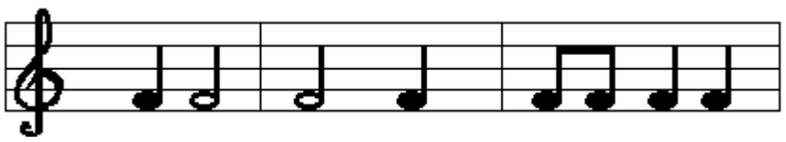
   a.  b.  c.  d. 

3. What is the coresponding time signature for the rhytmic pattern bellow?



   a. 3/4 b. 2/4 c. 4/4 d. 6/8

4. Identify the coresponding time signature for rhytmic pattern bellow.



   a. 3/4 b. 2/4 c. 4/4 d. 6/8

5. What is the time signature of the song “Tiririt Ng Maya”?

   a. 3/4 b. 2/4 c. 4/4 d. 6/8

6. Which of the following has a time signature of $^{6}_{8}$?

   a. Tiririt ng Maya b. Ang Pipit c. Ili-Ili Tulog Anay d. Paru- parong Bukid
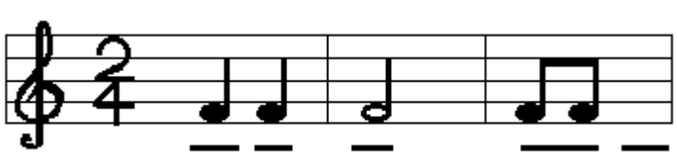
7. What is a pick- up beat?

   a. The gesture you make during the last beat of the song
   b. Beginning notes in a partial measure.
   c. Number of notes in every measure.
   d. None of these.

8. What is the final cut- off?

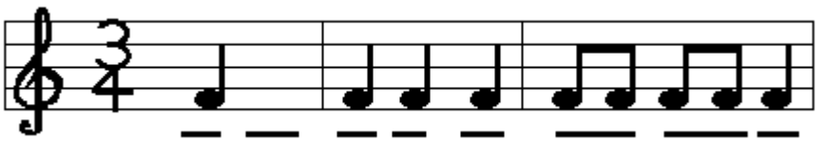
   a. The gesture you make during the last beat of the song
   b. Beginning notes in a partial measure.
   c. Number of notes in every measure.
   d. None of these.

9. Which of following note will complete this rhythmic pattern?



a.  b.  c.  d. 

10. Which of following note will complete this rhythmic pattern?



b.  b.  c.  d. 

Arts

11. It used to describe and draw objects.
    a. Lines b. shape c. logo d. color
12. Which of the following statement about logo I NOT true?
    a. A logo design is used as trademark of one company.
    b. It is good to make logo using color scheme.
    c. It is okay even if not good on the eyes of the observer.
    d. None of these

13-16. In the space provided, create your own personalized logo using your art materials. (4 points.)

17-20. Create your own cartoon character on the box below. Apply the steps you learned in the past lesson. (4 points)

P.E.

21. The following are examples of aerobic exercise except one. What is this?
    a. Running / jogging b. Piko, sipa, patintero c. Doing household chores d. basketball
22. Which is an example of Lifestyle physical activity?
    a. Running / jogging b. Piko, sipa, patintero c. Doing household chores d. basketball
23. The ability to change body positions quickly and keep the body under control when moving.
    a. Muscular Strength b. Agility c. Balance d. Flexibility
24. The ability to use your joints fully through a wide range of motion.
    a. Muscular Strength b. Agility c. Balance d. Flexibility
25. Which of the following activity will enhance our Cardiovascular Endurance?
    a. Partial Curl- Up b. Push- Up c. Sit and Reach d. 3- minutes Step Test
26. What is the example of a Target Games?
    a. Tumbang Preso b. Patintero c. Piko d. Dama
27. This is a game that will improve the endurance of our cardiovascular and power skills like running, sidestepping, and striking.
    a. Tumbang Preso b. Patintero c. Piko d. Batuhang Bola
28. One of the most popular in Pilipino street games. The goal of this game is to collect many bottle caps by using “pamato” to knock the caps out of the square.
    a. Tumbang Preso b. Patintero c. Piko d. Tatsing
29. This Pilipino game is a rendition of baseball instead of holding a bat, this game uses foot to kick the ball.
    a. Kick ball b. Patintero c. Piko d. Dama
30. The objective of this game is to earn points by catching the stick.
    a. Kick ball b. Patintero c. Piko d. Syato

Health

31. This gland which is located at the base of the brain produces growth hormone.
    a. Salivary gland b. pituitary gland c. thyroid gland d. adrenal gland
32. It is a painful condition resulting from inflammation, irritation, or infection.
    a. Otitis Media b. Swimmer’s Ears c. Impacted Cerumen d. none of these
33. This is a disorder in which both eyes do not lone up in the same direction.
    a. Hyperopia b. Myopia c. Strabismus d. Astigmatism
34. It can cause skin cancer and deadly melanoma.
    a. Sunburn b. Dandruff c. Corn and Calluses d. Ingrown toe nail
35. A visible hump on your upper back
    a. Good Posture b. Lordosis c. Kyphosis d. Scoliosis
36. The most common cause of _____ is poor oral hygiene that encourages plaque to form on teeth, causing inflammation of the surrounding gum tissues.
    a. Cavities b. Gingivitis c. Periodontal Disease d. None of these.
37. The way in which your body is positioned when you’re are sitting or standing.
    a. Oral care b. Good posture c. regular Physical Activities d. Enough rest and sleep

38. Why is health appraisal important?
    a. Because early detection can prevent diseases in progressing.
    b. Because it give additional work for teachers.
    c. Because parents do not care about their child's health status.
    d. None of the above.
39. They perform oral treatments including root canals, extraction, and fixing and removing prosthetics.
    a. Doctor b. Nurse c. Dentist d. Teacher
40. The first point of contact between residents of the community and other health care facility levels.
    a. Hospital b. barangay health center c. school clinic d. none of the above

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TABLE OF SPECIFICATIONS

MAPEH 6

CODE	OBJECTIVES	COGNITIVE DOMAIN						No. of Days Taught	No. of Items	Item Placement	%
		R	U	AP	AN	E	C				
MU6RH-Ia-1	Identifying the notes /rest used in a particular song 2/4,3/4, 4/4		1,2					2	2	1,2	5%
MU6RH-Ib-e-2	Differentiating time signature among 2/4,3/4,4/4, and 6/8				3,4			2	2	3,4	5%
MU6RH-Ib-e-1	Demonstrating the conducting gestures of 2/4,3/4, 4/4 and 6/8 time signatures.			5,6				2	2	5,6	5%
MU6RH-If-4	Identifying through conducting the relationship of the first and the last measure in an incomplete measure.	8,9						2	2	7,8	5%
MU6RH-Ig-h-5	Creating rhythmic pattens in 2/4,3/4, 4/4 and 6/8 time signatures.					9,10		2	2	9,10	5%
A6PL-Ia	Realizing that art processes, elements and priciples still apply even with used of new technologies.	11						1	1	11	3%
A6PR- Ib	Appreciating the elements and principles applied in commercial art.				12			1	1	12	3%
A6PR-Id	Creating personal or class logo as visual representation that can be used as product, brand, or trade mark.						13,14,15,16	4	4	13,14,15,16	10%
A6PR-Id	Applying concepts on the steps/ procedures in cartoon character making.						17,18,19,20	4	4	17,18,19,20	10%
PE6PF-Ia-16	Describing the Philipphines physical activity pyramid.			22	21			2	2	21,22	5%
PE6P-Ia-17	Explaining the indicators for fitness		23,24					2	2	23,24	5%

PE6P-Ib-h-18	Assessing regularly participation in physical activities based on the Philippines physical activity pyramid.			25				1	1	25	3%
PE6GS-Ib-1	Explaining the nature/ background of the game -Tumbang Preso		26					1	1	26	3%
PE6GS-Ib-1	Explaining the nature/ background of the game -Batuhang Bola	27						1	1	27	3%
PE6GS-Ib-1	Explaining the nature/ background of the game -Tatsing	28						1	1	28	3%
PE6GS-Ib-1	Explaining the nature/ background of the game -Kick Ball	29						1	1	29	3%
PE6GS-Ib-1	Explaining the nature/ background of the game -Syato	30						1	1	30	3%
H6PH-Iab-18	Describing personal health issues and concerns. - heigth and weight		31					1	1	31	3%
H6PH-Iab-18	Describing personal health issues and concerns. - hearing		32					1	1	32	3%
H6PH-Iab-18	Describing personal health issues and concerns. - vision		33					1	1	33	3%
PE6P-Ib-h-18	Describing personal health issues and concerns. - skin, hair, and nail		34					1	1	34	3%
PE6P-Ib-h-18	Describing personal health issues and concerns. - posture and spine disorder		35					1	1	35	3%
H6PH-Iab-18	Describing personal health issues and concerns. - oral/dental problem			36				1	1	36	3%
H6PH-Iab-19	Demonstrating self - management skills	37						1	1	37	3%
H6PH-Id-f-21	Undergoing Health Appraisal Procedure					38		1	1	38	3%
H6PH-Ig-h-23	identifying community health resources and facilities that be of to address a variety of personal health issues and concerns.		39					1	1	39	3%
H6PH-Ig-h-24	Utilizing of health services in the school and in the community		40					1	1	40	3%
	TOTAL							**40**	**40**		100%