



Republic of the Philippines

Department of Education

Region _____

_____ ELEMENTARY SCHOOL

FOURTH PERIODICAL EXAMINATION TABLE OF SPECIFICATIONS IN MAPEH 4

Learning Competencies	Item Placement	No. of Days	No. of Items	Percentage of Items	Remembering	Understanding	Applying	Analyzing	Evaluating	Creating
Examine the properties of sound, theatrical, dance, visual elements, and design principles observed in selected sample creative works from their province MUSIC & ARTS	Items 1-5	–	5 items	12.5%	1	1	1	1	1	0
Distinguish the unique musical, visual, dance and theatrical concepts, processes, and practices in the creative works found in the cultural celebrations of their province/region. MUSIC & ARTS	Items 6-10	–	5 items	12.5%	1	1	1	1	1	0

Select appropriate practices, choice of themes, mediums, and concepts of celebrations found in their province/region for the production of their creative works. MUSIC & ARTS	Items 11-15	–	5 items	12.5%	1	1	1	1	1	0
Produce creative artworks based on the celebrations of their culture, province, region using available local concepts, processes and practices, and beliefs as the theme MUSIC & ARTS	Items 16-20	–	5 items	12.5%	1	1	1	1	0	1
discuss child's basic health rights for active living. P.E & HEALTH	Items 21-25	–	5 items	12.5%	1	1	1	1	1	0
demonstrate ways to be an informed, critical, and responsible Filipino consumer. P.E & HEALTH	Items 26-30	–	5 items	12.5%	1	1	1	1	1	0
describe the effects of health and fitness facts and fads in physical activity participation's. P.E & HEALTH	Items 31-35	–	5 items	12.5%	1	1	1	1	1	0
Engage actively in different rhythmic activities and dances for improving their	Items 36-40	–	5 items	12.5%	1	1	1	1	1	0

movement competence and physical activity participation. P.E & HEALTH										
Total		–	40 ite ms	100 %	8	8	8	8	7	1



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FOURTH PERIODICAL EXAMINATION IN MAPEH 4

NAME: _____

DATE: _____

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 an 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