

NAME: _____

SCORE _____

MUSIC & ARTS

PERFORMANCE TASK: Title: "My Story, My Identity"

Task Description:

Create a creative work that tells your personal story and shows your identity in your community. Use local artistic elements (such as colors, patterns, or symbols from your culture) to make your work unique and meaningful. Present it to the class and explain how it represents your personal story and cultural identity.

Steps to Accomplish the Task:

1. Plan Your Creative Work
- Think about your personal story. What makes you unique in your family or community?

○ Choose an artistic medium for your creative work:

▪ Examples: Drawing, painting, collage, poster, song, poem, or a short skit.

○ Include elements that represent your culture or community (e.g., local patterns, traditions, symbols, or languages).
2. Create Your Work
- Use the medium you’ve chosen to express your story and identity.

○ Be creative and make sure your work reflects who you are and where you come from.
3. Present Your Work
- Share your creative work with the class.

○ Explain:

▪ What is your personal story?

▪ How does your work reflect your story and identity?

▪ What local artistic elements did you include, and why?

Rubric for Assessment

Criteria	Excellent (10)	Good (8)	Satisfactory (6)	Needs Improvement (4)
Creativity	The work is highly original and creative, with excellent use of artistic elements.	The work is creative with good use of artistic elements.	The work shows some creativity but limited use of artistic elements.	The work lacks creativity and artistic elements.
Cultural Representation	Clearly represents personal story and cultural identity with specific and meaningful elements.	Represents personal story and cultural identity well, with meaningful elements.	Partially represents personal story or cultural identity, with few elements.	Does not clearly represent personal story or cultural identity.

Criteria	Excellent (10)	Good (8)	Satisfactory (6)	Needs Improvement (4)
Presentation Skills	Explains story and identity clearly, confidently, and with enthusiasm.	Explains story and identity clearly and confidently.	Explanation is unclear or lacks confidence.	Does not explain story or identity clearly or confidently.
Effort	Shows outstanding effort and attention to detail in creating the work.	Shows good effort and attention to detail.	Shows minimal effort, with some incomplete or rushed parts.	Shows little effort, and the work is incomplete or rushed.

PE & HEALTH

Instructions: Choose the correct answer for each question. Encircle the letter that corresponds to your answer.

16. Which dance element refers to the movement's strength, force, or quality?
a. Time
b. Space
c. Energy
d. Flow
17. What is the element of dance that describes the pathways and directions dancers use?
a. Time
b. Space
c. Rhythm
d. Energy
18. Which of the following is an example of a non-locomotor movement?
a. Galloping
b. Twisting
c. Walking
d. Leaping
19. What is the dance element that measures the length of movements?
a. Space
b. Time
c. Energy
d. Flow
20. Which non-locomotor movement involves moving your shoulders up and down?
a. Twisting
b. Swinging
c. Shrugging
d. Turning
21. Which of the following is NOT a non-locomotor movement?
a. Swinging
b. Bending
c. Running
d. Stretching

22. What is the element of dance that determines how fast or slow a movement is?

- a. Space
- b. Time
- c. Energy
- d. Form

23. Non-locomotor movements are movements that:

- a. Stay in one place
- b. Move from one place to another
- c. Require jumping
- d. Require running

24. Stretching your arms and holding the position is an example of:

- a. Energy
- b. Non-locomotor movement
- c. Rhythm
- d. Locomotor movement

25. Which element of dance deals with directions such as forward, backward, and diagonal?

- a. Space
- b. Time
- c. Flow
- d. Energy

26. What is the most common time signature for Philippine folk dances?

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

27. In a 2/4 time signature, how many beats does one quarter note get?

- a. 1 beat
- b. 2 beats
- c. 3 beats
- d. 4 beats

28. If you perform a "slide step" in 2/4 time, what should you do after sliding your foot?

- a. Hop on the same foot
- b. Tap your heel twice
- c. Close your other foot to the sliding foot
- d. Turn in place

29. The "step-close-step" pattern is commonly performed in:

- a. 3/4 time signature
- b. 4/4 time signature
- c. 2/4 time signature
- d. 6/8 time signature

30. Why is rhythm important in folk dances?

- a. It helps dancers stay in time with the music.
- b. It decides what costumes to wear.

- c. It allows faster movements.
- d. It is not needed in folk dances.

Answer Key:

MUSIC And ARTS: Depends on the RUBRICS based on the pupils performance.

PE and HEALTH

- 16. c
- 17. b
- 18. b
- 19. b
- 20. c
- 21. c
- 22. b
- 23. a
- 24. b
- 25. a
- 26. b
- 27. a
- 28. c
- 29. c
- 30. A

SUMMATIVE TEST 4

MAPEH 4- week 7&8

TABLE OF SPECIFICATION

COMPETENCIES/OBJECTIVES	No. of Days Spent	Weight	No. of Items	COGNITIVE PROCESS DIMENSION					
				R	U	AP	AN	E	C
				EASY		AVERAGE		DIFFICULT	
				ITEM PLACEMENT					
MUSIC & ARTS									
1. Plan a creative work that expresses their own story/identity	5	50%	15						1-15

in their community using appropriate local artistic elements. 2. Present their creative work to the class, explaining how it reflects their personal story and cultural identity.									
PE & HEALTH									
1. Identify the dance elements. 2. Identify non-locomotor movements. 3. Apply the dance elements in performing movement skills and Philippine folk dance steps in 2 4 time signatures. 4. Participate in rhythmic and physical activities for active and healthy living.	5	50%	15	16,17, 18,19,2 0 22,25,2 7	21,23,2 4	26,28,2 9	30		
TOTAL	10	100%	30						