

FIRST PERIODICAL TEST IN MAPEH 4

Name: _____

Score: _____

Grade and Section: _____

Date: _____

Direction: Choose the letter of the best answer.

MUSIC AND ARTS

1. How does using different elements of art, such as line, shape, and color, help in expressing the culture of a province?
 - a) Showing human emotions
 - b) Providing more details in the artwork
 - c) Strengthening the message of the artwork
 - d) Expanding the viewer's imagination
2. In a traditional dance from your province, how is the rhythm and coordination of the dancers important?
 - a) To make the movements faster
 - b) To ensure order in each movement
 - c) To complete the dance
 - d) To show the importance of each step
3. In presenting a play from your province, how does the use of sound help in expressing the emotions of the characters?
 - a) To make the stage more colorful
 - b) To capture the audience's attention
 - c) To clarify the dialogue
 - d) To enhance the emotions of the scene
4. In creating an artwork like a painting, how does the proper use of colors help in showing the history of your province?
 - a) Provides detail to the story
 - b) Teaches the correct perspective
 - c) Expresses the theme and emotions
 - d) Adds technical skill
5. Why is it important to study traditional art forms like dance and music from your province?
 - a) To preserve ancient techniques
 - b) To recognize modern artists
 - c) To take pride in history and culture
 - d) To find new forms of entertainment
6. How do traditional songs from your province help shape your identity as a Filipino?
 - a) By teaching proper behavior
 - b) By developing foreign language skills
 - c) By understanding local culture
 - d) By recognizing foreign influences
7. What is the significance of traditional clothing from your province in expressing your identity?
 - a) Provides protection from heat
 - b) Shows the community's wealth
 - c) Gives identity to the ethnic group
 - d) Serves only as decoration
8. In your view, how does the use of traditional materials in making artworks affect your identity as a provincial resident?
 - a) Introduces modern technology
 - b) Teaches discipline to children
 - c) Expresses originality and cultural richness
 - d) Boosts the country's economy
9. Why is it important to study traditional dances from your province?
 - a) To learn the origin of the dance
 - b) To learn different dance styles
 - c) To express personal culture and identity
 - d) To participate in international competitions

10. How does understanding the symbols and designs of artworks from your province help shape your identity?
 - a) In creating new art
 - b) In knowing the country's history
 - c) In expressing personal views and feelings
 - d) In expanding knowledge about other cultures
11. Why is it important to use local materials in making artworks?
 - a) Because they are cheap and easy to obtain
 - b) To preserve traditional methods
 - c) To make products look modern
 - d) To save on production costs
12. How do local dances help introduce the culture of your province?
 - a) By showcasing physical skills
 - b) By expressing history and tradition
 - c) By celebrating modern technology
 - d) By entertaining tourists
13. How does the traditional process of wood carving help in preserving the culture of your province?
 - a) Provides livelihood to local residents
 - b) Showcases the skills of artists
 - c) Serves as a reminder of ancient history and culture
 - d) Increases market value
14. In creating a traditional artwork, why is it important to learn methods from the elders in your community?
 - a) To speed up production
 - b) To create larger products
 - c) To maintain the authenticity of the art
 - d) To obtain cheaper materials
15. Why is it important to preserve traditional methods of performing arts and theater in your province?
 - a) To increase the income of artists
 - b) To keep up with modern standards
 - c) To showcase cultural and traditional wealth
 - d) To create new forms of art
16. How does wearing traditional clothing in a performance help in showcasing the culture of your province?
 - a) To look modern and up-to-date
 - b) To make movements easier
 - c) To preserve tradition and cultural values
 - d) To attract the audience's attention
17. How is following the traditional process important in creating an artwork from your province?
 - a) To gain recognition abroad
 - b) To preserve the originality of the art
 - c) To complete the project faster
 - d) To use new technologies
18. Why is it important to use local music in performances from your province?
 - a) To showcase the work of other countries
 - b) To improve the quality of the performance
 - c) To preserve culture and tradition
 - d) To demonstrate the skills of musicians
19. How does performing traditional plays help in maintaining the history and culture of your province?
 - a) Provides opportunities for young actors
 - b) Serves as a tribute to ancestors
 - c) Promotes modern technology
 - d) Preserves stories and lessons from the past
20. In creating artworks from your province, why is it important to consult experts or elders?
 - a) To increase income
 - b) To speed up the production process

- c) To preserve the true form of the art
- d) To introduce the product to more people

PHYSICAL EDUCATION AND HEALTH

- 21. Why is maintaining the right weight important for an active lifestyle?
 - a) To avoid getting tired while playing
 - b) To prevent diseases like diabetes and high blood pressure
 - c) To be faster in running
 - d) To be popular among classmates
- 22. How does proper nutrition help in maintaining health?
 - a) It increases weight
 - b) It slows down metabolism
 - c) It helps prevent diseases and maintain energy
 - d) It only strengthens hair and nails
- 23. What is the main reason why regular exercise is important in daily life?
 - a) To be stronger than others
 - b) To avoid getting tired easily
 - c) To maintain a healthy heart and strong body
 - d) To be faster in everything
- 24. How does proper sleep help in personal health?
 - a) Reduces weight
 - b) Improves skin
 - c) Maintains proper energy balance and alertness
 - d) Speeds up growth
- 25. Why is it important to have a balanced life between studying, playing, and resting?
 - a) To be with all friends
 - b) To avoid getting scolded by parents
 - c) To be happy and healthy overall
 - d) To have more time to play
- 26. Why is regular bathing important, especially in the hot climate of the Philippines?
 - a) To smell good every day
 - b) To avoid diseases caused by dust and sweat
 - c) To prepare for any occasion
 - d) To not be left behind by classmates
- 27. What is the effect of not brushing your teeth regularly?
 - a) Teeth will become dull
 - b) It prevents stomach aches
 - c) Causes bad breath and possible tooth decay
 - d) Makes you feel lighter
- 28. How does wearing clean clothes help your health?
 - a) To follow fashion trends
 - b) To avoid diseases caused by germs and dust
 - c) To be comfortable at school
 - d) To be more attractive to others
- 29. Why is it important to trim your nails to the right length?
 - a) To avoid scratching yourself
 - b) To prevent damaging objects
 - c) To avoid the buildup of dirt and germs
 - d) To make hands look good
- 30. What should you do after playing to keep your body clean?
 - a) Drink cold water
 - b) Change into clean clothes
 - c) Bathe and clean your body to remove sweat and dirt
 - d) Sit and rest first
- 31. How does being overweight affect your daily activities?
 - a) Makes you complete tasks faster
 - b) Makes physical activities easier
 - c) Makes tasks harder and causes quicker fatigue
 - d) Makes you happy all the time

32. Why is it important to know your body mass index (BMI)?
- a) To know if you need to lose or gain weight for health reasons
 - b) To be faster in all games
 - c) To keep up with friends
 - d) To be more alert in class
33. What is the effect of constantly eating junk food on your body?
- a) Makes you happier
 - b) Makes you healthy and energetic
 - c) Causes weight gain and may lead to various diseases
 - d) Makes you smarter in class
34. How does regular physical activity help in preventing diseases?
- a) Strengthens the body and improves the immune system
 - b) Increases fatigue
 - c) Reduces weight
 - d) Only strengthens muscles
35. What is the proper action when you feel something abnormal about your health?
- a) Play longer to alleviate the pain
 - b) Eat a lot to gain strength
 - c) Tell your parents or teacher for proper guidance
 - d) Sleep earlier to recover
36. How does focusing on the target help in playing tumbang preso?
- a) To learn proper running techniques
 - b) To knock down the can faster
 - c) To enjoy the game more
 - d) To avoid knocking down the can
37. Why are speed and coordination important in playing patintero?
- a) To avoid getting tagged and continue playing
 - b) To rest longer
 - c) To gain the sympathy of spectators
 - d) To allocate more time for the game
38. How does balance help in playing luksong tinik?
- a) To avoid falling while jumping
 - b) To jump faster
 - c) To achieve the highest jump
 - d) To be more comfortable while playing
39. Why is choosing the right place important in playing agawan base?
- a) To make everyone playing happy and comfortable
 - b) To avoid accidents and focus on the game
 - c) To make running easier
 - d) To prevent extreme fatigue
40. How does being alert and quick help in playing tagu-taguan?
- a) To hide better
 - b) To avoid getting tagged quickly
 - c) To find a good hiding spot more easily
 - d) To help your team win

ANSWER KEY

1. C
2. B
3. D
4. C
5. C
6. C
7. C
8. C
9. C
10. C
11. B
12. B
13. C
14. C
15. C
16. C
17. B
18. C
19. D
20. C
21. B
22. C
23. C
24. C
25. C
26. B
27. C
28. B
29. C
30. C
31. C
32. A
33. C
34. A
35. C
36. B
37. A
38. A
39. B
40. B

TABLE OF SPECIFICATIONS
FIRST PERIODICAL TEST IN MAPEH 4

Learning Competencies	No. of Days	Percent age	No. of Items	Item Placement Under Each Cognitive Domains					
				Remembering	Understanding	Applying	Analyzing	Evaluating	Creating
MUSIC AND ARTS									
1. discuss the basic concepts and principles of sound, theater, dance and visual elements based on the representations in the creative works of their province;	5	12.5 %	5		1 2 3 4 5				
2. describe concepts and ideas about their cultural identity based on the representations in the creative works of their province;	5	12.5 %	5		6 7 8 9 10				
3. explain relevant and/or unique local processes and practices in producing/ performing creative works that reveal their cultural identity; and	5	12.5 %	5			11 12 13 14 15			
4. use relevant, and appropriate local processes and practices in producing/ performing creative works that reveal their cultural identity.	5	12.5 %	5			16 17 18 19 20			
PE AND HEALTH									
1. explain the concept and importance of personal health for active living;	5	12.5 %	5			21 22 23 24 25			
2. demonstrate proper personal hygiene practices;	5	12.5 %	5			26 27 28 29 30			
3. relate current health status to body awareness; and	5	12.5 %	5				31 32 33 34 35		
4. perform physical activities using target game concepts with agility, balance, coordination, and speed for active and healthy living: a. locomotor skills by avoiding an object or obstacles, and b. manipulative skills by sending or propelling an object to an intended area.	5	12.5 %	5					36 37 38 39 40	
TOTAL	40	100%	40	0	10	20	5	5	0

Prepared by:

Teacher I

Contents Checked:

Master Teacher I

Contents Noted:

Principal II



Republic of the Philippines
Department of Education

**REGION III – CENTRAL LUZON
SCHOOLS DIVISION OF ZAMBALES**

SAN NICOLAS ELEMENTARY SCHOOL

M.S. EVANGELISTA ST., BRGY. SAN NICOLAS, SAN ANTONIO, ZAMBALES
