

Department of Education

 **MAPEH 6**

**(FIRST SEMESTER)**

NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SCORE:\_\_\_\_\_\_\_\_

GARDE/ SECTION:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TEACHER:

1. Read Carefully and Darken the letter of the correct answer.

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| --- | --- | --- |
|  | 1 | This musical symbol is used to represent the sounds. |
|  |  | A. notes | C. meter |
|  |  | B. rests |  D. dynamic |
|  | 2. | This is created when an object vibrates. |
|  |  | A.sound | C.vibration |
|  |  | B.music | D.prism |
|  | 3. | It has certain qualities of sound like rhythm, melody and harmony. |
|  |  | A.sound | C.vibration |
|  |  | B.music | D.prism |
|  | 4. | It is musical symbol that represent the silence in music. |
|  |  | A. notes | C. meter |
|  |  | B. rests |  D. dynamic |
|  | 5. | It is defined as the pattern or placement of sounds in time and beats in music. |
|  |  | A. notes | C. meter |
|  |  | B. rests |  D. rhythmic pattern |
|  | 6. | This indicates the groupings of notes and rests. |
|  |  | A.sound | C.vibration |
|  |  | B.music | D.time signature |
|  | 7. | This time signature of meter has only four quarter notes |
|  |  | A. 2/2 | C.4/4 |
|  |  | B.3/4 | D.6/8 |
|  | 8. | This time signature of meter has three quarter note beats |
|  |  | A. 2/2 | C.4/4 |
|  |  | B.3/4 | D.6/8 |
|  | 9. | Which of the following song has 4/4 time signature? |
|  |  | A.Lupang Hinirang | C.Pilipinas kong Mahal |
|  |  | B.Bayan Ko | D.Bahay Kubo |
|  | 10. | These are called incomplete measures. |
|  |  | A.Broken measure | C.Half Measure |
|  |  | B.Whole Measure | D.Complete Measure |
|  | 11 | It is an artistic work or practice that uses digital technology |
|  |  | A.digital work | C.digital number |
|  |  | B.digital arts | D.digital camera |
|  | 12. | This process of making the illusion of motion and the illusion of change |
|  |  | A.animation | C.inkscape |
|  |  | B.digital arts | D.editorial |
|  | 13. | It is a raster graphics editor developed and published by Adobe Systems for macOS and Windows |
|  |  | A.Adobe Photoshop | C.Inkscape |
|  |  | B.Adobe InDesign | D.GIMP |
|  | 14. | It can be used to create works such as posters, flyers, brochures, magazines, newspapers, presentations, books and ebooks. |
|  |  | A.Adobe Photoshop | C.Inkscape |
|  |  | B.Adobe InDesign | D.GIMP |
|  | 15. | It can be used to create or edit vector graphics such as illustrations, diagrams, line arts, charts, logos and complex paintings |
|  |  | A.Adobe Photoshop | C.Inkscape |
|  |  | B.Adobe InDesign | D.GIMP |
|  | 16. | It is a graphic mark, emblem, or symbol commonly used by commercial enterprises organizations, and even individuals to aid and promote instant public recognition. |
|  |  | A.Logo Design | C.Cartooning |
|  |  | B.Adobe InDesign | D.Poster Making |
|  | 17. | It is a motion picture that relies on a sequence of illustrations for its animation and cartoon characters |
|  |  | A.Logo Design | C.Cartooning |
|  |  | B.Adobe InDesign | D.Poster Making |
|  | 18. | It is a type of two-dimensional illustration, possibly animated. |
|  |  | A.cartoon | C.islogan |
|  |  | B.poster | D.graphic |
|  | 19. | An artist who creates cartoons. |
|  |  | A.cartoonist | C.tattoo artist |
|  |  | B.graphic artist | D.painter |
|  | 20. | It is a method of creating an art object (painting) digitally and/or a technique for making digital art in the computer |
|  |  | A.digital work | C.digital painting |
|  |  | B.digital arts | D.digital camera |
|  | 21 | Which of the following activities should be part of your daily activities and should be done as often as possible |
|  |  | A.Running errands at home | C.Taking martial arts |
|  |  | B.Riding bikes with friends | D.watching TV for long hiurs |
|  | 22. | Which activity should you limit doing? |
|  |  | A.walking going to school | C.jogging everyday |
|  |  | B.sitting and texting for long hours | D.exercise in the morning |
|  | 23. | It is a diagram that shows the different kinds of physical activities that can do each day in one week. |
|  |  | A.Physical Activity Pyramid | C. Physical Activity Cycle |
|  |  | B. Physical Activity Chart | D. Physical Activity Table |
|  | 24. | It is an infection or inflammation of the middle ear. |
|  |  | A.Otitis | C.Sunburn |
|  |  | B.Astigmatism | D.Gingivitis |
|  | 25. | It is an eye disorder caused by the cornea being oval-shaped rather that rounded. |
|  |  | A.Otitis | C.Sunburn |
|  |  | B.Astigmatism | D.Gingivitis |
|  | 26. | Reddening and inflammation of the skin due to overexposure to the ultraviolet rays of the sun. |
|  |  | A.Otitis | C.Sunburn |
|  |  | B.Astigmatism | D.Gingivitis |
|  | 27. | It is common and mild form of gum diseases which causes irritation, redness and swelling of your gums. |
|  |  | A.Otitis | C.Sunburn |
|  |  | B.Astigmatism | D.Gingivitis |
|  | 28. | These are doctors, nurses and dentist who provide the prevention ,curative and rehabilitative to the people. |
|  |  | A.Medical Professionals | C.School Clinics |
|  |  | B.Health Facilities | D.Barangay Health Station |
|  | 29. | It usually provide health services to their pupils |
|  |  | A.Medical Professionals | C.School Clinics |
|  |  | B.Health Facilities | D.Barangay Health Station |
|  | 30. | These are health facilities found in the barangay. |
|  |  | A.Medical Professionals | C.School Clinics |
|  |  | B.Health Facilities | D.Barangay Health Station |

1. Matching Type:
2. Match these titles of songs with the corresponding meter. Write the letter of the correct answer.

|  |  |  |
| --- | --- | --- |
|  |  Column A |  Column B |
| \_\_\_\_\_\_\_31. | Pilipinas Kong Mahal | 1. 2/2
 |
| \_\_\_\_\_\_\_32. | Bahay Kubo | 1. 3/4
 |
| \_\_\_\_\_\_\_33. | Leron Leron Sinta | 1. 4/4
 |
| \_\_\_\_\_\_\_34. | Tin Cu Pung Singsing | 1. 6/8
 |
| \_\_\_\_\_\_\_35. | Lupang Hinirang |  |
|  |  |  |

1. Match these software with the corresponding digital arts. Write the letter of the correct answer.

|  |  |  |
| --- | --- | --- |
|  |  Column A |  Column B |
| \_\_\_\_\_\_\_36. | Graphic Illustrations | A.web graphics |
| \_\_\_\_\_\_\_37. | Digital Painting | B.paint program |
| \_\_\_\_\_\_\_38. | Inkscape | C.brochures |
| \_\_\_\_\_\_\_39. | Digital Photo artwork | D.posters |
| \_\_\_\_\_\_\_40 | GIMP | 1. retouching
 |
|  |  |  |

1. Identify the following. Choose your answer from the box below. Write your answer in the blank.

|  |
| --- |
| Agility Balance Coordination Speed PowerCardiovascular Muscular Strength Muscular Endurance Flexibility Body Composition |

|  |  |
| --- | --- |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_1. | The ability to rapidly and accurately change the direction of the whole body in space. |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2. | The ability to maintain equilibrium while stationary or moving. |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3. | The ability to use the senses and body parts in order to perform motor tasks smoothly and accurately. |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_4. | The amount of time it takes the body to perform specific tasks |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_5. | The amount of force a muscle can exert. |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_6. | This is the ability of the heart, blood vessels, blood, and respiratory system to supply the nutrients and oxygen to the working muscle and their ability to utilize this fuel to allow sustained exercise. |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_7. | This is the ability of the muscle to exert an external force to lift a heavy object. |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_8. | This is muscles’ ability to generate submaximal force repeatedly over a period time or the ability of the muscle to resist fatigue and sustain a given level of contraction, holding a particular contraction |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_9. | This is the range of motion around a given joint, or the ability of the joint to move through its full range of motion |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_10. | The only non-performance measure among the fitness components. This component refers to the proportion of fat and fat free mass in the body |