Republic of the Philippines

Department of Education

REGION IV-A CALABARZON
CITY SCHOOLS DIVISION OFFICE OF ANTIPOLO
DELA PAZ NATIONAL HIGH SCHOOL
NINOY AQUINO AVE., BRGY. DELA PAZ, ANTIPOLO CITY

SUMMATIVE TEST # 3
PHYSICAL EDUCATION 7

NAME: _____ SECTION: _____
TEACHER: _____ ADVISER: _____

PART I. TABLE COMPLETION/IDENTIFICATION / MULTIPLE CHOICE

Direction: Look at the following pictures of physical fitness. Perform and record your heart rate before and after the activity. Identify the procedure involve in the box and write in appropriate column.

A. Sit on the floor with back flat on the wall
B. Measures the distance in which the distance overlapped.
C. Lie down on the mat.
D. Position in front of the steps.

Physical Fitness	Heart Rate	Procedure
 3-minute step test	1.Before _____ After _____	4.
 Zipper Test	2. Before _____ After _____	5.
 Sit and Reach	3. Before _____ After _____	6.

LIVEWORKSHEETS

7. What do you call this term in basic rules of table tennis where in the result is not scored?
A. Let B. Point C. Receive D. Serve

8. It is the basic stroke that reply to service.
A. Service B. Push C. Drive D. Block

9. What do you call this sport which is played in a flat table divided into two equal courts by net fixed across the width at the middle of the table and also known as Ping-pong?
A. Badminton B. Tennis C. Swimming D. Table Tennis

Part II. MULTIPLE CHOICE:

Direction: Analyze the given fitness plan of Joey. Try to help him to improve his health-related fitness by answering the following questions. (For question nos.10-13)

HRF Component	My goals	Physical activities to do
Muscular strength	to measure strength of upper extremities	40-meter sprint
Flexibility	to test the flexibility of the shoulder girdle	Zipper test

10. Look at the fitness plan of Joey, do you think that his plan can achieve the goals based on the indicated physical activity?
A. Yes B. No C. Maybe D. None

11. What do you think is the best physical activity must Joey to do to measure the strength of upper extremities?
A. Basic Plank B. Push up C. Hexagonal Test D. Standing Long Jump

12. What other physical activity that measures the muscular strength?
A. Stick drop test B. Juggling C. Basic Plank D. 3-minute step test

13. Which of the following best describes the forehand grip?
A. It is done by placing the thumb and pointing finger on the opposite sides of the blade at the top of the handle.
B.it is done by placing the thumb and pointing finger on the blade as if they are holding the pen.
C. It is done by placing the thumb and pointing finger on the on the opposite blade.
D. It is done by placing the thumb and pointing finger on the opposite sides as if holding the pen.

Part III. TABLE COMPLETION

Direction: Perform the footwork pattern. Indicate the procedure. For items nos.14-15

Footwork pattern	How did you perform the pattern?	Illustrate
1.Side to side Footwork pattern		

LIVEWORKSHEETS