

NAME: _____ DATE: _____

1ST QUARTER SUMMATIVE TEST
PHYSICAL EDUCATION 6

I. Directions: Read the sentences carefully. Choose the letter of the correct answer

1. What do you call the player who guards the tin can?
a. It b. marker c. pamato d. toe-line
2. This is a very common game among the youth all over the country, played in the backyard, park or even in the side streets.
a. Jackstone b. playing cards c. Tumbang Preso d. kick ball
3. Which of the following is not a target game?
a. golf b. bowling c. Luksong Baka d. baseball
4. What body part is not allowed to be hit when playing games?
a. shoulder b. head c. stomach d. legs
5. Why is it important to observe safety precautions when playing games?
a. to promote a safety climate
b. to implement infection control measures
c. to reduce the risk of virus infection
d. to reduce the risk of injuries
6. These are activities in which players send an object toward a target while avoiding any obstacles.
a. obstacles b. parlor games
c. target games d. fielding games
7. Why do you like to play games?
a. to avoid doing household chores
b. to fight with opponents
c. to enjoy with friends and stay fit
d. to win over others by cheating
8. Which of the following are the major skills involved in playing target games?
a. batting and rolling b. catching and throwing
c. jumping and hitting c. tossing and batting
9. What skills are used in catching a flying dragonfly?
a. rolling and tossing b. touching and batting
c. running and jumping d. throwing and catching

10. What skills are used in using stairs instead of elevator?
 - a. batting and rolling
 - b. walking and running
 - c. jumping and hopping
 - d. leaping and tossing
11. Why should we follow rule of the game?
 - a. we can easily cheat without punishment
 - b. no one will win the game
 - c. to avoid conflict and mainly for fairness
 - d. rules give all players equal disadvantages
12. Which of the following is not a mechanic of the game?
 - a. The rules and procedures that guide the players
 - b. The rules designed for the audience and player to interact with.
 - c. Define how the game is going to work for the people who play it.
 - d. One of the easier ways to understand the game.
13. Who do we call the one who tries to avoid getting hit by the offensive team shooters until the 5-minute time limit expires in Batuhang Bola?
 - a. Referee
 - b. Defenders
 - c. Deflectors
 - d. Receiver
14. What is the number 1 rule in playing the game?
 - a. drinking a lot of water
 - b. Toss coin
 - c. relaxing
 - d. talking with the shooter
15. Why playing outside is more fun than playing inside?
 - a. spacious and less crowded
 - b. no one will be disturb
 - c. you will have so many audience
 - d. more children will join the games
16. These are activities in which players score points by striking an object and running to designated playing areas.
 - a. Invasion Games
 - b. Board Games
 - c. Fielding Games
 - d. Ball Games
17. What is the major material needed in playing Shatong?
 - a. can
 - b. slipper
 - c. stick
 - d. garter
18. Why do we need to wear proper clothing in playing?
 - a. to avoid untoward accident
 - b. to impress the audience
 - c. to add score in your team
 - d. to look good
19. What is the penalty of the losing player in Shatong?
 - a. run around the field
 - b. hop on one foot from a designated spot marked by the winning player

- c. give all their points to the winning team
 - d. carry the winning team on their back from a designated spot marked by the winning player
20. What Math skill is being practice while playing Shatong?
- a. measuring
 - b. estimating
 - c. counting
 - d. solving
21. Why do we need to do the cool down exercise?
- a. They help to decrease body and muscles temperature
 - b. To unprepared tour body for physical activity
 - c. It will help reduce risk of injury
 - d. They can help you mentally unprepared
22. How many minutes do we need to do the warm-up exercise?
- a. at least 15 to 30 minutes
 - b. at least 5 to 10 minutes
 - c. at least 1 to 5 minutes
 - d. at least 1 hour
23. Where did we derive the game “Basagang Palayok” which means Piñata in their country?
- a. from China
 - b. from Spain
 - c. from America
 - d. from Canada
24. What is the basic rule in playing Hampas Palayok?
- a. hit the can
 - b. strike the stick
 - c. hit the opponent with a ball
 - d. hit the palayok or clay pot
25. Why is there a need for the participants to spin around before hitting the pot?
- a. to distort his/her concentration
 - b. to make him/her dizzy
 - c. to help the player hit the pot accurately
 - d. to maximize the allotted time for the game
26. How long is the lumber or pole that is needed for Basagang Palayok?
- a. 10 feet
 - b. 5 feet
 - c. 3 feet
 - d. 1 foot
27. What is the use of blindfold or scarf?
- a. for props
 - b. to cover the eyes of the player
 - c. to be tied around the neck of a player
 - d. to make the player attractive

28. Which among the pictures show fielding/striking game?

a.



c.



b.



d.



29. What is the basic skill in playing Basagang Palayok?

a. running

c. jumping

b. hitting

d. counting

30. Where should play Basagang Palayok?

a. in an open filed

c. at the canteen

b. inside the classroom

d. at the library