



NAME:

GRADE LEVEL: 12

**PHYSICAL EDUCATION and HEALTH**

Identify the following question

- \_\_\_\_\_ 1. To make fast turns by executing small steps in place to right or left.
- \_\_\_\_\_ 2. Weight on one foot, hit the floor with the ball or heel of the other foot and lift that foot from the floor to any direction.
- \_\_\_\_\_ 3. Partners advance forward, pass each other's right (left) side, step across to the right move backwards without turning around, pass each other left side to proper places.
- \_\_\_\_\_ 4. moving the hand from the wrist either in a clockwise or counterclockwise direction.
- \_\_\_\_\_ 5. Both arms are at one side either right or left, at shoulder, chest or waist level.
- \_\_\_\_\_ 6. Touch the floor lightly with the toes of one foot, weight of the body on the other foot.
- \_\_\_\_\_ 7. Partners bow to each other, to the audience, opposite dancers, or to the neighbors with feet together. This is of Spanish origin and is used in almost all Philippine dances.
- \_\_\_\_\_ 8. Cross the R foot in front of the L, bend the body slightly forward and cross the hands down in front of the R hand over the L. This is a Visayan term.
- \_\_\_\_\_ 9. To glide foot smoothly along the floor. The movement may be finished with or without transfer of weight.
- \_\_\_\_\_ 10. To bring the foot forcibly and noisily on the floor with or without transfer of weight.
- \_\_\_\_\_ 11. To displace quickly one foot with the other.
- \_\_\_\_\_ 12. A spring on one foot or both feet landing on both feet in any direction.
- \_\_\_\_\_ 13. To turn the hand from the wrist half-way clockwise then raise and lower wrist once or twice. This is an Ibanag term.
- \_\_\_\_\_ 14. To stamp in front or at the side with the right foot and tap with same foot close to the left foot. This is a Tagalog term.
- \_\_\_\_\_ 15. To turn with the ball, heel or whole foot on a fixed place or point.

**ESSAY**

1. Do you think it is important to learn the basic dance steps before dancing a folk dance or other dance? Why explain your answer.