



SECOND QUARTERLY ASSESSMENT PHYSICAL EDUCATION & HEALTH 7 Prepared by: Mr. Darwin M. Dominguez

Name: _____

Score: _____/60

Grade and Section: _____

Date: _____

IMPORTANT REMINDERS: Following instructions is part of the exam. Failure to follow instructions will cause a 5-point-deduction from the total raw score.

I. Determine the correct answer for every question. Write the letter of the correct answer on the space provided before each number. (15 points)

_____ 1. The 'Punch' movement is characterized by which of the following?

- A) Slow, light, and direct B) Quick, strong, and direct
C) Slow, strong, and indirect D) Quick, light, and indirect

_____ 2. Which movement is 'quick, light, and indirect'?

- A) Flick B) Press
C) Wring D) Glide

_____ 3. What is the primary characteristic of the 'Glide' movement?

- A) Quick and strong B) Slow and light
C) Quick and light D) Slow and strong

_____ 4. Which of the following movements is 'quick, strong, and direct'?

- A) Punch B) Float
C) Slash D) Dab

_____ 5. The 'Dab' movement is characterized by which of the following?

- A) Slow, strong, and indirect B) Quick, light, and direct
C) Slow, light, and indirect D) Quick, strong, and indirect

_____ 6. Which Laban movement is 'slow, strong, and indirect'?

- A) Wring B) Flick
C) Glide D) Punch

_____ 7. What is the primary characteristic of the 'Slash' movement?

- A) Quick, strong, and indirect B) Slow, light, and direct
C) Quick, light, and indirect D) Slow, strong, and direct

_____ 8. Which movement is 'slow, strong, and direct'?

- A) Press B) Float
C) Dab D) Slash

_____ 9. Which of the following is NOT one of the 8 Laban movements?

- A) Press B) Wring
C) Jump D) Flick

_____ 10. What is the primary characteristic of the 'Press' movement?

- A) Light and quick B) Strong and sustained
C) Indirect and free D) Light and sustained

IV. PERFORMANCE: Poem

Write a poem with three stanzas about your family. 41-46.

RUBRICS	3	2	1
Creativity and originality	Highly creative and original, showcasing unique ideas and perspective.	Shows moderate creativity but lacks originality.	Lack creativity and originality entirely.
Structure and language	Has an excellent structure and uses expressive, accurate language.	Has an adequate structure, but the language is somewhat inconsistent?	Structure is unclear, and the language needs improvement.

V. Explain the following health concerns in 3-5 sentences. (12 points)

47-48. Poor eating habit _____ - _____ - _____ - _____ - _____	49-50. postural problem _____ - _____ - _____ - _____ - _____
51-52. Lack of sleep _____ - _____ - _____ - _____ - _____	53-54. Hygiene Problem _____ - _____ - _____ - _____ - _____

VI. Essay. Explain the following questions in 3-4 sentences. (10 points)

55-57. How do the choices you make as a teenager affect your future goals and relationships?

58-60. Why is it important for adolescents to find a balance between independence and seeking guidance from family or mentor?

God is good! ☺
*** END OF EXAM ***