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

Grade level: \_\_\_\_\_

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

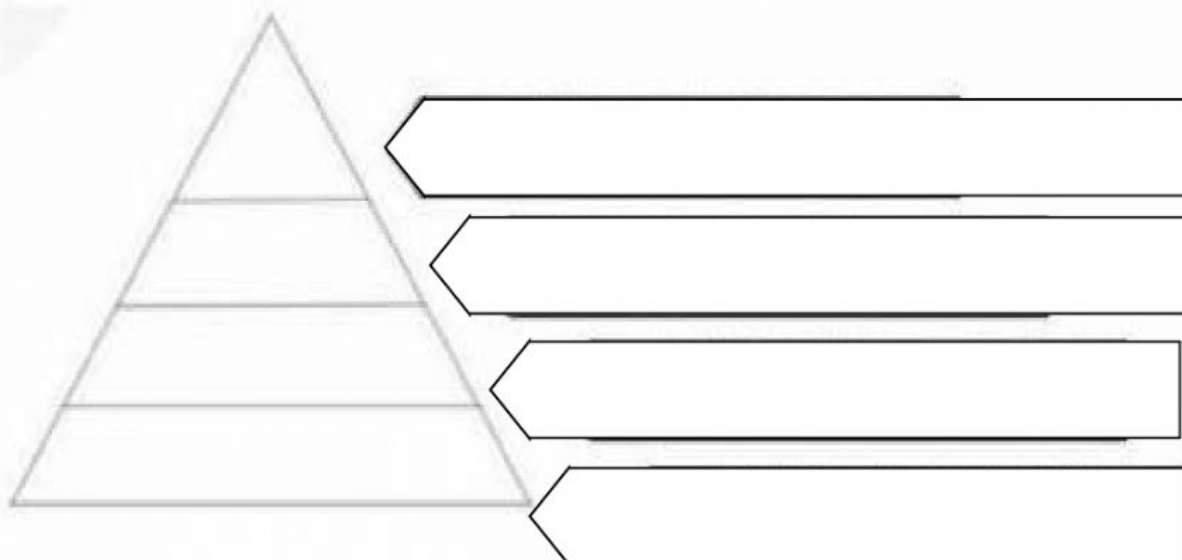
Date: \_\_\_\_\_

FIRST QUARTERLY EXAMINATION IN *PHYSICAL EDUCATION 5*

**I. LABELING (1-10)**

Label and identify the different step or level of the Philippine Physical Activity Pyramid. Write your answer on the space provided.

**LC:** Identify the different level of the Physical Activity Pyramid.



**II. ESSAY (11-20)**

How fitness or battery test is importance for you? Write your answer on the box

**LC:** Discuss the importance of fitness and battery test.

**III. MY PLAN (21-35)**

Plan an activity at home in this time of Pandemic. Using the table below.

**LC:** Create a plan of activity that you can do at home.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY