





**Colegio de Sta. Rosa- Trece Martires City, Inc.**

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

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

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

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

FIRST QUARTERLY EXAMINATION IN *PHYSICAL EDUCATION 6*

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

Identify the words that represents a component of Physical Fitness. Write your answer on the line.

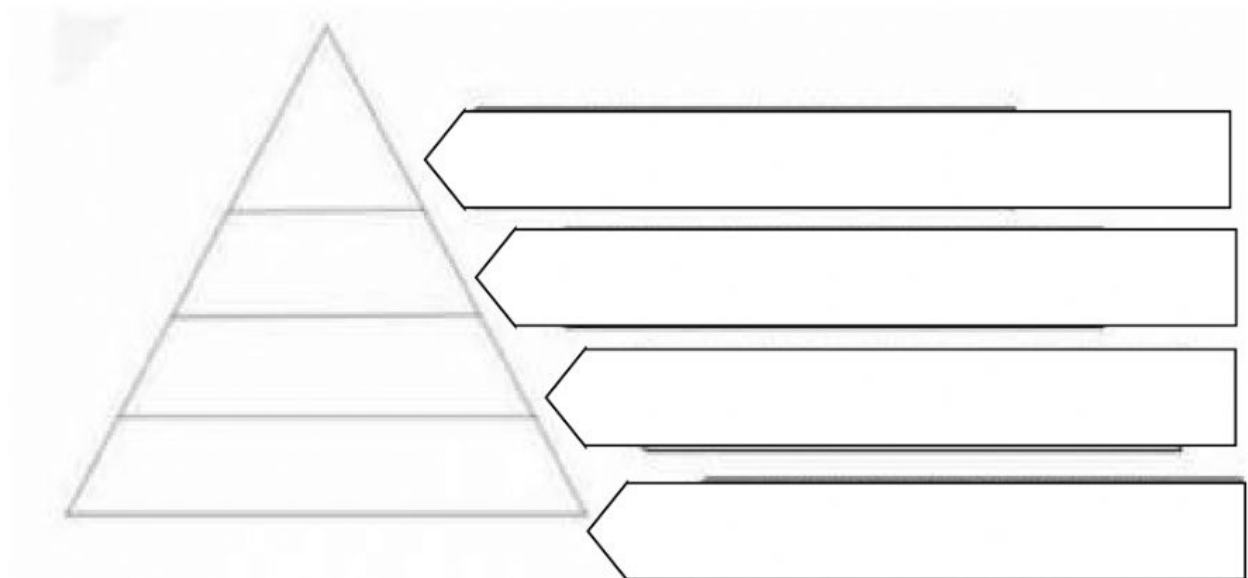
**LC:** Identify the components of physical fitness.

- \_\_\_\_\_ 1. it is the ability to control and remain stable when moving.
- \_\_\_\_\_ 2. It is the ability to perform quick movements or cover a distance in a short period of time.
- \_\_\_\_\_ 3. is the ability to produce a strong force very quickly.
- \_\_\_\_\_ 4. is the ability to move and change direction quickly.
- \_\_\_\_\_ 5. is the ability to perform coordinated bodily movements for a long period of time.
- \_\_\_\_\_ 6. It is described as the working together of the different body parts to produce a smooth and efficient controlled.
- \_\_\_\_\_ 7. the ability of the muscles to pull joints with ease.
- \_\_\_\_\_ 8. the ability of the muscles to produce or exert effort.
- \_\_\_\_\_ 9. it is described as the proportion of body fat to lean body mass.
- \_\_\_\_\_ 10. the ability to respond quickly to what you see, hear, or feel.

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

Using the picture below explain the different level of the Philippine Physical Activity Pyramid.

**LC:** Explain or discuss the importance of Physical activity for you as a student in this time of pandemic.







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**FIRST QUARTERLY EXAMINATION IN  
PHYSICAL EDUCATION 6 (PART 2)**

**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