

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

Brgy. Conchu, Trece Martires City, Cavite Tel. No. (046)419-2568 Email Add: colegiodesta.rosatrece@yahoo



NAME: ______ SCORE: ______ Grade level: ______ Date: _____

FIRST QUARTERLY EXAMINATION IN PHYSICAL EDUCATION 10

I. ENUMERATION

Write the different components of the health-related fitness and skill related fitness.

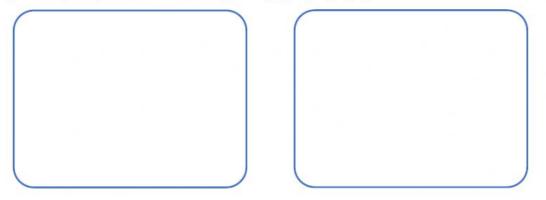
LC: Identify the different Health-related and Skills-Related Fitness

HEALTH RELATED FITNESS	SKILL RELATED FITNESS				
1.	1.				
2.	2.				
3.	3.				
4.	4.				
5.	5.				

II. CRITICAL WRITING LC: Explain the importance of health related and Skill related Fitness to have a healthy Lifestyle

III. BADMINTON MODEL

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LC	:: Using	camera	phone.	demonstrate	the	two	types	of	gripping ii	n n	laving	Badminton.



Prepared By: ALDRIANE JAKE D. PAMPANO