



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

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NAME: _____
Grade level: _____

SCORE: _____
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

LC: Using camera phone, demonstrate the two types of gripping in playing Badminton.

Prepared By : ALDRIANE JAKE D. PAMPANO

Vision: *Colegio de Sta. Rosa envision a community of committed Christians, who in one mind and one heart in God are morally upright, intellectually competent, service oriented, and ecology conscious.*