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NAME:

GRADE LEVEL: 12

PHYSICAL EDUCATION and HEALTH

Identify the following question

- _____ 1. To make fast turns by executing small steps in place to right or left.
- _____ 2. Weight on one foot, hit the floor with the ball or heel of the other foot and lift that foot from the floor to any direction.
- _____ 3. Partners advance forward, pass each other's right (left) side, step across to the right move backwards without turning around, pass each other left side to proper places.
- _____ 4. moving the hand from the wrist either in a clockwise or counterclockwise direction.
- _____ 5. Both arms are at one side either right or left, at shoulder, chest or waist level.
- _____ 6. Touch the floor lightly with the toes of one foot, weight of the body on the other foot.
- _____ 7. Partners bow to each other, to the audience, opposite dancers, or to the neighbors with feet together. This is of Spanish origin and is used in almost all Philippine dances.
- _____ 8. Cross the R foot in front of the L, bend the body slightly forward and cross the hands down in front of the R hand over the L. This is a Visayan term.
- _____ 9. To glide foot smoothly along the floor. The movement may be finished with or without transfer of weight.
- _____ 10. To bring the foot forcibly and noisily on the floor with or without transfer of weight.
- _____ 11. To displace quickly one foot with the other.
- _____ 12. A spring on one foot or both feet landing on both feet in any direction.
- _____ 13. To turn the hand from the wrist half-way clockwise then raise and lower wrist once or twice. This is an Ibanag term.
- _____ 14. To stamp in front or at the side with the right foot and tap with same foot close to the left foot. This is a Tagalog term.
- _____ 15. To turn with the ball, heel or whole foot on a fixed place or point.

ESSAY

1. Do you think it is important to learn the basic dance steps before dancing a folk dance or other dance? Why explain your answer.