GRACE CHRISTIAN SCHOOL INC.
MAPEH EXAM
Month of March

A – Choose the correct answer.

1. These are motor skills that help you in handling objects with your hands, feet, and other parts of the body.

a. Locomotors Skills b. Non-Locomotors c. Manipulative Skills

2. It is a ball handling skill that involves tapping a ball onto the floor using your fingertips.

a. bouncing b. passing c. striking

3. It is bouncing the ball successively using one hand at a time.

a. striking b. dribbling c. kicking

4. It involves receiving the ball.

a. throwing b. bouncing c. catching

5. The ball is pushed into space by the arms toward a target, whether it is a teammates or a goal.

a. catching b. throwing c. dribbling

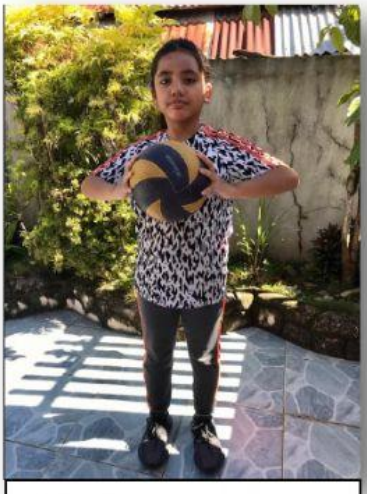
6. It is hitting an object or game ball sharply with a body part or an implement and try to move the object or ball to another place or to a certain direction.

a. passing b. bouncing c. striking

7. It is a game that strikes a ball.

a. basketball b. baseball c. jumping rope

II – Identify the following ball position.



LIVEWORKSHEETS

LIVEWORKSHEETS