INOCENCIO SCHOOL Montessori Playschool
INOCENCIO INTEGRATED SCHOOL
"That every child finds joy and love for learning."
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FIRST SUMMATIVE EVALUATION
PHYSICAL EDUCATION 11
Prepared by: Mr. Ravy G. Galopo

Name: _____ **Rating:** _____/50_____
Grade and Section: _____ **Date:** _____

TEST I.

A. Identification. Identify the following.

_____1. He is the one who searched for an effective and easy way of keeping healthy.
_____2. Type of aerobics that is a choreographed routine of stepping up and down on a rectangular, square, or circular platform
_____3. A book that is detailing simple methods of exercising.
_____4. Type of aerobics in which a group instructors choreograph several short dance combinations and teach them to the class.
_____5. They are the persons who introduced the sport aerobics.

B. True or False. Write T if the statement is correct and F if it is incorrect.

____6. Aerobics can lower the blood pressure.
____7. Aerobics is also known as cardiovascular activity.
____8. Aerobics is not accessible and affordable.
____9. Aerobics evolved as a commercial commodity.
____10. Aerobic gymnastics is a competitive sport originating from traditional aerobics in which complex, high-intensity movement patterns and elements of varying difficulty are performed to music.

C. Complete the list. Complete the 13 benefits of Aerobics.

11.

Lowers blood pressure

12.

13.

14.

15.

Regulates weight

16.

17.

18.

19.

Safe for most people, including kids

20.

C. Classify whether the given activity is for muscle-strengthening activity or bone-strengthening. Write **Muscle** if the activity is for muscle-strengthening activity and **Bone** if it is for bone-strengthening activity

_____21. Tree-climbing

_____22. Rock climbing

_____23. Volleyball

_____24. Tennis

_____25. Gymnastics

_____26. Running

_____27. Push-ups

_____28. Hopping

_____29. Basketball

_____30. Sit-ups

"Integrity is telling myself the truth. And honesty is telling the truth to other people."

- Spencer Johnson, American Author

*****END OF EXAM*****