



FIRST SUMMATIVE EVALUATION

PHYSICAL EDUCATION 12

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*****