INOCENCIO SCHOOL Montessori Playhool
INOCENCIO INTEGRATED SCHOOL
"That every child finds joy and love for learning."
#1080 Dona Andrea I Subd., Bernal St. Rosario, Pasig City

SECOND QUARTERLY ASSESSMENT
PHYSICAL EDUCATION 11
Prepared by: Mr. John Albert B. Sajona

Name: _____ **Score:** _____/70

Grade and Section: _____ **Date:** _____

IMPORTANT REMINDERS: Following instructions is part of the exam. Failure to follow instructions will cause a 5-point-deduction from the total raw score.

I. Identify what is being asked in each statement.

1-4. Give the 4 types of training exercises. (in any order)
1. _____
2. _____
3. _____
4. _____

5-7. 3 ways to measure aerobic training intensity (in any order)
5. _____
6. _____
7. _____

_____8. One who worries about his/her weight and body image.

_____9. One who sneaks cigarettes when nobody is not around.

_____10. One who has never tried to quit smoking.

_____11. Type of training that strengthens the heart and lungs and improves muscle function.

_____12. Activities that raise heart rate and make breathing somewhat harder.

_____13. Also called strength training or weight training.

_____14. Type of resistance training that uses classic strength training tools such as dumbbells, barbells and kettlebells.

_____15. Type of resistance training that uses devices that have adjustable seats with handles attached either to weights or hydraulics.

_____16. Type of resistance training that uses a training tool that uses gravity and the user's body weight to complete various exercises.

_____17. It refers to the number of times you continuously repeat each exercise in a set.

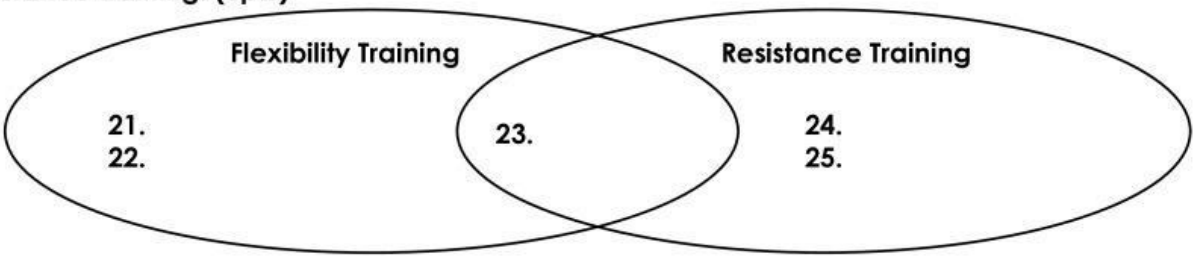
_____18. It is a group of repetitions performed without resting.

_____19. Basic principle of resistance training that states that muscle needs time to repair and adapt after a workout.

_____20. One who always says that it will be his/her last.

LIVEWORKSHEETS

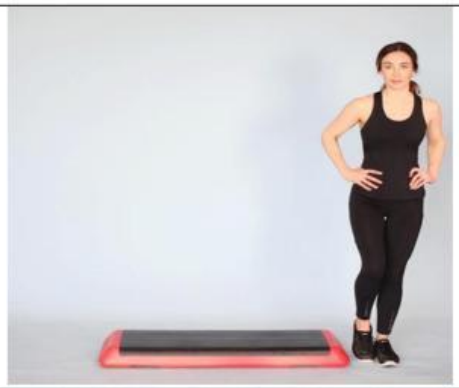
II. Create a Venn Diagram showing the similarities and differences of Flexibility Training and Resistance Training. (5pts)



III. Calculate the Maximal Heart Rate of Each Individual. Round off your answers with 2 decimal places.

	Age	40%	60%
26-29.	30 years old		
30-33.	14 years old		
34-37.	27 years old		
38-41.	36 years old		
42-45.	56 years old		

IV. Identify what type of training exercises is being shown in each slide. Describe the benefit of it to an individual.

	46-48. Type: _____ Benefit: _____ _____ _____
	49-50. Type: _____ Benefit: _____ _____ _____

LIVEWORKSHEETS

VI. Answer the following in 2-3 sentences.

51-54. How does aerobic training improve endurance?

55-58. Before doing any physical training we first planning our activities. In life, why is it also important to plan for the future?

59-62. Differentiate rest from recovery.

63-66. Anna is a dancer and every week she needs to perform on stage. Which of the training exercises will benefit her the most? (You need to choose only one)

67-70. Darwin wants to become a champion boxer. Which of the training exercises will benefit him the most? (You need to choose only one)

God is good! ☺
***** END OF EXAM *****

LIVEWORKSHEETS