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

FIRST QUARTERLY ASSESSMENT
PHYSICAL EDUCATION 12
Prepared by: Mr. Reynan F. Jovido

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

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

I. Identification. Identify what is being described in each statement. Write your answer on the space before each number (10 points).

A. Freestyle Aerobics	**B. Kenneth Cooper**	**C. Oxygen**	**D. Jane Fonda**
E. Aerobic Gymnastics	**F. Astronauts**	**G. Karen Schwartz**	**H. Step Aerobics**
I. Warm Up Exercise	**J. Aerobics**		

_____1. A physiologist who searched for an effective and easy way of keeping healthy.

_____2. Aerobics is meant to keep the _____ in good shape.

_____3. 1968 exercise book about cycling, swimming, walking, running and others.

_____4. Aerobics increases the _____ consumption of the body.

_____5. In 1983, sport aerobics was introduced by Howard and _____.

_____6. Popularized the aerobics through video exercises.

_____7. Is a choreographed routine of stepping up and down on a rectangular, square, or circular platform.

_____8. An aerobics style in which a group instructor choreographs several short dance combinations and teaches them to the class.

_____9. A competitive sport originating from traditional aerobics in which complex, high-intensity movement patterns and elements of varying difficulty are performed to music.

_____10. A routine before doing physical activities that helps to lessen the probability of getting injured.

II. Identify what type of Aerobic Exercise is shown in each picture. (6 points)



11. _____



12._____



13._____

LIVEWORKSHEETS



14._____



15._____



16._____

III. Enumeration. Give 9 benefits of aerobics to an individual.

17._____ 22._____

18._____ 23._____

19._____ 24._____

20._____ 25._____

21._____

IV. Multiple Choice. Write the letter of the correct answer on the space before each number.

_____26. Aerobic Fitness is a short burst of exercise.
a. Trueb. False c. Maybe d. Not enough information
_____27. Which of the following IS a benefit of Aerobic Fitness?
a. Having a Heart attack c. A Weak Heart
b. A Stronger Heart d. Weight Gain
_____28. Aerobics was first mentioned in a book by Dr. Copper in which year?
a. 1800 b. 2010 c. 1776 d. 1968
_____29. The first Aerobic Exercise video was created in 1982 by…
a. Sir Mix-A-Lot b. Richard Simmons c. Jane Fonda d. Mr. Schwieger
_____30. Which of the following is NOT a type of Aerobic Exercise?
a. Riding a Hover Board c. Cycling
b. Distance Running d. Step Aerobics

IV.A. Illustrate the benefits of Resistance Training to students. Explain your work with 3-5 sentences (31-40)

	5	3	1
Creativity	Pleasing use of color, shapes, symbols and other visual elements.	Good use of color and eye-catching visual elements.	Little constructive use of color or visual elements.
Content	The idea was presented well.	The idea was bearably presented.	There is no connection between the poster and the instruction.

LIVEWORKSHEETS

Explanation:

B. Design a poster for a weekend exercise program that can be done at home. (41-50 pts)

Rubrics

	5	3	1
Content	The program was very easy to follow.	The program was not easy to follow.	The program was difficult to follow due to disorganization.
Creativity	The program showed a creative and resourceful presentation.	The program showed a common presentation	The program showed a lack of thought and resourcefulness.

LIVEWORKSHEETS

V. Answer the following with 2-3 sentences.

51-54. What type of aerobics will most likely attract you and why?

55-58. Why is it important to take care of your health at such a young age?

59-62. If you will recommend an aerobic exercise to your friends, what type will it be?

63-66. Aside from physical benefits, how does aerobics improve an individual?

67-70. Your younger friend is asking you to help them to do a workout. Are you going to recommend to do bone strengthening activities? Why or why not?

"YOU HAVE TO BE ODD TO BE NUMBER ONE"
***** END OF EXAM *****

LIVEWORKSHEETS