



PENIEL INTEGRATED CHRISTIAN ACADEMY OF RIZAL, INC.

"If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him." James 1:5 KJV

FIRST QUARTER EXAMINATION

NAME:		DATE:
SUBJECT: VALUES	LEVEL: 6	SCORE: /60

I. The following activities develop the three aspects of health. Write *P* on the blank if it stands for Physical, *M* for Mental and *S* for Spiritual.

- | | |
|--------------------------------|--|
| _____ playing chess | _____ participating in charity works |
| _____ playing volleyball | _____ solving Math problems |
| _____ jogging or running | _____ exercising in gym |
| _____ going to church | _____ reading newspapers and magazines |
| _____ solving crossword puzzle | _____ Bible study |

II. Write *TRUE* if the sentence is correct, and *FALSE* if it is wrong.

- _____ 1. We are happy to be alive.
- _____ 2. We are elated when we see our neighbors keep their backyard clean.
- _____ 3. Life makes us excited to do our daily activities.
- _____ 4. We want our body to be strong and healthy.
- _____ 5. Life enables us to think and plan for our future.
- _____ 6. We are grateful to our Maker for the gift of life.
- _____ 7. Community officials should be enthusiastic in launching cleanliness projects.
- _____ 8. My friends are overwhelmed to see our clean and orderly subdivision.
- _____ 9. It is disgusting to see people who do not care for the welfare of others.
- _____ 10. I am amazed to see market vendors maintaining a sanitary place.

III. Complete each sentence. Circle the letter of the correct answer.

1. I feel _____ for having a sound mind and a healthy body.
 - a. blessed
 - b. disappointed
 - c. amazed
 - d. humiliated

2. Many people are _____ to use their senses to the fullest.
 - a. embarrassed
 - b. delighted
 - c. irked
 - d. troubled

3. With the gift of five senses, I am able to _____ and enjoy the beautiful things around me.
 - a. appreciate
 - b. hate
 - c. destroy
 - d. boast

4. We feel _____ to face life's challenges.
 - a. excited
 - b. worthless
 - c. scared
 - d. overwhelmed

Complete the sentence below.

5. As a Grade 6 student, I am _____ to know and be able to analyze the issues affecting my country.

IV. How would people feel in the following situations? Underline the best answer.

1. Lea feels (disappointed, inspired) when people in the community work together to make their place clean.
2. The barangay captain is (delighted, disappointed) to work with people who want a clean and healthy community.
3. Majority of the residents in our community are (appreciative, bored) of the well- planned projects of our barangay captain.
4. Chloe (is frustrated with, is thankful to) some uncooperative neighbors.
5. As a Grade 6 student, Noel is now (challenged, dissatisfied) to do something for the good of his community.
6. Sally and Beth feel (comfortable, irritable) living in a clean and healthy community.
7. As a student, Rene feels (interested, annoyed) to see their community members participate in health projects.
8. People in a community get (embarrassed, involved) in different health projects.
9. Community officials are (happy, serene) to see their community members participate in health projects.
10. Bong is (annoyed, thrilled) by the foul smell of the garbage in the streets.

V. Explain the given statement. (5pts)

“No Man is an Island”



VI. What will you do in the following situations? Why? Make a short paragraph of your answer and write it on the blanks provided. (4pts. Each)

1. A friend asks you to try smoking.

2. Two of your friends are having a misunderstanding and you know that it's getting worse because they are saying negative things behind each other's back.

3. One of your classmates are bullying someone at school. You used to be friends with the person that is being bullied. You want to stand up to your friends because you feel bad, but you realize that they will probably not take that very well.

4. Your friend invited you to join their outreach but you know your parents will not allow you because they are concern about your safety.

5. A total lockdown because of COVID was declared in your place for two weeks. What will you do two have a fruitful week at home.
