











**Republic of the Philippines**  
**Department of Education**  
Region X – Northern Mindanao  
**Regional Achievement Test**  
**MAPEH 6**

Read and understand each question then choose the letter of your correct answer.




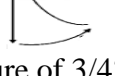
**MUSIC**

1. Analyze the musical phrase and identify the encircled musical symbol.





- A. Eight rest  
B. Half rest  
C. Quarter rest  
D. Whole rest
2. Notes and rests have distinctive values. Which of the following notes has the highest value?
- A.  Dotted half note  
B.  Whole note  
C.  Half note  
D.  Quarter note
3. The value of notes and rests depends on the time signature. What kind of rest receives two beats?
- A.    
B.    
C.    
D. 
4. What conducting pattern is appropriate to this rhythmic pattern? 4/4



- A.    
B.    
C.    
D. 
5. How many beats are in a measure with a time signature of 3/4?
- A. Two beats per measure  
B. Three beats per measure  
C. Four beats per measure  
D. Six beats per measure
6. Some musical symbols have their proper place on the staff. Where is the time signature located on staff?
- A. Before the key signature  
B. After the clef and the key signature  
C. Before the clef  
D. none of the above
7. Which time signature indicates that there are 6 beats in each measure?
- A.  $\frac{3}{4}$   
B.  $\frac{3}{8}$   
C.  $\frac{6}{8}$   
D.  $\frac{4}{4}$
8. Which time signature is commonly used in marches and fast-paced music?
- A.  $\frac{4}{4}$   
B.  $\frac{3}{4}$   
C.  $\frac{6}{8}$   
D.  $\frac{2}{4}$
9. It is a key signature that has no flat or sharp symbol.
- A. Key of C Major  
B. Key of D Major  
C. Key of G Major  
D. Key of E Major

10. What musical scale is shown in the picture?



- A. Key of D Major
  - B. Key of F Major
  - C. Key of C Major
  - D. Key of G Major
11. How can one improve their ability to create simple melodies?
- A. By studying complex music theory
  - B. By practicing improvisation techniques
  - C. By avoiding repetition in their melodies
  - D. By focusing solely on rhythm and ignoring melody
12. Which term refers to a person who sings or plays an instrument alone?
- A. Conductor
  - B. Composer
  - C. Soloist
  - D. Accompanist
13. When musicians perform together, it is called:
- A. Solo performance
  - B. Group performance
  - C. Instrumental performance
  - D. Vocal performance
14. Which musical instrument is commonly used to create simple melodies?
- A. Drums
  - B. Guitar
  - C. Piano
  - D. Saxophone
15. Which of the following is NOT a way to create a self-composed melody?
- A. Using a musical instrument to experiment with different notes.
  - B. Singing random sounds without any rhythm or structure.
  - C. Writing down musical ideas and arranging them into a melody.
  - D. Improvising melodies by ear.
16. Which of the following is true about self-composed melodies?
- A. They are always written by professional musicians.
  - B. They are melodies composed by oneself.
  - C. They can only be created using musical instruments.
  - D. They are usually performed by large choirs.
17. What is the term for a musical form that consists of three sections that are different from one another?
- A. Binary
  - B. Theme and Variations (AABBCC...)
  - C. Rondo (ABACADA)
  - D. Ternary
18. In the rondo form (ABACA), what purpose does the contrasting section serve?
- A. To provide a break from the repetition of the A section
  - B. To introduce new themes and ideas
  - C. To showcase the skills of individual musicians
  - D. To add complexity and depth to the composition
19. Which repeat mark instructs the musician to go back to the beginning and repeat until the word "Fine"?
- A. Da Capo
  - B. Dal Segno
  - C. Al Fine
  - D. D.C. al Fine
20. What is the purpose of the two ending markings "   "?
- A. Indicate different sections of the piece /
  - B. Mark the beginning and the end\
  - C. Al Fine (up to the end)\
  - D. D.C. al Fine (repeat from the beginning until the word Fine)
21. Which repeat mark indicates a section to be repeated between two vertical lines?
- A. Dal Segno
  - B. Da Capo
  - C.  $\parallel : \parallel$
  - D. Al Fine
22. Which musical ensemble usually performs without any instrumental accompaniment?
- A. Orchestra
  - B. Choir
  - C. Soloist
  - D. Band

23. Which term refers to a musical texture where only one melody is played or sung?
- A. Monophonic
  - B. Homophonic
  - C. Polyphonic
  - D. Heterophonic

## ARTS

24. Which among of the following pictures considered as the crest logo?



25. What element refers to the way an artwork feels or looks like it might feel if touched?
- A. Texture
  - B. Color
  - C. Shape
  - D. Line
26. What element refers to the use of light and darkness in an artwork?
- A. Value
  - B. Texture
  - C. Shape
  - D. Form
27. What term refers to the arrangement of objects in an artwork?
- A. Composition
  - B. Perspective
  - C. Contrast
  - D. Balance
28. How can drawing about oneself, one's family, home, and school be a means of self-expression?
- A. By capturing personal experiences and emotions
  - B. By copying images from the internet
  - C. By drawing famous artworks
  - D. By using only primary colors
29. Graphic designs found in social media apps such as Facebook, twitter, and Instagram.
- A. Gaming arts
  - B. Communication arts design
  - C. Photography
  - D. Animators
30. Sinamay and tree bark are examples of:
- A. Drawing tools
  - B. Local materials used for drawing
  - C. Musical instruments
  - D. Types of paper
31. How can shading be used in plant drawings?
- A. To create depth and dimension
  - B. To make the drawing look flat
  - C. To hide mistakes
  - D. To highlight the background
32. Painting has changed in the last few decades, through the power and creative ability of \_\_\_\_\_.
- A. Paintings
  - B. Computers
  - C. Pictures
  - D. Mosaic
33. Which of the following is a Filipino fiesta decor?
- A. Maracas
  - B. Kilt
  - C. Piñata
  - D. Sari
34. How can artists use color intensity to evoke different emotions?
- A. By using bold and vibrant colors for excitement
  - B. By using muted and dull colors for serenity
  - C. By using a combination of warm and cool colors for balance
  - D. By using monochromatic colors for harmony
35. Which of the following color combinations would best create a sense of tranquility and relaxation?
- A. Red and orange
  - B. Blue and green
  - C. Yellow and purple
  - D. Pink and brown
36. In landscape paintings, what does the term "foreground" refer to?
- A. The part of the painting with the least detail
  - B. The main subject of the painting used for drawing
  - C. The area in the middle of the painting
  - D. The part of the painting closest to the viewer
37. What is the purpose of landscape paintings?
- A. To capture the beauty of man-made structures
  - B. To depict ancient historical events
  - C. To showcase the artist's portrait skills
  - D. To showcase the beauty of nature

38. How do artists create depth in landscape paintings?
  - A. By using only dark colors for distant objects
  - B. By making distant objects smaller and less detailed
  - C. By placing the horizon line at the top of the painting
  - D. By using exaggerated proportions for distant objects
39. How do design principles contribute to the effectiveness of a design?
  - A. They help communicate the intended message.
  - B. They make the design more aesthetically pleasing.
  - C. They ensure the design is functional and user-friendly
  - D. All of the above.
40. How has digital technology impacted the accessibility of t-shirt and poster designs?
  - A. It has made them less affordable
  - B. It has made them harder to find
  - C. It has made them available to more people
  - D. It has made them less popular
41. How has digital technology changed the printing process for original designs?
  - A. It has made it slower and less efficient
  - B. It has made it more expensive and time-consuming
  - C. It has made it faster and more accessible
  - D. It has made it obsolete and unnecessary
42. What is the final step in the silkscreen printing process?
  - A. What is the final step in the silkscreen printing process?
  - B. Drying the printed design
  - C. Applying a fixative to the design
  - D. Removing the screen from the printing surface
43. Why is it important to let the prints dry after silkscreen printing?
  - A. To prevent smudging and smearing
  - B. To increase the intensity of the colors
  - C. To add texture to the prints
  - D. To make the prints more durable
44. Which type of ink is commonly used in silkscreen printing?
  - A. Water-based ink
  - B. Oil-based ink
  - C. Acrylic ink
  - D. Pencil ink
45. How can framing be used as a composition technique in photography?
  - A. To add a border around the photo
  - B. To create a sense of depth and layers
  - C. To adjust the exposure settings
  - D. To capture a moving subject
46. In a photo essay, how can composition be used to guide the viewer's attention?
  - A. By placing the main subject in the center of the frame
  - B. By using leading lines to direct the viewer's gaze
  - C. By applying artistic filters to enhance certain elements
  - D. By including a variety of unrelated subjects

## **PHYSICAL EDUCATION**

47. It is important to observe safety precautions when playing games. Why?
  - A. To implement infection control measures.
  - B. To promote safety climate.
  - C. To reduce the risk of virus infection.
  - D. To reduce the risk of injuries.
48. This is the most important factor to participate in physical activities.
  - A. It helps build strong muscles and bones.
  - B. It improves social skills.
  - C. It reduces the risk of heart diseases.
  - D. It promotes a friendly environment.
49. Why playing outside is more fun than playing inside?
  - A. Spacious and less crowded
  - B. More children will join the games.
  - C. No one will be disturbed.
  - D. You will have so many audience.
50. What skills are used in using stairs instead of elevators?
  - A. Batting and rolling
  - B. Jumping and hopping
  - C. Leaping and tossing
  - D. Walking and running
51. Why should we follow the rules of the game?
  - A. To avoid conflict and mainly for fairness.
  - B. We can easily cheat without punishment.
  - C. Rules give all players equal disadvantages.
  - D. Everybody will win the game.

52. Peter loves to play kickball and he wants to join different competition through constant playing, he become stronger and alert. What skill did Peter developed?
- Power and speed
  - Eyes and hands accuracy
  - Spatial and proximity
  - Focus and concentration
53. Roy and his 4 friends are playing tumbang preso. Roy is the taya and guards the can. When his friend Jojo hit the can, Roy runs and quickly returns the can inside the circle and tries to tag Jojo. Is the action of Roy as taya correct?
- Yes, because being a taya should immediately tag the players while getting his pamato.
  - Yes, because being a taya should return first the can to its original place and tag the players who are not in the toe line.
  - No, because being a taya should quickly tag other players even they are in the toe line.
  - No, because being a taya should disregard the can and join the players to hit the can.
54. Marina sits on the bench after school every day. She doesn't like playing team sports. What kind of activity would you suggest she try?
- Do warm up exercise or walk.
  - Playing games on cellphone.
  - Watching kids playing volleyball.
  - Sitting and talking with her.
55. Aerobics and active activities make you sweat and increase your heart rate. What is an example of this activity?
- Push-ups
  - Jumping
  - Playing
  - Jogging
56. If you are one of the players of "Agawan Base", how does speed apply in the game?
- by marching
  - by walking
  - by dancing
  - by running
57. Joshua is the hawk of team A when he caught Peter who is a member of Team B, which team earned a point?
- Team A
  - Team B
  - Team A and B
  - No team
58. It is the ability to move quickly once a signal to start moving is announced.
- Reaction of Time
  - Dexterity
  - Speed
  - Strike
59. What values did you learn while playing the game?
- Honesty
  - Creativity
  - Mastery
  - Sportsmanship
60. This game is composed of players tagged as the lawin, the hen, and the chicks. What goal here is for the lawin?
- Protects all of her chicks.
  - Catches the chicks.
  - Forms a line at the back of the hen.
  - Returns all the chicks.
61. The ability to carry the body while in stationary position or when it is moving.
- Balance
  - Body Composition
  - Coordination
  - Agility
62. There are many Filipino traditional games show about invading and defending. Which is NOT a type of invasion game?
- rugby
  - golf
  - chess
  - capture the flag
63. Folk dance is one of the instruments through which a nation and its people can be identified as a cultural society. What kind of dance Itik-Itik portrayed?
- historical
  - mimetic
  - courtship
  - war



64. How many coconut shells are used to hang on the vest of Maglalatik dancers?
- 1 – 2
  - 2 – 4
  - 4 – 6
  - 5 – 8

65. It is a mock-war dance from Laguna that demonstrates Moros and the Christians over the high prized coconut meat during the Spanish rule?
- Tinikling
  - Pandango sa Ilaw
  - Singkil
  - Maglalatik

66. There are five rudimentary steps in feet and arms. Which among the picture is in the 3RD arm position?

A.



B.



C.



D.



67. What color symbolizes the Moro and Christian Maglalatik dancers?

A. red, blue

B. red, yellow

C. blue, green

D. blue, red

68. It is a Cebuano term which means lively movements.

A. Jaleo

B. Kewet

C. Kuradang

D. Kumintang

69. It refers to a locomotor movement that springs a person using both feet into the air and land on both feet.

A. hopping

B. jumping

C. leaping

D. galloping

**HEALTH**

70. Benjie broke his leg after a vehicular accident. An emergency operation is needed. What kind of doctor should he ask for immediate help?

A. surgeon

B. urologist

C. pediatrician

D. neurologist

71. Defined as excessive fat in the body that presents a risk to health.

A. stunted growth

B. overweight and obese

C. underweight

D. malnourished

72. Getting enough rest and sleep would give us what kind of benefits?

A. increase insomnia

B. increase heart diseases

C. promote health

D. lower blood pressure

73. Rebecca's pregnancy is sensitive and must consult a medical professional. What kind of doctor should she seek for help?

A. gerontologist

B. ob-gyne

C. ophthalmologist

D. pediatrician

74. This facility provides medical care to children, teachers and other school personnel.

A. Guidance office

B. School health clinic

C. Barangay health center

D. Rural health hospital

75. How can students contribute to a healthy school and community environment?

A. By spreading rumors and gossiping about others.

B. By littering and not recycling.

C. By promoting unhealthy habits and behaviors among their peers.

D. By actively participating in community service projects.

76. A place where learners have many opportunities in the classroom and in every aspect of their school experience.

A. healthy campus

B. healthy clinic

C. healthy school

D. healthy playground

77. Jam, a Muslim girl is now studying in a Christian school. She feels happy because everyone is her friend. What characteristic of a healthful school and community is shown in the situation?

A. Healthful interpersonal relations

B. Free from abuse and discrimination.

C. Clean with good air and water quality

D. Flexible Spaces

78. John lives in a healthful school environment and consistently achieves good grades. How might his environment have contributed to his academic success?
- There is no relation between living in a healthful school environment and academic performance.
  - Living in a healthful school environment brings a positive impact on academic success.
  - Academic success is determined only by intelligence regardless of the environment.
  - Living in a healthful school environment negatively affects academic success.
79. Give the effects of the characteristics of a healthful school and community which is free from abuse and discrimination.
- Pupils are not allowed to join the play.
  - Learners do not respect his teammates.
  - Learners are not accepted for who they are.
  - Children are free from bullying and discrimination.
80. How to demonstrate ways to prevent bullying and discrimination in our school?
- Create a sense of belonging to support one another.
  - Encourage everybody to join the school activities.
  - Identify and talk to the bully and their victims.
  - Share the incident of the bully and the victims.
81. Hazardous wastes are poisonous. What should be done in handling this type of waste?
- Use gloves and mask in handling the materials.
  - Pick with your hands and throw in the trash can.
  - Put in the compost pit.
  - Collect and place near your food products.
82. Your family decides to have a backyard compost pit. What waste materials should be included as compost materials?
- cans and plastic containers
  - expired medicines and metal scraps
  - leaves, twigs and food waste
  - bottles and old newspapers
83. Kiko burns the garbage in their backyard. What will be the impact of this activity to the health of the individual?
- It will kill marine animals.
  - It will pollute the air.
  - It will make the plants healthy.
  - It will make the place full of flies.
84. The drinking water is contaminated because of leaking pipeline. Should we drink the water?
- Yes, our body can handle the contaminated water.
  - Yes, the waste cannot harm our health.
  - No, the contaminated water is unsafe to drink.
  - No, the water can cause bad breathe.
85. Which of the following pictures shows or depicts a poor environmental sanitation that can greatly affect one's health?

A.



B.



C.



D.



86. Never do backyard burning. We should save biodegradable wastes or scraps for \_\_\_\_\_ activity.

- composting
- burning
- filtering
- saving

87. Republic Act No. 8749 is a comprehensive air quality management policy programs which aims to achieve and maintain healthy air for all Filipinos otherwise known as \_\_\_\_\_.

- Plant 236,000 Trees - a tree planting activity
- Philippine Anti-Smoke Belching Drive
- Philippine Clean Air Act of 1999
- Philippine Clean Water Act of 1999

88. Start from yourselves to spread awareness about noise pollution. How can individuals help spread awareness about noise pollution?
- A. Organize neighborhood noise pollution competitions.
  - B. Share educational videos and articles on social media platforms.
  - C. Increase the volume of their personal electronic devices.
  - D. Ignore the issue and hope it resolves on its own.
89. There is an unobtrusive sound or pattern of sounds recorded from nature called white noise. What is an example of white noise?
- A. Birds chirping in the morning.
  - B. Background chatter in a crowded café.
  - C. A loud emergency siren.
  - D. The sound of a slamming door.
90. Rodents like rats bring common disease. Why is growing population of rats dangerous to the community?
- A. Rats bring diseases like Leptospirosis.
  - B. Rats bring malaria disease.
  - C. Rats cause allergy and dengue fever.
  - D. Rats create loud noises causing sleep disturbances.