

<b>Name:</b> Lito J. Libradilla	<b>Yr. &amp; Sec.:</b> Grade 12 – STEM Asclepius
<b>Subject Code:</b> CORE154	<b>Subject Title:</b> Physical Education and Health
<b>Module No:</b> 1	<b>Topic:</b> Introduction to Swimming

#### IV. WE'RE ON OUR WAY

##### QUIZ 1.1 TRUE OR FALSE

Direction: Write "T" if the statement is True and "F" if it is False.

T 1. Recreational Activity means creating an activity that'll suit your interest.

T 2. Swimming has been known since prehistoric times.

T 3. Drawings from the Stone Age were found in "the cave of swimmers" near Wadi Sora (or Sura) in the southwestern part of Egypt.

T 4. Swimming is a sport that tests your fitness and stamina.

F 5. Swimming is not the sport or activity of propelling oneself through water using the limbs.

#### V. HOW FAR HAVE WE GONE

##### QUIZ 1.2 MULTIPLE CHOICE

Direction: Read each item CAREFULLY. Choose the correct answer in the choices.

B 1. It is the sport or activity of propelling oneself through water using the limbs.

A. Outing      B. Swimming      C. Running      D. Acrobatics

A 2. This activity means any outdoor activity undertaken for the purpose of exercise, relaxation or pleasure.

A. Recreational Activity      B. Refractional Activity      C. Creational Activity      D. Sports

B 3. Since when does swimming known to people?

A. World War 1      B. Prehistoric times      C. Classical Period      D. Modern Period

C 4. Swimming is a sport that tests your \_\_\_\_\_ and \_\_\_\_\_.

A. agility and strength      B. emotion and smartness      C. fitness and stamina      D. skills and talent

D 5. What stroke is possibly the oldest swim stroke?

A. Backstroke      B. Sidestroke      C. Freestyle      D. Breaststroke