



Republic of the Philippines
Department of Education
REGION IV-A CALABARZON
SCHOOLS DIVISION OF LIPA CITY
FERNANDO AIR BASE INTEGRATED NATIONAL HIGH SCHOOL
FERNANDO AIR BASE, LIPA CITY

THIRD QUARTER EXAMINATION in MAPEH 10
SY: 2025-2026

NAME: _____
SECTION: _____

SCORE: _____
DATE: __ / __ / __

MUSIC

TEST I: MULTIPLE CHOICE

DIRECTIONS: Read and analyze the following statements/questions below. Write the best letter that corresponds to the correct answer on the blank space provided.

- ____ 1. How did Ryan Cayabyab's works and contributions shape Contemporary Philippine Music?
A. He modernized Filipino music by blending traditional Filipino elements with contemporary styles such as pop, jazz, classical, and Broadway.



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- B. He significantly elevated Filipino music from folk and traditional forms to a more sophisticated art music tradition while strengthening national identity.
- C. His ability to blend Filipino cultural identity with Eastern classical forms, helping shape modern Philippine art music.
- D. He composed numerous kundimans and sentimental songs that combined Filipino melodic sensibilities with Western harmonic techniques, creating music that was both culturally authentic and artistically refined.
- ____2. Francisco Santiago was named the Father of Kundiman. Which of the following musical styles he was known for?
- A. Combined environment and ethnic instruments
- B. Developed European Romanticism with Chromaticism containing hazy tones
- C. Romantic in style incorporating Western forms and techniques of folk materials
- D. Incorporate Indigenous Filipino Musical instruments into Orchestral Productions
- ____3. Lucrecia Kasilag is a recipient of National Artist of the Philippines for Music and was also known as the "Tita King". Which of the following concepts did she contribute to music industry?
- A. Adaptation of ethnicity to music
- B. Incorporation of Dance in Drama in music production
- C. Aligning of Piano and Orchestration in music production



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- D. Incorporation of Indigenous Filipino musical instruments to orchestral production
- ___ 4. Lucio San Pedro was known as a romantic nationalist. Which of the following statements best describes in the characteristics of his composition “Sa Ugoy ng Duyan”?
- A. Kundiman about her first love
 - B. Lullaby melody sung by his mother.
 - C. Poetic aural description of his hometown Angono
 - D. Song about his father who died in Philippine-American War
- ___ 5. How can you describe the compositional style of Antonio Molina during his era?
- A. Classical
 - B. Eastern form
 - C. Integrated Foreign Elements
 - D. Romantic, nationalistic and folk- inspired
- ___ 6. Levi Celerio was a prolific lyricist and composer named as National Artist for Music and Literature in 1997. Which of the following statements describe his greatest achievement?
- A. He became the editor of the Literary Song Movie Magazine.
 - B. He was considered as a nationally acclaimed composer of numerous popular Filipino classics.
 - C. Ang Bayan Ko and Kung Kita’y Kapiling, that won the gold medal at the Paris International Fair.



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- D. A citation in the Guinness Book of the World Records for being only person to make music with a mouth-blown leaf.
7. How does Nicanor Abelardo's role in shaping national identity through music and his involvement with Philippine educational institutions explain his contribution of a specific composition to a learning institution in the country?
- A. His direct connection with the University of the Philippines inspired him to compose *UP Naming Mahal*, which serves not only as a school hymn but also as a symbol of academic excellence, patriotism, and Filipino identity.
 - B. Cavatina for Violoncello is a gentle, expressive piece designed to highlight the cello's warm, singing tone. It focuses more on emotional expression than virtuosity and is typically performed as a solo or featured instrumental work.
 - C. Nasaan Ka Irog conveys deep affection and the pain of separation, which is characteristic of kundiman a traditional Filipino love song form.
 - D. *Mutya ng Pasig* evokes romantic admiration and local pride, portraying Pasig as a source of beauty and inspiration.
8. Contemporary Philippine music has complex structure but with rich melodies. How would you describe the overall characteristics of the Contemporary Philippine Music?
- A. It refers to Indigenous Philippine Music.
 - B. The music was about Kundiman and Nationalistic Songs.



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- C. The modern Filipino repertoire consists of musical pieces that have been written in 20th century idioms that have evolved out of such stylistic movements
- D. It refers to compositions that have adopted ideas and elements from twentieth century art music in the West, as well as the latest trends and musical styles in the entertainment industry.

ARTS

TEST II: MULTIPLE CHOICE

DIRECTIONS: Read and analyze the following statements/questions below. Write the best letter that corresponds to the correct answer on the blank space provided.

____ 1. There are different elements of art which are basically applied in media-based arts. Which of the following elements of arts refers to the different hues and shades applied in arts and designs?

- A. Color B. Form C. Sound D. texture



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____ 2. One of the Filipino film directors who has brought the country to the cinema world's attention is Maryo Delos Reyes. Which of the following films made him win the 50 awards from Berlin?

- A. Kinatay B. Jose Rizal C. Magnifico D. Ma Rosa

____ 3. Filipino animators have been involved in the creation of some of the best-loved and technically challenging animated feature film productions. Which of the following animated movies were produced by Cutting Edge Productions and screened during the Metro Manila Film Festival?

- A. Dayo: Sa Mundo ng Elementalia B. Groove High C. RPG: Metanoia D. Urduja

____ 4. One of the noteworthy Philippine Photographers was George Tapan. Which of the following artworks won first place in the 2011 National Geographic Photo Contest?

- A. Gulf of Davao B. Into the Green Zone C. Into the Wilderness D. Snake Island

____ 5. Maryo J. Delos Reyes is known for creating films that highlight Filipino values, social realities, and human emotions. His film Magnifico received critical acclaim both locally and internationally. Considering the impact of this film on Philippine cinema, which of the following awards did it earn Delos Reyes?

- A. FAMAS Best Director
B. Gawad Urian Best Screenplay



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- C. Metro Manila Film Festival Best Actor
D. Cannes Film Festival Palme d'Or
- ___6. How do the works of Filipino artists reflect this ingenuity, and in what ways can their contributions be seen as equal to or competitive with international artistic standards?
- A. Filipino artists reflect ingenuity through their creativity, adaptability, and fusion of cultural identity with modern techniques
B. Filipino craftsmanship has lack of innovation, poor use of local materials, and inferiority to global standards
C. Filipino artists focused on international themes, making their works internationally recognized.
D. Filipino artists work in other countries in prestigious productions like Pixar and Disney,
- ___7. Why is color considered as the dominant element of art used in media-based arts?
- A. It is used to create different moods.
B. Ideas on creativity are based on colors.
C. Shading and highlighting are significant tools for product creation.
D. Media-based arts and designs are created with colors in all aspects.
- ___8. Among the exciting milestone in the fast-emerging Philippine animation industry was the creation in 2008 of Urduja. Which of the following best describes the story of animation film Urduja?



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- A. An animated film adaptation of the legend of the warrior princess of Pangasinan
- B. Animated film about the child given superpowers to help humanity.
- C. Mythical creatures as heartwarming characters in a young boy's adventure
- D. A girl that became a superhero with special powers of elasticity

PHYSICAL EDUCATION
TEST III: MULTIPLE CHOICE

DIRECTIONS: Read and analyze the following statements/questions below. Write the best letter that corresponds to the correct answer on the blank space provided.

Sitio Katamakawan is a community of lazy and gluttonous people. They sit or lie all day and eat everything their mouth desires. Each family has a housemaid to take care of all the household

- _____ 1. How would you describe the people from Sitio Katamakawan?
 a. Physically Active B. Sedentary Lifestyle C. Promote healthy living D. Responsible Citizen
- _____ 2. Which health dimensions are sustained and which need improvement in this community?
 A. Physical aspects were sustained and there is a need of improvement in values



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although they maintain their passing grades. They are not allowed to play outside to prevent accidents. Most of the time, the teenagers surf the Internet. Most of the parents are overweight because after their office work, they watch television while having night snacks. Some men are into smoking and drinking alcohol. On the other hand, during weekends, each family goes to church and watches movies together. They maintain their strong family bonds. Values such as respect to elders and obedience are also preserved in this community.





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- B. Values were sustained and Physical aspect is a need for improvement
C. Both emotional and physical are in need for improvement
D. Both Mental and values aspects are sustained
3. As stated in the story that some men were drinking alcohol and smoking, which of the following diseases may occur if these vices continued in long term?
A. Chronic Lung Diseases and Liver Cancer
B. Amputation
C. Prostate Cancer
D. Hypertension
4. As a grade 10 student, how would you help the people in Sitio Katamakawan improve their well-being?
A. Promote tournament of e-games for children and teenagers
B. Encourage the people to join in different church gatherings
C. Ask the barangay chairman to have programs like sports tournaments and daily Zumba dances.
D. Ignore the situation of the people in Sitio Katamakawan
5. During your PE class, Alexander executed a hip-hop dance style that creates a way of making geometric shapes forming right angles using his body parts and featured some ancient Egyptian positions. Which of the following dance styles did Alexis demonstrate?
-



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- A. B-boying B. Krumping C. Shuffling D. Tutting

6. Your Physical Education teacher wants you to apply the stylized posing and fast synchronized arm movements to the beat of the music in your hip-hop dance presentation. As the group leader and dance choreographer of your group which of the following hip-hop dance styles will you use?

- A. Krumping B. Shuffling C. Tutting D. Waacking

7. B-Boying, Krumping, and Popping requires an extreme power to meet the standard of the dance execution. Your group is planning to include this Hip-hop dance styles, However, the members of your group are not physically fit to execute the said dance style. Which of the following health-related components needs to improve?

- a. Cardiovascular Endurance b. Flexibility c. Muscular Endurance d. Muscular Strength

8. Your classmates found out that you are thoroughly engaged in active recreation and that is Hip-hop dancing. One of your classmates decided to join you in your daily endeavor. Which among the following best explains the importance of active recreation hip-hop dance that you can share with your classmate?

- A. It will help you to develop the dimension of your holistic health.
B. It will help you to become a better individual in your respective community.
C. It will help you to develop a hobby that you can enjoy together with your colleagues.



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D. It will help you to develop your sense of responsibility as a learner and at the same time as a dancer.

HEALTH

TEST I: MULTIPLE CHOICE

DIRECTIONS: Read and analyze the following statements/questions below. Write the best letter that corresponds to the correct answer on the blank space provided.

- ____1. Which of the following global strategies aim to strengthen children's immunization programs and introduce new generation of licensed vaccines into use in developing countries across the globe?
- A. Global Alliance for Vaccines and Immunizations
 - B. Global Fund to fight AIDS, TB and Malaria
 - C. Global Prevention and control of Tobacco and Alcohol Use
 - D. Global Strategy for the Prevention and Control of Non-communicable Diseases
- ____2. How can international cooperation be improved to more effectively reduce tuberculosis transmission worldwide?
- A. By limiting tuberculosis control efforts to individual countries
 - B. By reducing funding for global health organizations
-



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- C. By improving data sharing, coordinated funding, and joint research among countries
- D. By focusing only on treatment after outbreaks occur

___3. Extreme poverty and hunger widely exist in Asia and Africa. Due to this existing problems and challenges in the community the United Nation offers key suggestions that will help to eradicate extreme poverty and hunger. Which among the following key suggestions is the main solution to eradicate poverty and hunger.

- A. Investment in Agriculture and Infrastructure
- B. Job Allocation and Job Matching
- C. Quality Education
- D. Promotion of Gender Norms

___4. 18% of ever partnered women and girls aged 15 to 49 years have experienced physical and/or sexual partner violence and million of girls and women have subjected to female genital mutilation. Which of the following Sustainable Development Goals does the United Nation promulgated to address these issues and concerns in our community?

- A. Goal No 1: No Poverty
- B. Goal No 2: Zero Hunger
- C. Goal No 4: Quality Education
- D. Goal No 5: Gender Equality

___5. Ensure inclusive and quality education for all and promote lifelong learning is the Goal No 4 Quality Education. Which among the following is the best indicator that we have achieved the said UN SDG?

- A. Rising number of learners population
- B. State of the art educational facilities



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C. Better life of people

D. Increase in educational funds

_____ 6. Which of the following global strategies aims to strengthen children's immunization programs and introduce new generation of licensed vaccines into use in developing countries across the globe?

- E. Global Alliance for Vaccines and Immunizations
- F. Global Fund to fight AIDS, TB and Malaria
- G. Global Prevention and control of Tobacco and Alcohol Use
- H. Global Strategy for the Prevention and Control of Non-communicable Diseases

_____ 7. How can we improve the maternal health that would also help eradicate major problems like poverty and gender inequality?

- a. Expanded international trade agreements
- b. Know rights responsibilities and civic obligations
- c. Promotion of women's political rights and involvement
- d. Better and improved access to hospital care especially obstetrics-gynecology, prenatal and post-natal care

_____ 8. Dispute in numerous countries around the world is increasing and subjected to local insurgency and war. Which of the following recommendations best explains how to resolve the issues.



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- A. Discuss the reduction of poverty through government dept relief grant.
- B. Should have a partnered exploration about natural medicine and other cure for existing diseases.
- C. Establish a good relationship among other country across numerous government sectors to improve people's life.
- D. Participate in multi-national partnership to improve armed forces.

ANSWER SHEET

MUSIC		ARTS					PE	HEALTH			
MELC1	MELC2	MELC1	MELC2	MELC3	MELC4	MELC5	MELC1	MELC1	MELC2	MELC3	MELC4
1.	5.	1.	2.	5.	7.	8.	1.	1.	3.	5.	7.
2.	6.		3.	6.			2.	2.	4.	6.	8.



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3.	7.		4.				3.				
4.	8.						4.				
							5.				
							6.				
							7.				
							8.				
TOTAL											



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