



**Republic of the Philippines**  
**Department of Education**  
**Region VII**  
**DIVISION OF BOHOL**  
**CANMAYA DIOT HIGH SCHOOL**



**THIRD QUARTER EXAMINATION - MAPEH 8**

**Direction: Read each question carefully. Choose the letter of the correct answer.**

**PART I. MUSIC**

- Which of the following instruments is traditionally used in Peking Opera to lead the melody and signal dramatic moments in the performance?  
A. Erhu  
B. Pipa  
C. Jinghu  
D. Guzheng
- Why is the vocal style in Peking Opera described as highly symbolic rather than realistic?  
A. Because singers perform without musical accompaniment  
B. Because pitch, tone, and vocal inflection represent character traits and emotions instead of everyday speech  
C. Because the lyrics are always improvised during performance  
D. Because performers sing only in a low and soft voice
- A student is tasked to design a short performance inspired by Peking Opera. Which combination of musical elements would BEST reflect the traditional sound of this court music?  
A. Western string orchestra with smooth harmonies and soft dynamics  
B. High-pitched singing, jinghu-led melody, and strong rhythmic percussion cues  
C. Electronic instruments with continuous background beats  
D. Solo vocal performance without instruments or rhythmic patterns
- During a Peking Opera performance, the orchestra suddenly increases tempo and percussion intensity while the singer performs sharp vocal accents. What does this musical change MOST LIKELY indicate?  
A. The end of the performance  
B. A peaceful scene between characters  
C. A moment of tension, conflict, or dramatic action in the story  
D. A rehearsal error by the musicians
- Which of the following BEST describes the primary purpose of court music such as Gagaku in Japanese culture?  
A. Entertainment for public festivals only  
B. Background music for modern theatrical plays  
C. Music performed in imperial courts to support rituals, ceremonies, and formal occasions  
D. Music used mainly for physical fitness and dance training
- How does Gagaku differ from Kabuki music in terms of purpose and performance setting?  
A. Kabuki music focuses on meditation and spiritual reflection, while Gagaku emphasizes dramatic storytelling  
B. Both Gagaku and Kabuki music are performed only during modern cultural festivals  
C. Gagaku is ceremonial court music performed for formal rituals, while Kabuki music supports theatrical storytelling and dramatic movement  
D. Gagaku is used mainly for popular entertainment, while Kabuki music is reserved for imperial rituals
- If you were staging a short theatrical scene inspired by Kabuki, which musical practice would BEST support the action on stage?  
A. Continuous slow melodies played softly throughout the performance  
B. Sudden musical cues using drums or wooden clappers to emphasize dramatic movements and emotions  
C. Silent pauses with no musical accompaniment  
D. Background music played only before and after the scene
- Hyangak is BEST described as which type of Korean court music?  
A. Indigenous Korean court music using native instruments and melodies  
B. Music borrowed mainly from Chinese traditions  
C. Modern orchestral music performed in national theaters  
D. Religious chanting used in temple rituals
- A cultural group wants to showcase Hyangak in a school performance. Which choice would BEST represent this tradition?  
A. Western violin and piano playing fast pop-style music  
B. Use of native Korean instruments playing structured melodies linked to royal ceremonies  
C. Electronic beats combined with modern dance  
D. Singing contemporary Korean songs with background choreography
- Why is Hyangak considered important in understanding Korean cultural identity?  
A. Because it replaces all foreign musical influences  
B. Because it is performed only for entertainment purposes  
C. Because it reflects native Korean musical traditions preserved and valued within royal court culture  
D. Because it is easier to perform than other court music styles
- Which of the following is a shared characteristic of East Asian court music traditions in China, Japan, and Korea?  
A. Use of electronic instruments  
B. Focus on popular dance trends

- C. Strong connection to royal courts, rituals, and formal ceremonies
  - D. Improvised performances without structure
12. How does court music reflect the values of the society in which it developed?
- A. By preserving traditions, hierarchy, and cultural identity through structured performance practices
  - B. By copying musical styles from other cultures
  - C. By focusing only on entertainment
  - D. By eliminating the need for performers and audiences
13. Which statement BEST evaluates the role of court music in East Asian societies?
- A. Court music exists only as a form of amusement
  - B. Court music has little value in understanding history
  - C. Court music serves as a cultural record that preserves social values, artistic discipline, and historical identity
  - D. Court music should be replaced by modern musical styles

## **PART II. ARTS**

14. Which term refers to the symbolic use of colors, patterns, and forms in East Asian court arts to communicate rank, role, or character?
- |                |                |
|----------------|----------------|
| A. Perspective | C. Symbolism   |
| B. Realism     | D. Abstraction |
15. Why do East Asian court performances often use controlled, deliberate movements rather than fast or exaggerated actions?
- A. To reduce physical effort
  - B. To express discipline, meaning, and respect for tradition and hierarchy
  - C. To entertain younger audiences
  - D. To match modern performance styles
16. A student is creating a visual artwork inspired by East Asian court traditions. Which element should be applied to stay true to this style?
- A. Bright neon colors with random placement
  - B. Highly realistic portraits only
  - C. Balanced composition with symbolic colors and stylized forms
  - D. Minimal details and empty space
17. Which statement BEST evaluates the role of symbolism in East Asian court arts?
- A. It limits the creativity of artists
  - B. It is used only for decoration
  - C. It makes artworks difficult to understand
  - D. It allows artists to communicate social values, beliefs, and roles without words
18. What is the term for the bold, stylized makeup used in Kabuki theater to represent character traits?
- |                  |                |
|------------------|----------------|
| A. Maskara       | C. Kumadori    |
| B. Face painting | D. Calligraphy |
19. In Peking Opera, what do specific colors in masks and makeup primarily indicate?
- A. The performer's age
  - B. The setting of the story
  - C. The character's personality, status, or moral nature
  - D. The length of the performance
20. A costume designer wants to follow traditional court performance principles. Which decision BEST reflects this goal?
- A. Using simple modern clothing
  - B. Adding random decorative patterns
  - C. Designing costumes that clearly symbolize rank, role, and character
  - D. Letting performers wear personal outfits
21. If you were asked to design a new costume inspired by Peking Opera, which choice BEST demonstrates creative thinking while respecting tradition?
- A. Copying Western fashion styles
  - B. Removing all traditional colors
  - C. Using plain designs with no symbols
  - D. Reimagining traditional colors and patterns into a new but respectful design
22. Which output BEST represents a creative product inspired by Asian court arts?
- A. Watching a performance video
  - B. A multimedia exhibit combining court music, images, and movement
  - C. Listing instruments used in court music
  - D. Writing definitions of art terms
23. Why is cultural research important before creating an artwork inspired by Asian court traditions?
- A. To avoid using creativity
  - B. To finish the task faster
  - C. To ensure the artwork respects cultural meaning and historical context
  - D. To copy artworks exactly
24. Which plan BEST guides a student producing a dance drama inspired by Asian court arts?
- A. Improvising without preparation
  - B. Copying modern dance routines
  - C. Studying traditional movements and music, then adapting them creatively

- D. Focusing only on costume design
- 25. Which criterion should be MOST important when evaluating a student-created artwork inspired by Asian court traditions?
  - A. Cost of materials
  - B. Speed of completion
  - C. Number of colors used
  - D. Integration of traditional elements with meaningful creative interpretation

**PART III. PHYSICAL EDUCATION**

- 26. Which term refers to traditional dances passed down through generations that reflect community life and culture?
  - A. Contemporary dance
  - B. Ballroom dance
  - C. Folk dance
  - D. Street dance
- 27. Which statement BEST explains how Philippine folk dances function as physical activity?
  - A. They are performed mainly to entertain audiences
  - B. They focus only on memorizing steps and formations
  - C. They use rhythmic body movements that develop coordination, balance, and endurance while expressing cultural traditions
  - D. They replace other forms of exercise
- 28. Which activity BEST demonstrates folk dance as a form of physical activity?
  - A. Watching a cultural documentary
  - B. Memorizing dance names
  - C. Practicing dance steps that develop coordination, balance, and endurance
  - D. Designing dance costumes
- 29. Why should Philippine folk dances be included in Physical Education?
  - A. They require no equipment
  - B. They are easier than sports
  - C. They focus on tradition only
  - D. They promote physical fitness while preserving cultural heritage and values
- 30. Which technical term refers to a repeated sequence of movements performed in a dance?
  - A. Tempo
  - B. Formation
  - C. Step pattern
  - D. Gesture
- 31. Which practice MOST helps a student improve dance performance quality?
  - A. Memorizing dance titles
  - B. Increasing music speed
  - C. Practicing correct footwork, timing, and body control
  - D. Wearing complete costumes
- 32. Why is mastery of basic dance steps essential before performing advanced routines?
  - A. To shorten rehearsal time
  - B. To increase audience attention
  - C. To ensure balance, coordination, and accuracy in complex movements
  - D. To avoid repeating steps
- 33. If you were asked to create a short folk dance routine, which choice BEST shows creativity grounded in proper technique?
  - A. Mixing random movements
  - B. Copying a modern street dance
  - C. Ignoring rhythm and timing
  - D. Arranging basic folk dance steps into a new sequence that follows the music
- 34. Bumayah is a traditional dance associated with which cultural group?
  - A. Lowland farming communities
  - B. Coastal fishing communities
  - C. Urban youth groups
  - D. Northern Highland communities
- 35. What cultural value is MOST reflected in the strong and grounded movements of Bumayah?
  - A. Individual competition
  - B. Speed and agility
  - C. Strength, unity, and connection to the environment
  - D. Modern entertainment
- 36. Which fitness component is MOST developed through regular performance of Bumayah?
  - A. Reaction time
  - B. Flexibility
  - C. Speed
  - D. Muscular strength and endurance
- 37. Which criterion BEST indicates that a student is performing Bumayah effectively and correctly?
  - A. Wearing complete costume only
  - B. Memorizing the dance name
  - C. Performing movements quickly
  - D. Demonstrating correct step patterns, proper posture, and sustained strength throughout the dance

**PART IV. HEALTH**

- 38. Which term describes substances that act on the central nervous system and alter mental processes?
  - A. Vaccines
  - B. Psychoactive substances
  - C. Nutrients
  - D. Antibiotics

39. Which effect is MOST commonly associated with stimulant substances?
- A. Increased alertness and heightened activity
  - B. Slowing of reflexes
  - C. Drowsiness and calmness
  - D. Loss of consciousness
40. A person consumes a substance that causes restlessness, faster heartbeat, and difficulty sleeping. Which category does this substance belong to?
- A. Stimulant
  - B. Depressant
  - C. Hallucinogen
  - D. Opioid
41. What term refers to health problems that develop gradually due to repeated exposure over time?
- A. Immediate reactions
  - B. Long-term effects
  - C. Temporary symptoms
  - D. Acute responses
42. Which situation BEST shows how substance use can affect social relationships?
- A. Improved teamwork among peers
  - B. Increased academic focus
  - C. Frequent conflict and neglect of responsibilities
  - D. Better communication skills
43. If you were creating an informational poster for teens, which message would be MOST responsible?
- A. Substance use affects only physical health
  - B. Effects are the same for everyone
  - C. Substance misuse can harm personal health, relationships, and daily functioning
  - D. Laws are unnecessary for prevention
44. Which Philippine law specifically regulates the manufacture, advertising, and sale of tobacco products?
- A. RA 9211
  - B. RA 9165
  - C. RA 6975
  - D. RA 10175
45. Why is regulation of harmful substances considered an effective prevention strategy?
- A. It reduces exposure and access, especially among vulnerable groups
  - B. It eliminates personal choice
  - C. It targets adults only
  - D. It guarantees behavior change
46. If a barangay plans a youth-focused prevention initiative, which approach is MOST appropriate?
- A. Relying only on penalties
  - B. Combining education, guidance, and community support systems
  - C. Ignoring family participation
  - D. Limiting information access
47. Which fitness-related term refers to the ability to sustain activity without early fatigue?
- A. Agility
  - B. Power
  - C. Balance
  - D. Endurance
48. Why can substance use reduce effectiveness during physical activity?
- A. It replaces training routines
  - B. It strengthens muscle fibers
  - C. It may interfere with body coordination and reaction control
  - D. It always improves energy levels
49. Which condition MOST increases the likelihood of injury during physical activity?
- A. Proper hydration
  - B. Adequate warm-up
  - C. Use of safety equipment
  - D. Reduced motor control and slowed responses
50. If you were designing a health guideline for active teenagers, which recommendation BEST supports safe participation?
- A. Using substances to boost stamina
  - B. Skipping rest days
  - C. Maintaining regular training, healthy habits, and substance-free choices
  - D. Ignoring nutrition

**3<sup>rd</sup> PERIODICAL TEST - MAPEH 8**  
**ANSWER KEY**

**MUSIC**

1. C

2. B

3. B

4. C

5. C

6. C

7. B

8. A

9. B

10. C

11. C

12. A

13. C

**ARTS**

14. C

15. B

16. C

17. D

18. C

19. C

20. C

21. D

22. B

23. C

24. C

25. D

**P.E.**

26. C

27. C

28. C

29. D

30. C

31. C

32. C

33. D

34. D

35. C

36. D

37. D

**HEALTH**

38. B

39. A

40. A

41. B

42. C

43. C

44. A

45. A

46. B

47. D

48. C

49. D

50. C



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**TABLE OF SPECIFICATION**  
**S.Y. 2025 - 2026**

Topic	Competencies	Time/ Frequency	Weight %	Number of Items	Remembering	Understanding	Applying 20%	Analyzing 10%	Evaluating	Creating 10%
<b>MUSIC (13 items)</b>										
Court Music of China: Peking Opera (music elements, instruments, vocal styles, orchestra)	Examine representative creative works using relevant conventional and emerging concepts, techniques, processes, and/or practices in Asian court performing arts; compare conventional and emerging concepts/techniques/processes.	Weeks 1-2 (intro) & Week 5 (deepening)	8.00%	4	MC Q1	M C Q2	M C Q3	M C Q4		
Court Music of Japan: Gagaku & Kabuki music (forms, purposes, performance practices)	Examine and compare key characteristics and cultural significance of Japanese court music and related performing practices.	Weeks 1-2 & Weeks 3-4	6.00%	3	MC Q5	M C Q6	M C Q7			
Court Music of Korea: Hyangak (features, instruments, cultural context)	Examine and compare key characteristics and cultural significance of Korean court music traditions.	Weeks 1-2 & Weeks 3-4	6.00%	3	MC Q8		M C Q9	M C Q10		
Comparative analysis of East Asian court music (China-Japan-Korea): similarities/differences, influences, cultural heritage	Apply salient features of relevant conventional and emerging concepts/techniques/processes in selected Asian court music; analyze how culture/history shape court music and its evolution.	Weeks 1-4	6.00%	3	MC Q11	M C Q12			M C Q13	
<b>ARTS (12 items)</b>										
Salient features of East Asian	Apply salient features of	Weeks 3-	8.00%	4	MC	M	M		M	

court performing & visual arts (China, Japan, Korea): techniques, processes, symbolism	relevant conventional and emerging concepts, techniques, processes, and/or practices of selected Asian court performing and visual arts in creative works.	4			Q1 4	C Q1 5	C Q1 6		C Q1 7	
Court design elements: costumes, props, makeup (Kabuki Kumadori; Peking Opera masks; stage practices)	Analyze key characteristics of court performances and visual arts; evaluate how visual elements communicate character, status, and meaning.	Week 5	8.00%	4	MC Q1 8, MC Q1 9		M C Q2 0			M C Q2 1
Creative production / exhibit inspired by Asian court music & arts (multimedia, collage, dance drama, photo essay)	Assess competency and produce creative works inspired by selected Asian court music and arts using conventional and emerging concepts, techniques, processes, and/or practices.	Weeks 6–8 (culminating performance task)	8.00%	4	MC Q2 2	M C Q2 3	M C Q2 4	M C Q2 5		
<b>PHYSICAL EDUCATION (12 items)</b>										
Origin and cultural context of Philippine folk dances (dance as physical activity; history/legend; purposes)	Practice technical and expressive skills to develop proficiency in genre- and style-specific techniques; understand cultural context of dances.	Weeks 6–8 (Week 1, Day 2 within DLL W6–8)	8.00%	4	MC Q2 6	M C Q2 7	M C Q2 8		M C Q2 9	
Genre and style-specific dance techniques; common dance terms and steps	Practice technical and expressive skills; apply genre- and style-specific techniques to enhance movement competence and participation.	Weeks 6–8 (Week 2, Day 1 within DLL W6–8)	8.00%	4	MC Q3 0		M C Q3 1	M C Q3 2		M C Q3 3
Dances of the Northern Highlands: Bumayah (values, fitness components, performance)	Practice technical and expressive skills; demonstrate proficiency and participation through performance of Northern Highlands dances.	Weeks 6–8 (Week 2 onward within DLL W6–8)	8.00%	4	MC Q3 4	M C Q3 5	M C Q3 6		M C Q3 7	
<b>HEALTH (13 items)</b>										
Psychoactive substances: nature and types (stimulants, depressants, hallucinogens, opioids)	Explain the nature, general effects, and preventive measures against the use of psychoactive substances.	Weeks 1–2	6.00%	3	MC Q3 8	M C Q3 9	M C Q4 0			
General adverse effects of substance use on the person, family, school, and	Explain general effects of psychoactive substances; connect	Weeks 1–2	6.00%	3	MC Q4 1	M C Q4				M C Q4

community (short- and long-term)	effects to wellness and community impact.					2				3
Prevention interventions, laws, and policies (family/school/community/workplace; RA 9211, RA 9165)	Evaluate interventions, laws, and policies to prevent the use of psychoactive substances.	Week 3	6.00%	3	MC Q4 4				M C Q4 5	M C Q4 6
Psychoactive substances and physical activity participation (how substances affect performance and participation)	Analyze how psychoactive substances can affect physical activity participation.	Week 5	8.00%	4	MC Q4 7	M C Q4 8		M C Q4 9		M C Q5 0
<b>TOTAL</b>										
TOTAL			100.0 0%	50	15	10	10	5	5	5

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