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Exam Education Physical about Worksheet الملف

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**SECOND QUARTER EXAMINATION
PHYSICAL EDUCATION 3**

NAME:

GRADE LEVEL: 3

INSTRUCTIONS: Match column A to column B. write your answer on the space provided.

LC: Identify the different locomotor skills

MEANING	SKILLS
____ 1. It is a spring movement on one foot to land on the other foot.	A. Locomotor skills
____ 2. Is a forward movement done with one foot leading in a combination of a step and a cut	B. Walking
____ 3. It is a sideward movement. It is done by stepping one foot to the left or to the right and gliding one foot to the other foot.	C. Running
____ 4. Motor or movement skills where in the body is transferred through space from one place to another.	D. Hopping
____ 6. It is a step-hop combination	E. Jumping
____ 7. A locomotor skill involving a spring on one foot and land on the same foot.	F. Skipping
____ 8. A locomotor skill involving both feet, where one or both feet are pushed off a surface and into the air and land on both feet.	G. Galloping
____ 9. It is a locomotor skill involving series of fast, long strides wherein the feet are alternately pushed off the ground in order that the body can move forward or in any desired direction.	H. Sliding
____ 10. Motor or movement skills where in the body is transferred through space from one place to another.	I. Leaping
	J. Walking



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**SECOND QUARTER EXAMINATION
PHYSICAL EDUCATION 3**

NAME:

GRADE LEVEL: 3

INSTRUCTIONS: Answer the following questions. Write your answer on the box provided.

LC: Explain the different locomotor movement.

1. What is Locomotor movement? (5pts)

2. What are the basic locomotor skills? (5pts)

INSTRUCTIONS: Do the simple exercises and take a picture while doing the different locomotor skills. (20pts)

LC: Create a collage picture of yours while doing the locomotor skills

COLLAGE PICTURE