

# Quiz Module 1: Nature of Recreational Activity

## MODULE #1: Nature of Reacrecational Activity

*Recreational activities are meaningful ways to spend free time that bring enjoyment, relaxation, and personal fulfillment. These activities help refresh the body, mind, and spirit so individuals can better handle the demands of daily life.*

**14. Planning and using leisure time wisely helps recreate the body, mind, and spirit.**

ANSWER TRUE

**1. Recreational activities help an individual become \_\_\_\_\_ for the demands of work and daily living.**

ANSWER B. Recreated and refreshed

**5. Which of the following activities is considered active recreation**

ANSWER C. Basketball

**8. Recreational activities give people the chance to be \_\_\_\_\_.**

ANSWER B. Their real selves

**11. Recreation can help the body, mind, and spirit become revitalized.**

ANSWER TRUE

**4. According to the module, people who balance work and play tend to be:**

ANSWER C. In better physical and mental health

**7. Which is an example of passive recreation?**

ANSWER C. Fishing

**3. Which statement BEST describes the difference between play and work?**

ANSWER B. Play is done for enjoyment; work is done for responsibility.

**6. What do passive recreational activities usually involve?**

ANSWER B. Little bodily movement

**15. Active recreational activities generally require little to no body movement.**

ANSWER FALSE

**13. Students who are well-organized and disciplined tend to be more successful.**

ANSWER: TRUE

**10. Active recreation involves**

ANSWER C. Effective bodily function and physical effort

**12. All work and no play results in a healthier and more balanced individual.**

ANSWER FALSE

**9. Using leisure time effectively can help \_\_\_\_\_. \***

ANSWER C. Bring renewed vigor and spirit

**2. Which of the following refers to activities that bring joy and deep satisfaction during free time?**

ANSWER B. Recreation

## MODULE #2 AND 3 Quiz 2

MODULE #2: Indoor and Outdoor Recreational Activity

MODULE# 3: Tumbang Preso: A Traditional Game

**13. What safety precautions should be taken when setting up a tumbang preso activity in physical education class?**

ANSWER **b. Have students stand far back when throwing**

**1. Which of these is typically considered an outdoor activity?**

ANSWER b) Playing basketball

**12. Which physical education curriculum domain would playing tumbang preso fall under based on its movement and skills?**

ANSWER c. Games and sports

**3. Which of these indoor spaces often has equipment and classes for physical activity?\***

ANSWER c) Gymnasium

**6. Where did the game Tumbang Preso originate?**

ANSWER a. Philippines

**14. Which factor is most important when determining where to hold a physical education activity?**

ANSWER c. Learning goals

**7. How does a player get "out" in Tumbang Preso?**

ANSWER: **b. They are tagged while rebuilding**

**4. If you want to get some fresh air and sunshine, going to the park is considered a(n) \_\_\_\_ activity.**

ANSWER b) Outdoor

**11. What physical abilities does playing tumbang preso help develop?\***

ANSWER d. All of the above

**9. How is the game Tumbang Preso typically played?**

ANSWER d. By groups with a minimum of 5 players

**8. What is usually used to build the tower structure?**

ANSWER b. Sticks, cans, slippers

**15. Why might providing both indoor and outdoor physical education opportunities be beneficial for students?**

ANSWER d. All of the above

**10. What is the main objective of Tumbang Preso?**

ANSWER a. To knock over the tower structure

**5. Which of these activities requires the most open space?**

ANSWER a) Playing catch

**2. If there is bad weather outside, which activity might you opt to do instead of going for a bike ride?\***

ANSWER a) Play a board game

## MODULE 5 QUIZ 3

MODULE 5: SIPA

**first before kicking the SIPA?\***

ANSWER C. Throw the sipa upward

**7. How many players can play SIPA? \***

ANSWER D. One or more players

**13. Where is the best place to play SIPA? \***

ANSWER C. In an open and safe area

**11. SIPA is best described as a game that promotes \_\_\_\_\_. \***

ANSWER B. Physical fitness

**10. What skill is mainly developed when playing SIPA? \***

ANSWER B. Balance and coordination

**9. Which of the following is NOT allowed in SIPA? \***

ANSWER C. Using hands to hit the sipa

**5. When does the game of SIPA end? \***

ANSWER B. When the sipa touches the ground

**1. What is SIPA? \***

ANSWER B. A traditional Filipino game of kick

**2. What is the main objective of the game SIPA? \***

ANSWER C. To keep the sipa in the air as long as possible

**15. Why should students continue playing traditional games like SIPA? \***

ANSWER B. To preserve Filipino culture and stay active

**14. What value is learned when playing SIPA? \***

ANSWER B. Discipline and patience

**6. Who wins in a game of SIPA?**

ANSWER C. The player with the most number of kicks

**12. Why is SIPA considered a Filipino traditional game? \***

ANSWER C. It reflects Filipino culture and history

**3. What material is traditionally used to make a SIPA? \***

ANSWER C. Washer with plastic straw threads

**4. Which part of the body is mainly used to play SIPA? \***

ANSWER C. Foot or part above the knee

# COR 020 - QUIZ 4

Module 6 & 7 – Chess: A Board Game

Given the historical evolution of chess, how did the "Romantic Era" of the 19th century differ most significantly from the computer-aided era of the 21st century?\*

ANSWER IS The Romantic Era was defined by "swashbuckling attacks," while the 21st century is characterized by computer-driven analysis

Analyze the objective of chess. Why is it technically incorrect to say you "capture" the enemy King to win? \*

ANSWER IS The game ends the moment a King is under attack and unable to avoid capture (checkmate)

You are in a tournament and your King is in check by an opponent's Knight. Which of the following strategies is physically impossible to use to escape?\*

ANSWER IS Blocking the line of attack by placing a piece between the King and the Knight

If a player is not in check but has no legal moves left to make, what is the logical outcome of the game?\*

ANSWER IS The game is a stalemate, resulting in an immediate draw

Which piece's movement logic makes it the only piece incapable of being "blocked" when it puts a King in check?\*

ANSWER IS The Knight

In a scenario where a King is in check, a player moves their Rook to capture the checking piece. Which method of escaping check was used?\*

ANSWER IS Capturing the checking piece

What is the permanent impact of pawn promotion on the game's dynamics?\*

ANSWER IS The pawn becomes a stronger piece that affects the game

How does the 8x8 grid structure influence the setup of the pieces?\*

ANSWER IS It has 64 squares for the starting setup of the game

Analyze the role of the Arabs in the history of chess. What was their primary contribution?\*

ANSWER IS They took up chess from Persia and spread it to the Muslim world and Southern Europe

A player moves their King two squares toward their Rook, and the Rook moves to the square the King passed over. What complex move has just been performed?\*

ANSWER IS Castling

Evaluate the necessity of score sheets. Why are they considered a "necessity for tournament play"??\*

ANSWER IS For recording the moves of a game

If the King is not in check, but every square the King could move to is under attack, and no other pieces can move, what has occurred?\*

ANSWER IS Stalemate

Which of these materials is most commonly used for Staunton pattern pieces in tournaments?\*

ANSWER IS Wood or plastic

If a player reaches the last rank with a pawn and chooses a Rook, what is the immediate consequence?\*

ANSWER IS The promoted piece's effect is immediate and permanent