

Junior Physical Education Baseline Date (Version B)

Name_____

Date_____

Multiple Choice

Identify the choice that best completes the statement or answers the question. (4 points each)

Flag Football

___ 1. How many points is a touchdown worth?

- a. 7
- b. 3
- c. 6
- d. 1

___ 2. A safety is worth?

- a. 1
- b. 3
- c. 4
- d. 2

Flicker ball

___ 3. After catching a pass, a player has how many seconds to pass to another teammate?

- a. 2
- b. 3
- c. 5
- d. unlimited

___ 4. Opponents cannot guard the passer and must be at least how many feet away?

- a. 10
- b. 3
- c. 5
- d. 2

Basketball

___ 5. How many players are on the court for each team at all times?

- a. 3
- b. 10
- c. 5
- d. 4

___ 6. A shot from behind the “ARC” line is worth how many points?

- a. 2
- b. 1
- c. 2.5
- d. 3

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Aerobics

- ___ 7. Which of these is not an example of aerobic exercise?
- a. gymnastics
 - b. swimming
 - c. walking
 - d. dancing
- ___ 8. To safely exercise, which of these things should you do?
- a. exercise in open areas with good lighting
 - b. exercise with a friend
 - c. wear proper clothing
 - d. all of the above

Badminton

- ___ 9. Any stroke that is made on the racket side of the body is called a _____?
- a. backhand
 - b. forehand
 - c. underhand
 - d. none of the above
- ___ 10. An overhead stroke hit downward with force, usually used to score a point:
- a. clear
 - b. lob
 - c. drop
 - d. smash

Floor Hockey

- ___ 11. High sticking is called when:
- a. the stick is raised above the waist.
 - b. the player grabs the opponent stick.
 - c. the person scores a goal.
 - d. when an offside pass occurs.
- ___ 12. When two players face each other at the beginning of a game it is called:
- a. face to face
 - b. face off
 - c. one on one
 - d. a jump ball

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Physical Fitness

- ___ 13. The number of times a person's heart beats within a one minute time period is called:
- a. repetition
 - b. heart beats
 - c. heart rate
 - d. exercise
- ___ 14. A liquid our body releases to help cool the temperature of our skin is called:_____.
- a. homeostasis
 - b. water
 - c. sweat/perspiration
 - d. none of the above

Lacrosse

- ___ 15. Which skill is not a part of lacrosse?
- a. checking
 - b. cradling
 - c. tackling
 - d. passing
- ___ 16. When the game is not in progress your stick should be:
- a. by your side.
 - b. in the ready position.
 - c. held by the throat.
 - d. all of the above.

Soccer

- ___ 17. Which of the following body parts may not be used to advance the soccer ball?
- a. head
 - b. hands
 - c. shoulder
 - d. feet
- ___ 18. A regulation game consists of two equal periods of how many minutes each?
- a. 30
 - b. 40
 - c. 45
 - d. 50

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Softball

- ___ 19. This consists of each team having three outs?
- a. out
 - b. Rbi
 - c. Inning
 - d. Batting order
- ___ 20. How many outs in one inning?
- a. Two
 - b. Six
 - c. Four
 - d. Three

Team Handball

- ___ 21. In indoor team handball, each team consists of how many players?
- a. 5
 - b. 3
 - c. 4
 - d. 7
- ___ 22. A player is allowed to run with the ball for how many steps?
- a. 1
 - b. 2
 - c. 3
 - d. 4

Short Answer

In no more than 2 paragraphs answer the following questions. Please answer the questions in complete sentences on the answer sheet provided. (4 points each)

23. Explain why people weight train?

24. Describe three safety factors that should be considered in the weight room and why?

25. Explain why a proper diet is important?

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Junior Physical Education Baseline Data Assessment (Version B) (Answer Key)

- | | |
|-------|-------|
| 1. C | 12. B |
| 2. D | 13. C |
| 3. C | 14. C |
| 4. C | 15. C |
| 5. C | 16. D |
| 6. D | 17. B |
| 7. A | 18. C |
| 8. D | 19. C |
| 9. B | 20. B |
| 10. D | 21. D |
| 11. A | 22. C |

23. To increase strength, improve physical appearance, improve cardiovascular endurance and flexibility.

24. Sufficient warm-ups exercises, use of spotter, no horseplay, use of clamps, partner training, use of belts and wraps for heavy lifting and alternate body part training.

25. A diet that is made of natural foods that can be digested easily keeps the body vital and healthy.