

Name: _____
Teacher's Name: _____

Date: _____
Grade: _____

Grade 4
Baseline Data Assessment
Physical Education

1. Dancing increases this component of fitness is called: _____.
 - a. flexibility
 - b. strength
 - c. endurance
 - d. all of the above
2. The football player that throws the ball is called: _____.
 - a. running back
 - b. defensive back
 - c. quarterback
 - d. receiver
3. This is not a racquet sport is called: _____.
 - a. tennis
 - b. cricket
 - c. badminton
 - d. volleyball
4. Strength can be tested with this exercise is called: _____.
 - a. crunch
 - b. jog
 - c. jumping jacks
 - d. push ups
5. Which is not a team sport?
 - a. soccer
 - b. basketball
 - c. baseball
 - d. none of the above
6. Teams switch from offense to defense after this many outs.
 - a. 2
 - b. 3
 - c. 1
 - d. 4

7. Cardiovascular exercises strengthen this muscle is called:_____.

- a. bicep
- b. heart
- c. deltoid
- d. pectorals

8. Another name for a forearm pass is called _____.

- a. set
- b. serve
- c. kick
- d. bump

9. Design a fitness plan that exercises the 4 components of fitness.

10. During a football game the Miami Dolphins score 3 touchdowns and 8 field goals. The New York Jets scored 4 touchdowns and 5 field goals. Which team won the game and by how much.

Grade 4 Physical Education Baseline Data Assessment Answer Key

1. D (2.6A)
2. C (2.5B)
3. D (2.5A)
4. D (2.6A)
5. D (2.5A)
6. B (2.5C)
7. B (2.6A)
8. D (2.5B)

9. 2.6A
Possible Answers:
Flexibility – Toe-Touches
Muscular Strength – Push-Ups
Muscular Endurance - Crunches
Cardiovascular – Jumping Jacks

10. 2.5C
Miami wins the game by two points. Miami Dolphins 45, Jets 43.