

Name: _____

Period & Day _____

Physical Education Common Summative Assessment-- GRADE 6

_____ 1. Why should you learn different physical activities?

- A To find out what activities you like best
- B To be able to do more fun activities
- C To have more choices in life
- D All of the above

_____ 2. Which is the best cardiovascular activity?

- A. Stretching
- B. Playing catch with a friend
- C. Riding bicycle
- D. Doing pull-ups

_____ 3. Which activity is the best for making the heart stronger?

- A. One mile run/walk
- B. Push-ups
- C. 50-yard dash
- D. Curl-ups

_____ 4. The ability to bend and stretch is

- A. Muscular strength
- B. Muscular endurance
- C. Flexibility
- D. Body composition

_____ 5. People who are flexible

- A. Are less likely to get an athletic injury
- B. Will be able to run longer
- C. Will have more energy
- D. Can lift heavier weights

_____ 6. The ability of a muscle to keep working for a long time is

- A. Flexibility
- B. Muscular endurance
- C. Muscular strength
- D. Body composition

_____ 7. A personal fitness plan includes

- A. Rest
- B. Daily activity
- C. Healthy eating habits
- D. All of the above

_____ 8. The acronym F.I.T.T. stands for

- A. Friends, Intensity, Type, Torque
- B. Fun, Involved, Time
- C. Frequency, Intensity, Time, Type
- D. None of the above

_____ 9. Physical activity

- A. Can make a person less fat
- B. Is more important for boys than for girls
- C. Is more important for girls than for boys
- D. Will make a person taller

_____ 10. You exercise to

- A. Control weight
- B. Have fun
- C. Get or stay healthy
- D. All of the above

_____ 11. Warm-ups are important because

- A. They slow down your heart beat
- B. Prevent colds
- C. Get your muscles ready for action
- D. All of the above

_____ 12. Where is the best place to take your pulse?

- A. Foot
- B. Neck
- C. Knee
- D. Armpit

_____ 13. How many hours of sleep do most 6th graders need?

- A. 2-3 hours
- B. 3-5 hours
- C. 6-7 hours
- D. 8-10 hours

_____ 14. After completing a mile run, you should

- A. Warm-up
- B. Walk
- C. Lie down
- D. All of the above

_____ 15. How does regular physical activity affect your heart?

- A. It makes the heart work more efficiently
- B. Makes the heart weaker
- C. Clogs your arteries
- D. None of the above

_____ 16. (5 points) Match the correct assessment with the fitness component listed below.

_____ Cardiovascular Endurance

_____ Muscle strength

_____ Muscle endurance

_____ Flexibility

_____ Height and Weight

1. Push-Ups
2. Curl-Ups (Sit-Ups)
3. 1 Mile Run or Pacer (shuttle) Run
4. Sit and Reach
5. Body Mass Index