

Name _____

Date _____

P. E. Teacher _____

Grade/Section _____

Grade 7
Base Line Data Assessment
Physical Education

1. Muscular endurance is: _____.
 - a. the ability to move a heavy weight once
 - b. the ability to stretch
 - c. the ability to move something many times
 - d. the ability to run fast
2. Joints and muscles are prepared for vigorous exercise by _____.
 - a. jogging and weight training
 - b. rope climbing and sit-ups
 - c. warm-ups and stretching
 - d. push-ups and jumping rope
3. How many players create a team in football?
 - a. 12
 - b. 5
 - c. 11
 - d. 10
4. Which of the following scoring methods is worth 2 points?
 - a. touchdown
 - b. safety
 - c. field goal
 - d. fumble
5. A player obtains a “first down” in Football every ____ yards.
 - a. 5
 - b. 20
 - c. 15
 - d. 10
6. In Hockey, grabbing the opponent’s stick with yours is an illegal move called: _____.
 - a. scooping
 - b. hacking
 - c. hooking
 - d. wrapping
7. What is the call that is made when the defense kicks the Soccer ball over the goal line?
 - a. corner kick
 - b. goal kick
 - c. throw-in
 - d. out-of-bounds

8. Knocking down all of the tenpins within one bowling attempt is called a _____.
a. spare
b. turkey
c. gutter ball
d. strike
9. Rebounding to keep an opponent from grabbing a missed foul shot is a technique called _____ in basketball.
a. fouling out
b. pushing out
c. boxing out
d. blocking out
10. When a team obtains the serve in volleyball, the players rotate in a _____ clockwise motion. This enables another server to score points.
a. counter-clockwise
b. rotational
c. diagonal
d. clockwise
11. Which volleyball hit can be described as “making contact with the ball below waist level with both forearms and heel of the hands”?
a. spike
b. dig
c. set
d. bump
12. A player in badminton must first serve from the _____ service box.
a. right
b. left
c. center
d. front
13. When a player (who has yet to score) serves a ball in tennis, what is his/her score?
a. none
b. love
c. zilch
d. zero
14. The area at either end of the field in which a point is score is called a: _____.
a. goal line
b. mid-field
c. end zone
d. back line

15. _____ typically scores the most points in a lacrosse game.
- Mid-fielders
 - Attackers
 - Goalies
 - Defensemen
16. In a game of softball/wiffleball/baseball, the _____ team bats last.
- visiting
 - home
 - away
 - remaining
17. A ball that is returned to the front wall and rebounds so low that it is impossible to return is called a _____ in handball.
- pass
 - kill
 - fumble
 - fail
18. At the beginning of a race in track and field, the act of leaving the starting line before the command sounds is called a:
- dead heat
 - staggered start
 - late start
 - false start
19. **Short answer: How does one execute (perform) a foul shot in basketball? Use specific cues to support your answer.**
- _____
- _____
- _____
- _____
20. **Short answer: What are the benefits of cooling down after a workout? Explain your answer.**
- _____
- _____
- _____

PHYSICAL EDUCATION BASELINE DATA ASSESSMENT 7

ANSWER KEY

<u>QUESTION</u>	<u>NJCCCS/CPI</u>	<u>ANSWER</u>	<u>NOTES</u>
<u>1</u>	2.1ABCDE 2.2ABCDE 2.5ABC 2.6A	A	<u>PHYSICAL FITNESS</u>
<u>2</u>	2.1ABCDE 2.2ABCDE 2.5ABC 2.6A	B	<u>PHYSICAL FITNESS</u>
<u>3</u>	2.2ABCDE 2.5ABC 2.6A`	C	<u>FOOTBALL</u>
<u>4</u>	2.2ABCDE 2.5ABC 2.6AB	B	<u>FOOTBALL</u>
<u>5</u>	2.2ABCDE 2.5ABC 2.6A	D	<u>FOOTBALL</u>
<u>6</u>	2.2ABCDE 2.5ABC 2.6A	C	<u>HOCKEY</u>
<u>7</u>	2.2ABCDE 2.5ABC 2.6AB	B	<u>SOCCER</u>
<u>8</u>	2.2ABCDE 2.5ABC 2.6AB	D	<u>BOWLING</u>
<u>9</u>	2.2ABCDE 2.5ABC	C	<u>BASKETBALL</u>
<u>10</u>	2.2ABCDE 2.5ABC 2.6	D	<u>VOLLEYBALL</u>
<u>11</u>	2.2ABCDE 2.5ABC 2.6A	D	<u>VOLLEYBALL</u>
<u>12</u>	2.2ABCDE 2.5ABC 2.6 A	A	<u>RACQUET SPORTS</u>
<u>13</u>	2.2ABCDE 2.5ABC 2.6	B	<u>RACQUET SPORTS</u>
<u>14</u>	2.2ABCDE 2.5ABC 2.6B	C	<u>ULTIMATE FRISBEE</u>
<u>15</u>	2.2ABCDE 2.5ABC 2.6A	A	<u>LACROSSE</u>
<u>16</u>	2.2ABCDE 2.5ABC 2.6A	C	<u>SOFTBALL/WIFFLEBALL</u>
<u>17</u>	2.2ABCDE 2.5ABC 2.6A	B	<u>HANDBALL</u>
<u>18</u>	2.2ABCDE 2.5ABC 2.6A	D	<u>TRACK AND FIELD</u>
<u>19</u>	2.2ABCDE 2.5ABC		<u>BASKETBALL</u>
<u>20</u>	2.1ABCDE 2.2ABCDE 2.5AB 2.6ABC		<u>PHYSICAL FITNESS</u>