

Name \_\_\_\_\_ Date \_\_\_\_\_  
P. E. Teacher \_\_\_\_\_ Grade/Section \_\_\_\_\_

**GRADE 4**  
**FINAL EXAM**  
**PHYSICAL EDUCATION ASSESSMENT**

**Racquet Sports Multiple Choice (5 points each)**

1. The height of badminton net is \_\_\_\_feet \_\_\_\_inches high.
  - a. 5feet 1 inches
  - b. 8 feet 6 inches
  - c. 2 feet 2 inches
  - d. 10 feet 5 inches
  
2. Any stroke made on the racket side of the body is called a \_\_\_\_\_.
  - a. backhand stroke
  - b. easy stroke
  - c. forehand stroke
  - d. proper stroke
  
3. In doubles play of badminton \_\_\_\_ points are needed to win a game.
  - a. 10
  - b. 15
  - c. 20
  - d. 25
  
4. In Pickleball the ball is served \_\_\_\_\_.
  - a. overhand
  - b. underhand
  - c. side arm
  - d. any way you want
  
5. In Pickleball you need \_\_\_\_\_points to win the game.
  - a. 9
  - b. 16
  - c. 11
  - d. 21

6. The dimension of a Pickleball court are \_\_\_\_\_.

- a. 20feet by 20feet
- b. 10 feet by 10 feet
- c. 44 feet by 20 feet
- d. 40 feet by 40 feet

**T-Ball/WhiffleBall Multiple Choice (5 points each)**

7. When holding the bat in your hands you should grip it\_\_\_\_\_.

- a. as tight as you can
- b. with only one hand
- c. in the middle of the bat
- d. loosely in your fingers

8. If the batter throws his/her bat after they swing they \_\_\_\_\_.

- a. are out
- b. get another chance
- c. say sorry
- d. have no consequence

9. The teams switch from offense to defense after \_\_\_\_\_ outs.

- a. 5
- b. 10
- c. 1
- d. 3

10. If a runner is on first base and the ball is hit on the ground the first base runner\_\_\_\_\_.

- a. runs only if he thinks he can make it to second
- b. must run
- c. doesn't run
- d. is automatically out

11. To get an out a fielder must \_\_\_\_\_.
- a. step on a base before the runner gets there on a force play
  - b. tag a player off base
  - c. catch a fly ball
  - d. all of the above
12. After you hit the ball you run to \_\_\_\_\_.
- a. second base
  - b. third base
  - c. first base
  - d. home plate

**Fitness Multiple Choice (5 points each)**

13. How many components of physical fitness are there?
- a. 2
  - b. 3
  - c. 4
  - d. 5
14. \_\_\_\_\_ are cardiovascular exercises.
- a. arm stretches
  - b. jumping jacks
  - c. push ups
  - d. butterfly stretches
15. What component of physical fitness does the shuttle run test?
- a. muscular strength
  - b. muscular endurance
  - c. agility
  - d. body composition
16. When talking about heart rate, RHR stand for\_\_\_\_\_.
- a. red heart rate
  - b. real heart rate
  - c. regular heart rate
  - d. resting heart rate

17. When talking about heart rate, THR stands for \_\_\_\_\_.
- a. target heart rate
  - b. test heart rate
  - c. tiny heart rate
  - d. twitter heart rate

**Critical Thinking/Problem Solving (5 points each)**

18. List one exercise for each component of physical fitness.

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19. List the nine defensive positions on the baseball field.

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20. Draw a badminton racquet and label it.

**OPEN-ENDED SCORING RUBRIC**  
For Reading, Listening, and Viewing  
(Modifield)

<b>Points</b>	<b>Criteria</b>
<b>4</b>	A 4-point response clearly demonstrates understanding of the task, completes all requirements, and provides a clear and focus explanation/opinion that links to or extends aspects of the text.
<b>3</b>	A 3-point response demonstrates and understanding of the task, addresses all requirements, and provides some explanation/opinion using situations or ideas from the text as support.
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<b>0</b>	A 0-point response is irrelevant or off-topic.

### OPEN-ENDED QUESTIONS/CONSTRUCTIVE RESPONSES

DATE: \_\_\_\_\_

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**Total Score Earned:** \_\_\_\_\_

Name \_\_\_\_\_ Date \_\_\_\_\_  
P. E. Teacher \_\_\_\_\_ Grade/Section \_\_\_\_\_

**Grade 4**  
**Final Exam**  
**Physical Education Assessment**

**ANSWER SHEET**

**Multiple Choice**

- |          |           |
|----------|-----------|
| 1. _____ | 9. _____  |
| 2. _____ | 10. _____ |
| 3. _____ | 11. _____ |
| 4. _____ | 12. _____ |
| 5. _____ | 13. _____ |
| 6. _____ | 14. _____ |
| 7. _____ | 15. _____ |
| 8. _____ | 16. _____ |

**Critical Thinking/Problem Solving**

17.

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18.

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Grade 3  
Final Exam  
Physical Education Assessment

ANSWER SHEET

**Critical Thinking/Problem Solving**

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**Physical Education 4<sup>TH</sup> Grade**  
**Answer Key**

**Multiple Choice**

1. C (2.6ABC 2.1ABCDE)
2. C (2.5ABC)
3. D (2.5ABC)
4. D (2.5ABC)
5. B (2.5D)
6. D (2.5ABC)
7. D (2.5ABC)
8. C (2.5ABC)
9. D (2.5 ABC)
10. A (2.5ABCDE)
11. B (2.5ABC)
12. C (2.5ABC)
13. D (2.1ABCDE 2.5ABC)
14. C (2.1ABCDE 2.5ABC)
15. B (2.5 ABC)
16. C (2.1ABCDE 2.6ABC)

**Critical Thinking Problem Solving**

17. Possible answers – fitness, enjoyment, increase aerobic capacity, agility, helps coordination and balance(2.1ABCDE 2.5ABC 2.6A)

18. Cardiovascular endurance – running, jogging, jumping jacks, jump rope, etc

    Muscular Endurance – sit ups, crunches, leg lift holds, etc

    Muscular Strength- pus ups, pull ups, flexed arm hang, etc

    Agility- shuttle run

    Flexibility – Any stretch

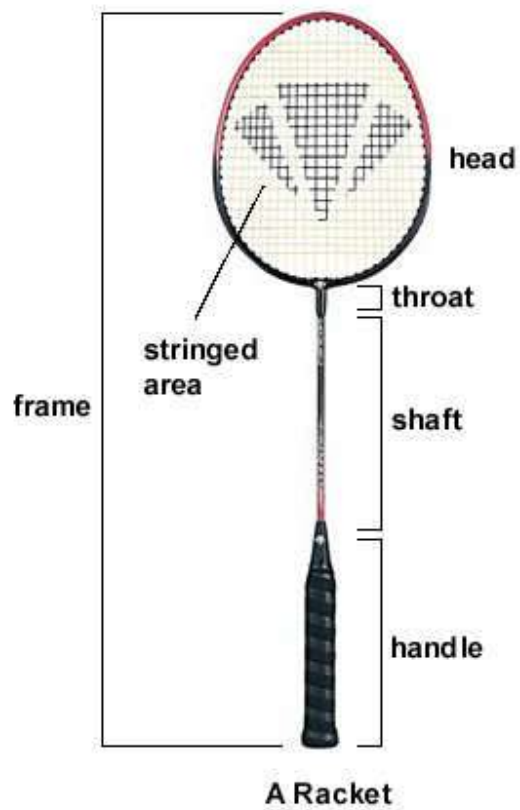
    Body Composition – skin caliper (2.2ABCDE 2.1ABCDE 2.6ABC)

19. Pitcher, catcher, first baseman, second baseman, shortstop, third baseman, left fielder, center fielder, right fielder. ((2.5ABCDE)

**Grade 4 Physical Education Marking Period 4 Exam**  
Answer key (continued)

20. Draw a badminton racquet and label it.(2.5ABC)

Badminton Rackets



Name \_\_\_\_\_ Date \_\_\_\_\_  
P. E. Teacher \_\_\_\_\_ Grade/Section \_\_\_\_\_

**GRADE 4 UNIT 9 & UNIT 10**  
**FINAL EXAM**  
**HEALTH ASSESSMENT**

**Multiple Choice**

**Health Vocabulary** (4 points each)

Directions: Write the letter of the correct answer on the line

- a. Commercial
- b. Acid Rain
- c. Psychiatrist
- d. Reuse
- e. Environment
- f. Budget
- g. Smog
- h. Reduce
- i. Outpatient
- j. Career

- \_\_\_\_ 1. A person who receives treatment in a hospital but does not stay overnight.
- \_\_\_\_ 2. A doctor who helps people with their mental and emotional health.
- \_\_\_\_ 3. An ad on radio or television.
- \_\_\_\_ 4. A plan for your money.
- \_\_\_\_ 5. The work that a person prepares for and does throughout life.
- \_\_\_\_ 6. To \_\_\_\_ something is to use it again instead of throwing it away.
- \_\_\_\_ 7. When air pollution mixes with fog, rain, or snow \_\_\_\_ can form.
- \_\_\_\_ 8. The haze that forms when sunlight strikes air pollution is called \_\_\_\_.
- \_\_\_\_ 9. To do with less of something is to \_\_\_\_.
- \_\_\_\_ 10. The \_\_\_\_ is everything that is around you.

## Health Concepts (5 points each)

Directions: Write the letter of the best answer on each line.

\_\_\_ 11. It is important to look closely at ads so you can \_\_\_\_.

- a. know what is in style
- b. identify the people in the ad
- c. decide if buying a product is responsible
- d. A and D

\_\_\_ 12. To spend your money wisely, first \_\_\_\_.

- a. buy what you need
- b. buy what you want
- c. save some of your money
- d. borrow some money

\_\_\_ 13. Safety workers who help keep your community healthful include \_\_\_\_.

- a. police officers
- b. fire fighters
- c. social workers
- d. A and B

\_\_\_ 14. Health inspectors work for the community's \_\_\_\_.

- a. police department
- b. clinic
- c. health department
- d. heart association

\_\_\_ 15. What type of pollution is smog?

- a. land pollution
- b. air pollution
- c. noise pollution
- d. water pollution

\_\_\_ 16. Which makes a healthy school?

- a. respecting and supporting other people
- b. being friendly only to people that are like you
- c. painting graffiti on buildings in the neighborhood
- d. playing music loudly enough that neighbors hear it

\_\_\_\_ 17. Water in most communities is treated by a(n)\_\_\_\_ so it is safe and healthy to drink.

- a. water treatment plant
- b. wastewater treatment plant
- c. ozone layer
- d. incinerator

\_\_\_\_ 18. Which of the following save energy at home?

- a. using electric lights on bright, sunny days
- b. riding in a car when you can walk
- c. turning off lights, televisions, and computers when you are not using them.

**Critical Thinking/Problem Solving (10 points each)**

Directions: Write a paragraph to answer each question on the lines provided.

19. Explain the importance of the community health department.

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20. You are painting a piece of furniture. When you are done, you have a small amount of paint left over. What is the responsible decision in disposing of the paint.

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For Reading, Listening, and Viewing  
(Modifield)

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**Grade 4 Final Exam**  
**Unit 9 & Unit 10: Health Assessment**

**ANSWER SHEET**

**Multiple Choice**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_

10. \_\_\_\_\_
11. \_\_\_\_\_
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14. \_\_\_\_\_
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16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_

**Critical Thinking/Problem Solving**

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**HEALTH ASSESSMENT**  
**FINAL EXAM**  
**ANSWER KEY**

**Health Vocabulary**

- |       |          |
|-------|----------|
| 1. I  | 2.1ABCDE |
| 2. C  | 2.1ABCDE |
| 3. A  | 2.1ABCDE |
| 4. F  | 2.1ABCDE |
| 5. J  | 2.1ABCDE |
| 6. D  | 2.1ABCDE |
| 7. B  | 2.1ABCDE |
| 8. G  | 2.1ABCDE |
| 9. H  | 2.1ABCDE |
| 10. E | 2.1ABCDE |

**Health Concepts**

- |       |          |
|-------|----------|
| 11. D | 2.1ABCDE |
| 12. A | 2.1ABCDE |
| 13. D | 2.1ABCDE |
| 14. C | 2.1ABCDE |
| 15. B | 2.1ABCDE |
| 16. A | 2.1ABCDE |
| 17. A | 2.1ABCDE |
| 18 C  | 2.1ABCDE |

**Critical Thinking/Problem Solving**

19. Possible Answer- It helps keep the community healthful by taking steps to keep people healthy. They help prevent the spread of disease. One way that is done is by inspecting food sources.      2.1ABCDE
20. Possible Answer- Cover the paint ad save it to take to a collection center. Look up the collection center for your local area and follow their rules for disposal.  
2.1ABCDE