

Name: _____

Date: _____

Teacher's Name: _____

Grade: _____

GRADE 5
FINAL EXAM
PHYSICAL EDUCATION ASSESSMENT

MULTIPLE CHOICE: (3 points each)

Circle the best answer to each question.

1. Which of these are activities associated with Physical Fitness tests:
 - a. curl-ups
 - b. shuttle run
 - c. pull-ups
 - d. all of the above

2. What exercise will help develop arm strength?
 - a. lunges
 - b. jumping jacks
 - c. push-ups
 - d. sit-ups

3. Which of these is a benefit of physical fitness?
 - a. increased flexibility
 - b. strengthening of bones
 - c. improving mental health
 - d. all of the above

4. How many pins are in a regular bowling alley on one lane?
 - a. 8
 - b. 9
 - c. 10
 - d. 11

5. Where is one place to check your pulse?
 - a. elbow
 - b. wrist
 - c. thigh
 - d. knee

6. What is it called when you knock down all the bowling pins with one ball?

- a. a spare
 - b. a strike
 - c. a plus
 - d. a minus
7. When catching a football, your hands should form a:
- a. Circle
 - b. Triangle
 - c. Square
 - d. Line
8. Which of these is a skill used in basketball?
- a. Curling
 - b. Kicking
 - c. Dribbling
 - d. Slapping
9. How many points is a foul shot worth in basketball?
- a. 4
 - b. 3
 - c. 2
 - d. 1
10. How many players are on the field at one time, for one team in football?
- a. 8
 - b. 9
 - c. 10
 - d. 11
11. How many players are on a regulation volleyball court at one time, on one team?
- a. 7
 - b. 6
 - c. 5
 - d. 10
12. Which of these are skills used in volleyball?
- a. setting
 - b. bumping
 - c. serving
 - d. all of the above

13. When throwing a football, you must use this TYPE of throwing motion:
- a. overhand
 - b. underhand
 - c. sidearm
 - d. two hands
14. The person who throws the ball on offense is called the:
- a. center
 - b. quarterback
 - c. running back
 - d. punter
15. If you knock down all 10 bowling pins with two balls, it is called a _____.
- a. spare
 - b. strike
 - c. foul
 - d. gutter ball
16. A field goal is worth how many points?
- a. 5
 - b. 4
 - c. 3
 - d. 2
17. In Floor Hockey, the game begins with a:
- a. tip off
 - b. slap shot
 - c. face off
 - d. kick off
18. A goal in Floor Hockey is worth how many points?
- a. 1
 - b. 2
 - c. 3
 - d. 4
19. In Ice Hockey, there are these many players on the ice for one team:
- a. 8
 - b. 7
 - c. 6
 - d. 4

20. Which of these is a type of shot used in Floor Hockey:
- flip shot
 - sweeper shot
 - slap shot
 - kick shot
21. When dribbling a ball with your hands it is important to use your _____.
- finger tips
 - palm
 - finger pads
 - whole hand
22. When dribbling in Floor Hockey, your dominant hand should be place where on the stick?
- top of stick
 - bottom of stick
 - midway down the shaft of stick
 - directly under your other hand.
23. When dribbling the soccer ball, you should use which part of your foot?
- toes
 - inside
 - outside
 - bottom
24. In volleyball rally scoring, how many points do you need to win the game?
- 20
 - 25
 - 30
 - 35
25. Which player on the soccer field is allowed to use their hands during the entire game?
- goalie
 - forward
 - halfback
 - lineman
26. In softball, when catching a ball that is above your waist, you should _____.
- keep your glove fingers up
 - keep your glove fingers down
 - use your bare hands
 - let someone else catch the ball

27. How many innings are in a regular baseball game?

- a. 7
- b. 8
- c. 9
- d. 10

28. Which of these is a position on the softball field?

- a. center field
- b. midfield
- c. halfback
- d. fullback

OPEN ENDED/CRITICAL THINKING: (8 points each)

Write a paragraph or paragraphs to answer each question.

29. Why is it important to warm-up before doing any physical activity?

30. How can Physical Education help you in the future? (8 points each)

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

Points	Criteria
4	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.
3	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.
2	A 2-point response may address all of the requirements, but demonstrates a partial understanding of the task, and uses text incorrectly or with limited success resulting in a inconsistent or flawed explanation.
1	A 1-point response demonstrates minimal understanding of the task, does not address part of the requirements, and provides only a vague reference to or no use of the text.
0	A 0-point response is irrelevant or off-topic.

Total Score Earned:_____

Date: _____
Teacher's Name: _____

Grade: _____

ANSWER SHEET

MULTIPLE CHOICE:

- | | |
|----------|----------|
| 1)_____ | 15)_____ |
| 2)_____ | 16)_____ |
| 3)_____ | 17)_____ |
| 4)_____ | 18)_____ |
| 5)_____ | 19)_____ |
| 6)_____ | 20)_____ |
| 7)_____ | 21)_____ |
| 8)_____ | 22)_____ |
| 9)_____ | 23)_____ |
| 10)_____ | 24)_____ |
| 11)_____ | 25)_____ |
| 12)_____ | 26)_____ |
| 13)_____ | 27)_____ |
| 14)_____ | 28)_____ |

OPEN ENDED/CRITICAL THINKING:

29) _____

30) _____

GRADE 5 PE ASSESSMENTS
ANSWER KEY

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

CRITICAL THINKING:

Possible answers include:

- increases your heart and respiratory rate
- boosts the amount of nutrients and oxygen delivered to your muscles
- prepares the body for a demanding workout
- makes it easier to burn calories
- extends your workout

Name: _____

Date: _____

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GRADE 5
FINAL EXAM
HEALTH ASSESSMENT

DIRECTIONS: (3 points each)

Circle the letter of the best answer for each question.

1. To reduce hazards at home _____.
 - a. keep floors clear
 - b. use power tools only with a friend present
 - c. lock the windows and doors every night
 - d. install a smoke detector in the garage
2. Which of the following protects your nervous system?
 - a. installing a smoke detector
 - b. wearing knee pads when skateboarding
 - c. wearing a seat belt
 - d. taking small bites
3. Which of these is an example of an involuntary muscle?
 - a. heart muscle
 - b. muscles in the leg
 - c. muscles in the hand
 - d. muscles in the mouth
4. Blood vessels that carry blood back to the heart are called _____.
 - a. arteries
 - b. bronchioles
 - c. veins
 - d. alveoli
5. An important part of keeping teeth healthy is _____.
 - a. brushing and flossing every day
 - b. eating foods high in sugar
 - c. allowing dental plaque to build up on teeth
 - d. visiting the dentist once every two years
6. To prevent injury during physical activity _____.
 - a. skip warming up when you are pressed for time
 - b. wear colorful clothing
 - c. choose the proper safety equipment
 - d. do not drink water

7. Physical activity can improve your self-concept. This shows that physical activity benefits your _____.
a. physical health
b. emotional health
c. social health
d. mental health
8. Agility and reaction time are examples of _____.
a. health fitness
b. physical fitness
c. health skills
d. fitness skills
9. Foods in the Grains Group are good sources of _____.
a. vitamins
b. minerals
c. carbohydrates
d. proteins
10. To prevent food borne illness, _____.
a. wash your hands before eating or preparing food.
b. follow my pyramid
c. don't talk about stressful subjects at the table.
d. read food labels.
11. Washing raw vegetables before eating them _____.
a. adds nutrients
b. helps remove calories
c. lowers the amount of fat
d. helps remove pathogens
12. Eating a healthful breakfast every morning helps you _____.
a. keep your self-esteem high.
b. reach your long-term goals.
c. be alert.
d. deal with peer pressure.
13. Negative peer pressure can cause you to _____.
a. set health goals.
b. make wrong decisions.
c. become bored.
d. practice life skills.

14. As a health advocate, you might _____.
a. suggest a healthful snack
b. ignore wrong decisions
c. choose a risk behavior
d. suggest skipping school
15. One possible cause of physical abuse is _____.
a. driving recklessly
b. drinking alcohol
c. overeating
d. anger management
16. An example of a safe drug use is _____.
a. taking extra doses of medicine.
b. sharing your prescription medicine.
c. following the instructions that come with the medicine.
d. trying an illegal drug only once.
17. An example of drug abuse is _____.
a. taking medicine prescribed by your doctor.
b. forgetting to take medicine.
c. using steroids to build muscle.
d. buying a generic drug.
18. People who are dependent on drugs _____.
a. use only illegal drugs
b. do not have side effects
c. use only prescription drugs
d. need help
19. Painfully swollen joints are a symptom of _____.
a. arthritis
b. asthma
c. diabetes
d. epilepsy
20. One common symptom of flu is _____.
a. an itchy rash
b. vision problems
c. a fever
d. gray patches on the throat

21. Washing your hands helps your immune system by _____.
a. keeping mucus moist
b. giving your body a chance to rest
c. removing pathogens from the skin
d. giving your body vitamins
22. Ads may make you want things that _____.
a. are harmful
b. come from government agencies
c. you don't need
d. cost less money
23. Which of the following could help you manage your money?
a. a schedule
b. an appeal
c. a budget
d. an immunization
24. A free immunization program might be part of _____.
a. disease prevention
b. sanitation
c. a consumer advocacy group
d. volunteerism
25. Carbon monoxide can _____.
a. cause skin cancer
b. keep the body from getting enough oxygen
c. cause breathing problems
d. increase the risk of high blood pressure
26. Which of the following helps keep the environment healthful?
a. pollution
b. noise
c. conservation
d. litter
27. Which of the following is a way to conserve water?
a. run dishwasher only with a full load
b. turn off lights when you leave a room
c. put litter into trash cans
d. take baths instead of short showers

28. Sewage is a major cause of _____.
- a. water pollution
 - b. land pollution
 - c. air pollution
 - d. noise pollution

OPEN ENDED QUESTIONS (8 points each)

DIRECTIONS: Write a paragraph, or paragraphs, to answer each question on the lines provided.

29. You are helping shop for groceries. What are three things you can do to choose safe, healthy foods?

30. List three examples of drug abuse and explain why each example is drug abuse.

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| 13)_____ | 27)_____ |
| 14)_____ | 28)_____ |

OPEN ENDED/CRITICAL THINKING:

29)_____

30)_____

GRADE 5 HEALTH ASSESSMENTS 1
ANSWER KEY

1. A
2. C
3. D
4. A
5. B
6. C
7. C
8. A
9. C
10. B
11. C
12. A
13. A
14. D
15. C
16. B
17. D
18. C

19. Possible answers include: use weapons, use violence, steal, sell drugs, kill someone in another gang, and deface property with graffiti.
20. Possible answer may include: Walk on the side of the street facing traffic so that you can see cars coming toward you, be sure to cross only at the crosswalk and at the “Walk” signal or at a corner; never cross between parked cars.