

## Physical Education Test

Name: \_\_\_\_\_ Grade/Class: \_\_\_\_\_

### Part 1:

**True or False - Put a T for True or an F for False next to each sentence.**

1. \_\_\_\_\_ In a volleyball game, a player is allowed to hit the ball 2 times in a row.
2. \_\_\_\_\_ Two ways to pass a volleyball are with an Overhead Pass and a Forearm Pass.
3. \_\_\_\_\_ Having control of the soccer ball means to have it close to your body.
4. \_\_\_\_\_ Two ways to pass a basketball are with a Bounce Pass and a Roll Pass.
5. \_\_\_\_\_ The correct way to dribble a basketball is with the finger pads and bent knees.
6. \_\_\_\_\_ A soccer game starts with a "throw-in".
7. \_\_\_\_\_ The abdominal muscles are located in the stomach area.
8. \_\_\_\_\_ Your dominant hand is the hand that you write with.
9. \_\_\_\_\_ Two ways to throw a ball are Overhand and Underhand.
10. \_\_\_\_\_ In football, you want to throw a spiral so it is easier for your teammate to catch.

### Part 2:

**Short Answer - Write your answer in the space provided.**

11. Name 2 rules that we should follow during Physical Education class.

12. List 2 ways or examples that a person shows good sportsmanship.

13. Name an exercise (not a stretch) for each:

a. Upper Body -

b. Lower Body -

**Part 3:**

**Matching - Match the vocabulary word with its definition. Draw a line to the correct definition.**

14. Flexibility

How many times a heart beats in a minute.

15. Heart Rate

The muscle that flexes the arm.

16. Bicep

To be able to bend and stretch easily.

17. Wellness

The muscle that moves the leg.

18. Hamstring

Being in good mental and physical health.