Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_ 4th

FITNESS

1. This is how often a person exercises:

a. Frequency

b. Type

c. Time

d. Intensity

2. This is how hard a person exercises:

a. Frequency

b. Type

c. Time

d. Intensity

3. This is how long a person exercises:

a. Frequency

b. Type

c. Time

d. Intensity

4. This is the kind of exercise that is being done.

a. Frequency

b. Type

c. Time

d. Intensity

5. What should you do before you participate in any type of physical activity?

a. Muscular strength activity

b. Cool down activity

c. Warm-up activity

d. None of the above

e. All of the above

6. The more you move and the harder you work, the harder your heart has to work. What is a good indicator of how hard your heart is working?

a. Sweat

b. Heart Rate

c. Soreness

d. All of the above

e. None of the above

7. When you regularly participate in physical activity, what should increase?

a. Heart rate

b. Time

c. Strength

d. Flexibility

e. All of the above

MOVEMENT PATTERNS

8. When creating a movement sequence, you should always have the following?

a. Beginning

b. End

c. Middle

d. All of the above

e. None of the above

9. Which of these skills can be sequenced in to pattern?

a. Sitting still

b. Dance steps

c. Staring at the wall

d. None of the above

e. All of the above

10. What is the minimum number of skills that need to be put together to be considered a pattern?

a. 1

b. 3

c. 15

d. 20

e. 25

COOPERATIVES

11. Shaking hands, telling others good job and complimenting others is an example of?

a. Poor Sportsmanship

b. Bullying

c. Good Sportsmanship

d. Sequencing

e. All of the above

12. When working in a group you need to?

a. Listen to others

b. Support others

c. Follow an established leader

d. Lead by example

e. All of the above

13. If you make positive choices you will?

a. Help the team succeed

b. Disrupt the team

c. Cause arguments

d. Have no effect on the team

e. All of the above

FIELD/RUN/SCORE

14. If you are a runner on first base and the next person up kicks/hits the ball on the ground, what do you do?

a. Stay on first base

b. Run to third base

c. Run to second base

d. None of the above

15. If you kick/hit the ball in foul territory you should?

a. Sit on bench

b. Run to first

c. Hit again

d. Run the bases

e. None of the above

16. You are in the field playing third base. There are no runners on base and the ball is kicked/hit to you, what is your best option?

a. Throw the ball to the pitcher

b. Throw the ball to second base

c. Keep the ball and touch third base

d. Throw the ball to first base

e. None of the above

17. If you kick/hit the ball into the air and the ball is caught that would be a(n)?

a. Hit

b. Foul

c. Out

d. Homerun

e. None of the above

INVASION GAMES

18. What is it called when you are on the team that does not have the ball?

a. Offense

b. Defense

c. Home team

d. Visiting team

e. All of the above

19. In basketball, if you hold the ball then begin to walk or run while holding the ball this is called?

a. Double Dribble

b. Traveling

c. Foul

d. Score

e. All of the above

20. If your teammate has the ball, what should you do?

a. Run to your teammate to get the ball

b. Stay in one place

c. Complain they are a ball hog

d. Move to an open space

e. None of the above

21. If you are playing goalie in soccer, where should you stand?

a. In front of the goal

b. In the goal

c. On the side line

d. At mid-field

e. All of the above

BASIC FUNDAMENTAL SPORT SKILLS

22. When throwing a ball, what is one thing you should do?

a. Step with the opposite foot

b. Step with the same foot

c. Do not step at all

d. Jump then throw

e. None of the above

23. When catching ball, what is one thing you should do?

a. Always use one hand

b. Always look away from the ball

c. Hands up and out, ready to receive ball

d. Run in the other direction

e. All of the above

24. When dribbling a basketball, what is one thing you should do?

a. Stand straight up

b. Look at the ball while you dribble

c. Bounce it above your head

d. Use your fingertips

d. None of the above

25. When dribbling a soccer ball, what is one thing you should do?

a. Kick it as hard as you can

b. Control the ball with small controlled kicks

c. Kick it up into the air

d. None of the above

e. All of the above