Name:­ Date: 5th

FITNESS

1. Which of the following is a test for cardio-respiratory endurance?
   1. Push-ups
   2. Mile Run
   3. Curl-ups
   4. 100-meter dash
   5. All of the above
2. Which of the following is a test for flexibility?
   1. Push-ups
   2. Mile Run
   3. Sit and Reach
   4. Trunk Lift
   5. All of the above
3. Which of the following is a test for muscular strength and endurance?
   1. Push-ups
   2. Curl-ups
   3. Sit and Reach
   4. A and B
   5. All of the above
4. Which of the following is a test for body composition?
   1. Push-ups
   2. Curl-ups
   3. Mile Run
   4. BMI (Body Mass Index)
   5. All of the above
5. Each exercise session should include:
   1. Warm-up activities
   2. Movement Activities
   3. Muscular Strength and Endurance Activities
   4. Cool down activities
   5. All of the above
6. When determining the level of intensity of an exercise, the best indicator would be:
   1. Sweat
   2. Heart rate
   3. Soreness
   4. All of the above
   5. None of the above
7. While participating in a physical activity, what should increase?
   1. Heart rate
   2. Time
   3. Strength
   4. Flexibility
   5. All of the above

MOVEMENT PATTERNS

1. When creating a movement pattern or sequence, you should have the following:
   1. An identifiable beginning
   2. An identifiable end
   3. A variety of skills
   4. All of the above
   5. None of the above
2. Going from one movement to another is called a
   1. Locomotion
   2. Dance
   3. Transition
   4. Step
   5. All the above
3. Which of these is an example of skills that can be sequenced?
   1. Dance steps
   2. Jumps
   3. Balances
   4. Hops
   5. All of the above

COOPERATIVES

1. Behaviors of a Good Sport include:
   1. Shaking hands, bragging, yelling to the teacher to say you won
   2. Shaking hands, jumping and running around the room, bragging
   3. Shaking hands, telling other teams you won, screaming
   4. Shaking hands, complimenting others, letting the outcome go
   5. All of the above
2. A student’s making positive behavior choices will:
   1. Help the team succeed
   2. Disrupt the team
   3. Have no effect on the team
   4. Cause arguments
   5. All of the above
3. Appropriate cooperative behaviors include:
   1. Being the leader on the team
   2. Following other leaders on the team
   3. Supporting others on the team
   4. Listening to others’ ideas
   5. All of the above

FIELD/RUN/SCORE

1. If you are a runner on first base and the next person up kicks/hits the ball on the floor, what do you do?
   1. Stay at first base
   2. Run to second base
   3. Run to third base
   4. Get back in the kicking/hitting line
   5. All of the above
2. If you are a runner on third base and the next person up kicks/hits the ball in the air and the ball is caught by a fielder, you should:
   1. Stay at third base
   2. Tag up and run home
   3. Run home when ball is kicked
   4. Go back to second base
   5. All of the above
3. You are in the field playing third base. If there are runners on first and second bases and the ball is kicked/hit on the ground to you, what is your best option?
   1. Throw ball to the pitcher
   2. Throw ball to first base
   3. Throw ball to second base
   4. Keep the ball and touch third base
   5. All of the above
4. You are playing in the field and catch a ball that was kicked/hit in the air. A runner on second has already begun running to third base. What should you do?
   1. Throw the ball to the pitcher
   2. Throw the ball to second
   3. Throw the ball to third
   4. Throw the ball home
   5. All of the above

INVASION GAMES

1. Where should you position yourself when guarding an opponent with the ball?
   1. Run to basket/goal
   2. Between person with ball and basket/goal
   3. Form a circle around the person with the ball
   4. All of the above
   5. None of the above
2. In basketball, if you hold the ball after dribbling you may:
   1. Pass or shoot
   2. Dribble, pass, or shoot
   3. Run to open space
   4. Give ball to other team
   5. All of the above
3. If your teammate has the ball, what should you do?
   1. Run to that teammate to get the ball
   2. Stay in your place
   3. Complain they are ball-hogging
   4. Move to an open space
   5. All of the above
4. If you are playing goalie in soccer, where should you stand?
   1. In front of the goal
   2. In the goal
   3. At mid-field
   4. Outside of goalie box
   5. All of the above

BASIC FUNDAMENTAL SPORT SKILLS

1. List two things you should do when throwing a ball suing the overhand method.
2. List two things you should do when catching a ball with your hands.
3. List two things you should do when dribbling a basketball.
4. When kicking a ball, where should you contact the ball so that it goes in the air?