Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Teacher:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Rotation Day 1 2 3

**Ohio Physical Education Assessments**

**Standard 2-Benchmark B**

1. When you hop, it means that you start on one foot and land on the same foot.

A. True B. False

2. When you run fast, your hands should come across the center of your body.

A. True B. False

3. When you slide, you keep the same lead foot as you move sideways.

A. True B. False

4. When you skip, you step and hop on one foot and then with the other foot.

A. True B. False

5. When you jump, you should bend your knees as you are sitting in a chair.

A. True B. False

6. When rolling a ball, you should release the ball at the bottom of your forward swing.

A. True B. False

7. When you roll or toss a ball underhand, you step forward with the same foot as your tossing arm.

A. True B. False

8. To throw a ball overhand with your right hand, you should step forward with your left foot.

A. True B. False

9. For a good overhand throw, you should bend the elbow in the shape of an “L” behind the head before throwing.

A. True B. False

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10. When throwing to a target you should follow through toward the target after letting go of the ball.

A. True B. False

11. When throwing or striking and you want the ball to go far, you should only use your arm(s).

A. True B. False

12. When catching a ball thrown close to the ground, your fingers should point at the ground.

A. True B. False

13. When catching a ball at head height, point your fingers upwards.

A. True B. False

14. You should bend your arms when you catch a ball to help with control.

A. True B. False

15. When dribbling a basketball, you should always be looking at the ball.

A. True B. False

16. When dribbling a soccer ball, you should kick the ball far out in front of you.

A. True B. False

17. You should use your toes to kick a soccer ball if you want to kick it hard.

A. True B. False

18. If you want to hit a ball further with your hand or a paddle, you should use a bigger backswing.

A. True B. False