7th grade PE Assessment Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Which is not a component of physical health?
   1. Cardiovascular endurance
   2. Flexibility
   3. Running
   4. Muscular Strength
2. When beginning to throw a ball, which should be facing your target?
   1. Dominant side
   2. The ball
   3. Front of body
   4. Non-dominant side
3. Which of the following is not an implement used for striking?
   1. Ball
   2. Bat
   3. Racquet
   4. None of the above
4. How much physical activity do you need?
   1. 30 min. every other day
   2. 60 min. daily
   3. 2 hrs. 5 days/week
   4. You don’t need physical activity to be healthy.
5. The average person’s heart beats
   1. 60-80 times per minute.
   2. 30-60 times per minute.
   3. 120-140 times per minute.
   4. 25-50 times per minute.
6. The heart is a muscle. Exercising your heart will make it stronger, and lower your resting heart rate.
   1. True
   2. False
7. Basketball passes include all, except
   1. Over-head
   2. Backward
   3. Chest
   4. Bounce
8. When kicking a soccer ball you could use all surfaces of your foot, except
   1. Your toe
   2. Your laces
   3. Your instep
   4. The outside of your foot
9. If there are runners at first and third when a baseball is hit, which base can you tag to get a force out?
   1. 1st
   2. 2nd
   3. 3rd
   4. HOME
10. Which is not a skill used to play volleyball?
    1. Set
    2. Serve
    3. Drive
    4. Spike
11. Which is not an example of an invasion game?
    1. Basketball
    2. Baseball
    3. Soccer
    4. Ultimate Frisbee
12. Which of the following activities is most likely to increase your flexibility?
    1. Lifting weights
    2. Yoga
    3. Running
    4. Playing Team Sports
13. Which exercise is most likely to increase your abdominal strength?
    1. Lunges
    2. Burpees
    3. Push-Ups
    4. Planks
14. Which exercise is most likely to increase your cardiovascular endurance?
    1. Running
    2. Lunges
    3. Push-Ups
    4. Lifting weights
15. A person’s BMI, or Body Mass Index, is calculated using his or her
    1. Height
    2. Weight
    3. Body Type
    4. Both A and B
16. When playing flag football, one should block
    1. Any way necessary to keep the ball from advancing
    2. With hands extended from chest
    3. Only the quarter back
    4. With hands behind the back
17. Weight gain or weight loss is determined by
    1. Calories consumed (eating)
    2. Calories burned (exercising)
    3. Metabolism
    4. All of the above
18. \_\_\_\_\_\_\_\_\_\_\_ is not an example of a motor skill.
    1. Getting open for a teammate
    2. Striking a ball
    3. Throwing a ball
    4. None of the above
19. \_\_\_\_\_\_\_\_\_\_\_\_\_ is an example of a locomotor skill.
    1. Skipping
    2. Jogging
    3. Kicking
    4. Hopping
20. What is your favorite physical activity? Why?