

Name _____ Date _____
P. E. Teacher _____ Grade/Section _____

GRADE 6
FINAL EXAM
PHYSICAL EDUCATION ASSESSMENT



Part 1: Multiple Choice: (4 points each)
Circle the letter that represents the correct answer.

1. **(Ultimate Frisbee)** A bad throw is referred to as:
 - a. cut
 - b. hammer
 - c. pivot
 - d. swill

2. **(Ultimate Frisbee)** Jumping to catch the Frisbee is called:
 - a. skying
 - b. hammer
 - c. pivot
 - d. swill

3. **(Bowling)** The most important part of the bowling delivery is a bowler's
 - a. stance
 - b. following through
 - c. attitude
 - d. release

4. **(Dance)** A gliding step which usually connects two steps is called:
 - a. balance
 - b. glissade
 - c. posture
 - d. accent

5. **(Dance)** The dominant beat of music measure, usually the first beat of the measure is called:
- a. accent
 - b. glissade
 - c. posture
 - d. release
6. **(Fitness)** Joints and muscles are prepared for vigorous exercise by:
- a. jogging and weight training
 - b. warm-ups and stretching
 - c. rope climbing and sit ups
 - d. pushups and jumping rope
7. **(Fitness)** Jogging for 20 minutes will improve:
- a. flexibility
 - b. muscle strength
 - c. heart/lung endurance
 - d. none of the above
8. **(Football)** The game of football is started by a:
- a. kickoff
 - b. jump off
 - c. snap
 - d. release
9. **(Football)** How many downs does a team have to score a touchdown:
- a. 1
 - b. 3
 - c. 4
 - d. 2

10. **(Hockey)** Hockey is thought to have dated back as far as:
- a. early
 - b. Greek
 - c. 200 BC
 - d. 3000 BC

Matching: Match the definitions numbered 11-20 with the terms lettered a-j. Place answers in the space provided. (3 pts each)

- a. ace
- b. anchor
- c. hooking
- d. love
- e. game
- f. dribbling
- g. coin
- h. two (2)
- i. backhand
- j. double

11. **(Hockey)** _____ is grabbing the opponents stick with yours.
12. **(Hockey)** Tapping the ball or puck is called _____.
13. **(Lacrosse)** The game starts with a _____ toss.
14. **(Wiffle Ball)** Two outs resulting from one continuous play is called a _____ play.
15. **(Lacrosse)** Women's lacrosse games consist of _____ 30 minute periods.
16. **(Badminton)** Any stroke that is made from the side of the body, opposite the racquet side is called a _____ stroke.
17. **(Badminton)** A _____ is gained when a smash is played by server and the shuttle hits the outside of the line.
18. **(Tennis)** The four points in a tennis game are 15, 30, 40 and _____.
19. **(Tennis)** A score of zero, (no score) is referred to as _____.
20. **(Track and Field)** The last leg on a relay team is called _____.

Open Ended: (5pts each)

Answer each question using complete sentences.

21. **(Fitness)** Define strength and explain why it is important to overall physical fitness.

22. **(Fitness)** Why is it important to ‘cool down’ after a workout?

23. **(Football)** List the positions on a football team and describe the role of each position.

24. **(Handball)** Explain the game of handball.

25. **(Track and Field)** List the three (3) basic rules that must be followed when hurdling.

26. **(Wiffle Ball)** Explain what is different about catching a ball above the waist from catching a ball below the waist.



OPEN-ENDED SCORING RUBRIC
For Reading, Listening, and Viewing
(Modified)

Points	Criteria
4	A 4-point response clearly demonstrates understanding of the task, completes all requirements, and provides a clear and focus explanation/opinion that links to or extends aspects of the text.
3	A 3-point response demonstrates and understanding of the task, addresses all requirements, and provides some explanation/opinion using situations or ideas from the text as support.
2	A 2-point response may address all of the requirements, but demonstrates a partial understanding of the task, and uses text incorrectly or with limited success resulting in a inconsistent or flawed explanation.
1	A 1-point response demonstrates minimal understanding of the task, does not address part of the requirements, and provides only a vague reference to or no use of the text.
0	A 0-point response is irrelevant or off-topic.

Paterson Public School #12
Final Assessment-ANSWER SHEET
Physical Education-Grade 6

Name _____ Date _____

Teacher _____ Grade: _____

Multiple Choice Answers: Please write the letter answer for each question on the line provided.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Matching: Write the correct answer in the space provided.

11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____

Open Ended Questions: Write your answers to each open ended question on the lines provided.

22. _____

_____.

23. _____

_____.

24. _____

_____.

25. _____

_____.

Physical Education Final Assessment
Grade 6-Answer Key

<u>QUESTION</u>	<u>NJCCS</u>	<u>CPI</u>	<u>ANSWER</u>
1	2.1	2.1.6.D.1	A
2	2.1	2.16.D.2, 2.2.6.A.2, 2.2.6.B.1	C
3	2.1	2.1.6.A.1 2.1.6.A.2 2.2.6.B.4	B
4	2.1	2.161A.1 2.1.6.A.2 2.2.6.B.4 2.4.6.C.4	C
5	2.1	2.1.6.E.1 2.2.6.C.1	A
6	2.1	2.1.6.A.1 2.1.6.A.2 2.1.6.A.4	C
7	2.1	2.1.6.A.1 2.1.6.A.2 2.1.6.A.4	C
8	2.1	2.1.6.C.3 2.2.6.E.1	A
9	2.1 2.2	2.1.6.E.2 2.2.6.A.1 2.2.6.A.2 2.4.6.B.2 2.4.6.B.3 2.2.6.B.3 2.2.6.B.1 2.2.6.E.1	A
10	2.2 2.3	2.3.6.B.2 2.3.6.B.4	A
11	2.2 2.3	2.4.6.B.3	B
12	2.1	2.1.6A.1 2.1.6.A.2	Muscle
13	2.1	2.1.6A.1 2.1.6.A.2	Vein
14	2.1	2.1.6A.1 2.1.6.A.2	Grooming
15	2.1	2.1.6A.1 2.1.6.A.2	Acne
16	2.1	2.1.6A.1 2.1.6.A.2	Anemia
17	2.1	2.1.6A.1 2.1.6.A.2	Abuse
18	2.1	2.1.6A.1 2.1.6.A.2	Carbon Monoxide
19	2.1	2.1.6A.1 2.1.6.A.2	Asthma
20	2.1	2.1.6A.1 2.1.6.A.2	Carcinogens
21	2.1	2.1.6A.1 2.1.6.A.2	Federal
22	2.1	2.1.6A.1 2.1.6.A.2	Renewable Resource
23	2.1	2.1.6.E.2 2.2.6.A.1 2.2.6.A.2 2.4.6.B.2 2.4.6.B.3 2.2.6.B.3 2.2.6.B.1 2.2.6.E.1	Resistance skills enable you to say “NO” with confidence. Resistance skills enables someone to stay away from negative peer pressure, therefore staying away from negative situations.
24	2.1 2.3	2.1.6.E.2 2.2.6.A.1 2.2.6.A.2 2.4.6.B.2 2.4.6.B.3 2.2.6.B.3 2.2.6.B.1 2.2.6.E.1	Breast enlargement (males) or reduction (females) damaged reproductive organs (males) stunted growth, acne, hardening of the arteries, high blood pressure, liver damage, aggressive or violent behavior, mood swings, and depression during withdrawal.
25	2.1 2.2	2.1.6.E.2 2.2.6.A.1 2.2.6.A.2 2.4.6.B.2 2.4.6.B.3 2.2.6.B.3 2.2.6.B.1 2.2.6.E.1	Always get your parents or guardians permission, never give out personal information, evaluate online health information carefully and do not buy a product online without permission from a parent or guardian.

Name _____ Date _____

P. E. Teacher _____ Grade/Section _____

GRADE 6
FINAL EXAM
HEALTH ASSESSMENT

Part 1: Multiple Choice (4 points each)

Circle the letter that represents the correct answer.

1. **(Violence and Injury Prevention)** The safest place to go during a tornado is:

- a. basement
- b. kitchen
- c. tub
- d. under a tree



2. **(Violence and Injury Prevention)** What should you do if someone you know seems to be considering suicide?

- a. try to talk them out of it
- b. tell your friends
- c. tell a responsible adult
- d. assume they are kidding around

3. **(Growth and Development)** Which of the following is NOT a healthful way to protect your respiratory system?

- a. staying away from polluted air
- b. breathing in second hand smoke
- c. seeing a physician if you have a respiratory problem
- d. wearing a mask when around dangerous fumes.

4. **(Growth and Development)** Pregnant teens have an increased risk for high blood pressure and _____.

- a. ovarian cysts
- b. cardiac arrest
- c. miscarriage
- d. infertility

5. **(Mental and Emotional Health)** Honesty, citizenship and caring are three traits of good character. What are the other three traits?
- respect, responsibility, and fairness
 - determination, respect and values
 - respect, responsibility and determination
 - respect, tolerance, and determination

Use the nutrition chart below to complete the next 2 questions.

Tuna	
Nutrition Facts	
Serving Size	2 oz
Servings per container	2.5
Calories	90
Fat Cal.	30
Total Fat	3.0 g
Sat. Fat	0.5 g
Cholesterol	25 mg
Sodium	250mg
Total Carb.	0g
Fiber	0g
Sugars	0g
Protein	14g

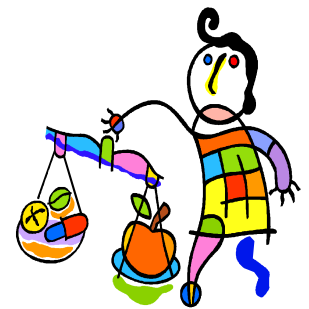
6. **(Nutrition)** How many grams of protein would a person get by eating the entire can of tuna?
- 14 grams
 - 28 grams
 - 35 grams
 - 42 grams

7. **(Nutrition)** How many calories would be consumed if a person ate two (2) cans of tuna? (Show your work)
- a. 250 calories
 - b. 375 calories
 - c. 450 calories
 - d. 180 calories

Read the paragraph below. Then answer the questions.

You have been studying for your chapter test for a week. No matter how long you look at the material, you still cannot remember everything that will be on the test. The more you study the more your head hurts. You want to do well on the test, but the stress of failing is making you sick. What can you do to control your stress?

8. **(Mental and Emotional Help)** Which of the following would **NOT** be helpful in avoiding stress.
- a. do not study
 - b. study for the test but take frequent breaks to relieve stress
 - c. talk to your parents about how to reduce stress
 - d. create a balance between studying and participating in stress reducing activities



Read the paragraph below. Then answer the questions.

Sometimes when you go from elementary to middle school, it seems like quite a leap. Things you never thought about are suddenly issues. Although it may not be an issue for you yet, statistics show that younger children are beginning to engage in sexual activity. What would you do if you found yourself in a situation where someone was pressuring you to become sexually active? The quality of your life will depend on how you answer.

9. **(Family and Social Health)** If you ever feel pressured to engage in any sexual activity, what should your first response be?
- a. say NO in a firm voice
 - b. tell the person you want to get to know them better
 - c. tell the person you have to leave
 - d. say you will think about it

10. **(Alcohol, Tobacco, and Other Drugs)** What is a condition that causes birth defects in babies born to mothers who drank alcohol during pregnancy?
- fetal alcohol syndrome
 - infant blood alcohol content
 - infant alcohol addiction
 - fetal alcohol syndrome
11. **(Communicable and Chronic Diseases)** Which virus destroys the white blood cells that trigger the production of antibodies, or helper T-cells?
- AIDS
 - HIV
 - Syphilis
 - Hepatitis

Matching: Match the definitions with the terms. Place answers in the space provided. (4 pts each)

- vein
- muscle
- federal
- renewable
- resource
- grooming
- asthma
- acne
- carbon monoxide
- abuse
- carcinogens
- anemia

12. **(Growth and Development)** A bundle of tissues that moves certain parts of the body is called: _____
13. **(Growth and Development)** A blood vessel that returns blood to the heart is called: _____
14. **(Personal Health and Physical Activity)** Everything people do to stay clean and have a healthful appearance is called: _____

15. **(Personal Health and Physical Activity)** _____ is a skin disorder with pimples, white heads and black heads.
16. **(Growth and Development)** Teenage girls need to get plenty of sources of iron to help prevent _____.
17. **(Family and Social Health)** When one person harms another physically, emotionally, or sexually, it is referred to as _____.
18. **(Alcohol, Tobacco, and Other Drugs)** _____ is an odorless, colorless, poisonous gas found in tobacco smoke.
19. **(Communicable and Chronic Disease)** A chronic condition in which breathing becomes difficult due to narrow or blocked airways is _____.
20. **(Communicable and Chronic Disease)** You can reduce your cancer risk by cutting exposure to _____.
21. **(Consumer and Community Health)** The level of government that helps enforce health laws, provides facilities for people with special needs, and establishes health education programs is the _____ government.
22. **(Environmental Health)** A resource, such as water, that can be replaced is a _____ resource.

Open Ended: (4pts each)

Answer each question using complete sentences.

23. How do resistance skills help a person deal with negative peer pressure?

24. **(Alcohol, Tobacco, and Other Drugs)** Name three (3) side effects caused by the use of anabolic steroids.

25. **(Consumer and Community Health)** Explain the ways in which you can be safe when using the computer.



OPEN-ENDED SCORING RUBRIC

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(Modified)

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Paterson Public School #12
FINAL Assessment-ANSWER SHEET
Health Grade 6

Name _____ Date _____

Teacher _____ Grade: _____

Multiple Choice Answers: Please write the letter answer for each question on the line provided.

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10. _____
11. _____

Matching: Write the correct answer in the space provided.

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Open Ended Questions: Write your answers to each open ended question on the lines provided.

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Health Final Assessment
Grade 6-Answer Key

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