

Name _____ Date _____

P. E. Teacher _____ Grade/Section _____

GRADE 4
FINAL EXAM
PHYSICAL EDUCATION ASSESSMENT

Racquet Sports Multiple Choice (5 points each)

1. The height of badminton net is ____feet ____inches high.
 - a. 5feet 1 inches
 - b. 8 feet 6 inches
 - c. 2 feet 2 inches
 - d. 10 feet 5 inches

2. Any stroke made on the racket side of the body is called a _____.
 - a. backhand stroke
 - b. easy stroke
 - c. forehand stroke
 - d. proper stroke

3. In doubles play of badminton ____ points are needed to win a game.
 - a. 10
 - b. 15
 - c. 20
 - d. 25

4. In Pickleball the ball is served _____.
 - a. overhand
 - b. underhand
 - c. side arm
 - d. any way you want

5. In Pickleball you need _____points to win the game.
 - a. 9
 - b. 16
 - c. 11
 - d. 21

6. The dimension of a Pickleball court are _____.

- a. 20feet by 20feet
- b. 10 feet by 10 feet
- c. 44 feet by 20 feet
- d. 40 feet by 40 feet

T-Ball/WhiffleBall Multiple Choice (5 points each)

7. When holding the bat in your hands you should grip it_____.

- a. as tight as you can
- b. with only one hand
- c. in the middle of the bat
- d. loosely in your fingers

8. If the batter throws his/her bat after they swing they _____.

- a. are out
- b. get another chance
- c. say sorry
- d. have no consequence

9. The teams switch from offense to defense after _____ outs.

- a. 5
- b. 10
- c. 1
- d. 3

10. If a runner is on first base and the ball is hit on the ground the first base runner_____.

- a. runs only if he thinks he can make it to second
- b. must run
- c. doesn't run
- d. is automatically out

11. To get an out a fielder must _____.
- step on a base before the runner gets there on a force play
 - tag a player off base
 - catch a fly ball
 - all of the above
12. After you hit the ball you run to _____.
- second base
 - third base
 - first base
 - home plate

Fitness Multiple Choice (5 points each)

13. How many components of physical fitness are there?
- 2
 - 3
 - 4
 - 5
14. _____ are cardiovascular exercises.
- arm stretches
 - jumping jacks
 - push ups
 - butterfly stretches
15. What component of physical fitness does the shuttle run test?
- muscular strength
 - muscular endurance
 - agility
 - body composition
16. When talking about heart rate, RHR stand for _____.
- red heart rate
 - real heart rate
 - regular heart rate
 - resting heart rate

17. When talking about heart rate, THR stands for _____.
- a. target heart rate
 - b. test heart rate
 - c. tiny heart rate
 - d. twitter heart rate

Critical Thinking/Problem Solving (5 points each)

18. List one exercise for each component of physical fitness.

19. List the nine defensive positions on the baseball field.

20. Draw a badminton racquet and label it.

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

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.

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

Grade 4
Final Exam
Physical Education Assessment

ANSWER SHEET

Multiple Choice

- | | |
|----------|-----------|
| 1. _____ | 9. _____ |
| 2. _____ | 10. _____ |
| 3. _____ | 11. _____ |
| 4. _____ | 12. _____ |
| 5. _____ | 13. _____ |
| 6. _____ | 14. _____ |
| 7. _____ | 15. _____ |
| 8. _____ | 16. _____ |

Critical Thinking/Problem Solving

17.

18.

Grade 3
Final Exam
Physical Education Assessment

ANSWER SHEET

Critical Thinking/Problem Solving

19.

20.

Physical Education 4TH Grade
Answer Key

Multiple Choice

1. C (2.6ABC 2.1ABCDE)
2. C (2.5ABC)
3. D (2.5ABC)
4. D (2.5ABC)
5. B (2.5D)
6. D (2.5ABC)
7. D (2.5ABC)
8. C (2.5ABC)
9. D (2.5 ABC)
10. A (2.5ABCDE)
11. B (2.5ABC)
12. C (2.5ABC)
13. D (2.1ABCDE 2.5ABC)
14. C (2.1ABCDE 2.5ABC)
15. B (2.5 ABC)
16. C (2.1ABCDE 2.6ABC)

Critical Thinking Problem Solving

17. Possible answers – fitness, enjoyment, increase aerobic capacity, agility, helps coordination and balance(2.1ABCDE 2.5ABC 2.6A)

18. Cardiovascular endurance – running, jogging, jumping jacks, jump rope, etc

 Muscular Endurance – sit ups, crunches, leg lift holds, etc

 Muscular Strength- pus ups, pull ups, flexed arm hang, etc

 Agility- shuttle run

 Flexibility – Any stretch

 Body Composition – skin caliper (2.2ABCDE 2.1ABCDE 2.6ABC)

19. Pitcher, catcher, first baseman, second baseman, shortstop, third baseman, left fielder, center fielder, right fielder. ((2.5ABCDE)

Grade 4 Physical Education Marking Period 4 Exam
Answer key (continued)

20. Draw a badminton racquet and label it.(2.5ABC)

Badminton Rackets



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

**GRADE 4 UNIT 9 & UNIT 10
FINAL EXAM
HEALTH ASSESSMENT**

Multiple Choice

Health Vocabulary (4 points each)

Directions: Write the letter of the correct answer on the line

- a. Commercial
- b. Acid Rain
- c. Psychiatrist
- d. Reuse
- e. Environment
- f. Budget
- g. Smog
- h. Reduce
- i. Outpatient
- j. Career

- ____ 1. A person who receives treatment in a hospital but does not stay overnight.
- ____ 2. A doctor who helps people with their mental and emotional health.
- ____ 3. An ad on radio or television.
- ____ 4. A plan for your money.
- ____ 5. The work that a person prepares for and does throughout life.
- ____ 6. To ____ something is to use it again instead of throwing it away.
- ____ 7. When air pollution mixes with fog, rain, or snow ____ can form.
- ____ 8. The haze that forms when sunlight strikes air pollution is called ____.
- ____ 9. To do with less of something is to ____.
- ____ 10. The ____ is everything that is around you.

Health Concepts (5 points each)

Directions: Write the letter of the best answer on each line.

___ 11. It is important to look closely at ads so you can ____.

- a. know what is in style
- b. identify the people in the ad
- c. decide if buying a product is responsible
- d. A and D

___ 12. To spend your money wisely, first ____.

- a. buy what you need
- b. buy what you want
- c. save some of your money
- d. borrow some money

___ 13. Safety workers who help keep your community healthful include ____.

- a. police officers
- b. fire fighters
- c. social workers
- d. A and B

___ 14. Health inspectors work for the community's ____.

- a. police department
- b. clinic
- c. health department
- d. heart association

___ 15. What type of pollution is smog?

- a. land pollution
- b. air pollution
- c. noise pollution
- d. water pollution

___ 16. Which makes a healthy school?

- a. respecting and supporting other people
- b. being friendly only to people that are like you
- c. painting graffiti on buildings in the neighborhood
- d. playing music loudly enough that neighbors hear it

____ 17. Water in most communities is treated by a(n)____ so it is safe and healthy to drink.

- a. water treatment plant
- b. wastewater treatment plant
- c. ozone layer
- d. incinerator

____ 18. Which of the following save energy at home?

- a. using electric lights on bright, sunny days
- b. riding in a car when you can walk
- c. turning off lights, televisions, and computers when you are not using them.

Critical Thinking/Problem Solving (10 points each)

Directions: Write a paragraph to answer each question on the lines provided.

19. Explain the importance of the community health department.

20. You are painting a piece of furniture. When you are done, you have a small amount of paint left over. What is the responsible decision in disposing of the paint.

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

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.

Grade 4 Final Exam
Unit 9 & Unit 10: Health Assessment

ANSWER SHEET

Multiple Choice

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

- 10. _____
- 11. _____
- 12. _____
- 13. _____
- 14. _____
- 15. _____
- 16. _____
- 17. _____
- 18. _____

Critical Thinking/Problem Solving

19.

20.

HEALTH ASSESSMENT
FINAL EXAM
ANSWER KEY

Health Vocabulary

1. I 2.1ABCDE
2. C 2.1ABCDE
3. A 2.1ABCDE
4. F 2.1ABCDE
5. J 2.1ABCDE
6. D 2.1ABCDE
7. B 2.1ABCDE
8. G 2.1ABCDE
9. H 2.1ABCDE
10. E 2.1ABCDE

Health Concepts

11. D 2.1ABCDE
12. A 2.1ABCDE
13. D 2.1ABCDE
14. C 2.1ABCDE
15. B 2.1ABCDE
16. A 2.1ABCDE
17. A 2.1ABCDE
- 18 C 2.1ABCDE

Critical Thinking/Problem Solving

19. Possible Answer- It helps keep the community healthful by taking steps to keep people healthy. They help prevent the spread of disease. One way that is done is by inspecting food sources. 2.1ABCDE

20. Possible Answer- Cover the paint ad save it to take to a collection center. Look up the collection center for your local area and follow their rules for disposal.
2.1ABCDE