

Name \_\_\_\_\_ Date \_\_\_\_\_  
P. E. Teacher \_\_\_\_\_ Grade/Section \_\_\_\_\_

**GRADE 7**  
**FINAL EXAM**  
**PHYSICAL EDUCATION ASSESSMENT**

**PHYSICAL FITNESS (Multiple Choice 2 points each)**

1. 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. push-ups and jumping rope
  
2. Stretching exercises will help:
  - a. build strength
  - b. avoid injuries
  - c. burn calories
  - d. none of these
  
3. Muscle endurance is:
  - a. the ability to move a heavy weight once
  - b. the ability to stretch
  - c. the ability to move something many times
  - d. run fast

**FOOTBALL**

4. A football team consists of \_\_\_\_\_ players.
  - a. 12
  - b. 5
  - c. 11
  - d. 10

5. Which of the following scoring methods is worth 2 points?
- a. touchdown
  - b. safety
  - c. field goal
  - d. fumble
6. The game of football originated from:
- a. Britain
  - b. United States
  - c. Mexico
  - d. France
7. A player obtains a “first down” in football every \_\_\_\_\_ yards.
- a. 5
  - b. 20
  - c. 15
  - d. 10

## **SOCCER**

8. When you are on defense and the offensive player is dribbling straight towards you, what type of tackle should you use?
- a. block tackle
  - b. poke tackle
  - c. slide tackle
  - d. sack
9. If the defense kicks the ball over the goal line, what is the call?
- a. goal kick
  - b. corner kick
  - c. throw in
  - d. out-of-bounds

10. **Short Answer: Explain the purpose of cooling down after a workout.**  
**(Multiple Choice 15 points)**

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**HOCKEY (Multiple Choice 2 points each)**

11. Hockey is thought to have dated as far back as Ancient\_\_\_\_\_.

- a. Rome
- b. Greece
- c. England
- d. Mesopotamia

12. Grabbing the opponent's stick with yours is an illegal move called

- a. scooping
- b. safety
- c. hooking
- d. wrapping

13. Which part is NOT on the Hockey Stick?

- a. heel
- b. shaft
- c. blade
- d. sole

**BOWLING**

14. Knocking down all tenpins within one attempt is called a:

- a. a spare
- b. a strike
- c. a turkey
- d. a gutter ball

15. Knocking down all tenpins within two attempts is called:

- a. spare
- b. strike
- c. turkey
- d. gutter ball

**BASKETBALL**

16. A technique in rebounding to keep an opponent from grabbing a missed shot is called \_\_\_\_\_ out.

- a. fouling
- b. pushing
- c. boxing
- d. blocking

17. A shot taken behind the arc is worth \_\_\_\_\_ point (s).

- a. 3
- b. 2
- c. 1
- d. 4

18. **Short Answer: Briefly describe how to properly execute a foul shot (Be certain to use specific cues). (Multiple Choice 15 points)**

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**VOLLEYBALL**

19. Every time a team wins the serve, the players rotate in a \_\_\_\_\_ motion to the next position with a new player serving.

- a. counter-clockwise
- b. clockwise
- c. diagonal
- d. rotational

20. Contact with the ball below waist level with both forearms or heel of the hand is called a:

- a. set
- b. spike
- c. dig
- d. bump

### **RACQUET SPORTS**

21. When a person who has yet to score serves a ball in tennis, their score is:

- a. zero
- b. love
- c. none
- d. nada

22. When serving in Badminton, you must first serve from which service box?

- a. right
- b. left
- c. center
- d. front

### **ULTIMATE FRISBEE**

23. The \_\_\_\_\_ is the area at either end of the field in which a point is scored:

- a. goal line
- b. back line
- c. end zone
- d. mid field

## **LACROSSE**

24. Who typically scores the most in a Lacrosse game?

- a. defensemen
- b. mid-fielders
- c. attackers
- d. goalies

## **SOFTBALL/WIFFLEBALL**

25. In a game of softball/wiffleball/baseball, the \_\_\_\_\_ team bats last.

- a. away
- b. left
- c. home
- d. visiting

26. When catching a ball above the waist, the fingers should be pointing \_\_\_\_\_.

- a. downward
- b. sideways
- c. diagonal
- d. upward

## **HANDBALL**

27. A ball that is returned to the front wall and rebounds so low that it is impossible to return is a \_\_\_\_\_.

- a. fumble
- b. kill
- c. pass
- d. fail

## **TRACK AND FIELD**

28. The three verbal commands for starting a race are:

- a. on your mark, set, go
- b. ready, set, move
- c. on your mark, up, move
- d. take your mark, up, go

29. The act of leaving the starting line before the command sounds is called a:

- a. dead heat
- b. staggered start
- c. late start
- d. false start

30. **Short Answer: Define fitness and why it is important.**

**(Multiple Choice 15 points)**

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# OPEN-ENDED SCORING RUBRIC

For Reading, Listening, and Viewing

**(Modified)**

<b>Points</b>	<b>Criteria</b>
<b>4</b>	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.
<b>3</b>	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.
<b>2</b>	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.
<b>1</b>	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.
<b>0</b>	A 0-point response is irrelevant or off-topic.





NAME \_\_\_\_\_ DATE \_\_\_\_\_  
P. E. TEACHER \_\_\_\_\_ GRADE/SECTION \_\_\_\_\_

**GRADE 7**  
**FINAL EXAM**  
**PHYSICAL EDUCATION ANSWER SHEET**

**MULTIPLE CHOICE:**

- |                               |                               |
|-------------------------------|-------------------------------|
| 1)_____                       | 16)_____                      |
| 2)_____                       | 17)_____                      |
| 3)_____                       | 18)ANSWER ON OPEN ENDED SHEET |
| 4)_____                       | 19)_____                      |
| 5)_____                       | 20)_____                      |
| 6)_____                       | 21)_____                      |
| 7)_____                       | 22)_____                      |
| 8)_____                       | 23)_____                      |
| 9)_____                       | 24)_____                      |
| 10)ANSWER ON OPEN ENDED SHEET | 25)_____                      |
| 11)_____                      | 26)_____                      |
| 12)_____                      | 27)_____                      |
| 13)_____                      | 28)_____                      |
| 14)_____                      | 29)_____                      |
| 15)_____                      | 30)ANSWER ON OPEN ENDED SHEET |

**OPEN ENDED/CRITICAL THINKING:**

10) \_\_\_\_\_  
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18) \_\_\_\_\_  
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**GRADE 7**  
**FINAL EXAM**  
**PHYSICAL EDUCATION ASSESSMENT**  
**ANSWER KEY**

<b><u>QUESTION</u></b>	<b><u>NJCCCS/CPI</u></b>	<b><u>ANSWER</u></b>	<b><u>NOTES</u></b>
<b><u>1</u></b>	2.1 ABCDE 2.2 ABCDE 2.5ABC 2.6A	D	<u>PHYSICAL FITNESS</u>
<b><u>2</u></b>	2.1 ABCDE 2.2ABCDE 2.5AB 2.6A	C	<u>PHYSICAL FITNESS</u>
<b><u>3</u></b>	2.1 ABCDE 2.2ABCDE 2.5AB 2.6A	A	<u>PHYSICAL FITNESS</u>
<b><u>4</u></b>	2.2ABCDE 2.5AB C 2.6A	A	<u>FOOTBALL</u>
<b><u>5</u></b>	2.2ABCDE 2.5AB C 2.6A	B	<u>FOOTBALL</u>
<b><u>6</u></b>	2.2ABCDE 2.5AB C 2.6A	A	<u>FOOTBALL</u>
<b><u>7</u></b>	2.2ABCDE 2.5AB C 2.6A	D	<u>FOOTBALL</u>
<b><u>8</u></b>	2.2ABCDE 2.5AB C 2.6A	A	<u>SOCCER</u>
<b><u>9</u></b>	2.2ABCDE 2.5AB C 2.6 A	B	<u>SOCCER</u>
<b><u>10</u></b>	2.1 ABCDE 2.2ABCDE 2.5ABC 2.6A	Gives your body a chance to recover (normal), reduce chance of injury, lowers pulse rate slowly	<u>PHYSICAL FITNESS</u>
<b><u>11</u></b>	2.2ABCDE 2.5AB C2.6A	B	<u>HOCKEY</u>
<b><u>12</u></b>	2.2ABCDE 2.5AB C 2.6A	C	<u>HOCKEY</u>
<b><u>13</u></b>	2.2ABCDE 2.5AB C 2.6A	D	<u>HOCKEY</u>
<b><u>14</u></b>	2.2ABCDE 2.5AB C 2.6A	B	<u>BOWLING</u>
<b><u>15</u></b>	2.2ABCDE 2.5AB C 2.6A	A	<u>BOWLING</u>
<b><u>16</u></b>	2.2ABCDE 2.5 ABC	C	<u>BASKETBALL</u>
<b><u>17</u></b>	2.2ABCDE 2.5 ABC	A	<u>BASKETBALL</u>
<b><u>18</u></b>	2.2ABCDE 2.5 ABC	Feet shoulder with apart or one foot slightly in front of the other, hands with ball over head, elbows bent and release.	<u>BASKETBALL</u>
<b><u>19</u></b>	2.2ABCDE 2.5AB C 2.6A	B	<u>VOLLEYBALL</u>
<b><u>20</u></b>	2.2ABCDE 2.5AB C 2.6A	D	<u>VOLLEYBALL</u>
<b><u>21</u></b>	2.2ABCDE 2.5AB C 2.6A	B	<u>RACQUET SPORTS</u>
<b><u>22</u></b>	2.2ABCDE 2.5AB C 2.6A	A	<u>RACQUET SPORTS</u>
<b><u>23</u></b>	2.1 ABCDE 2.2ABCDE 2.5ABC 2.6A	C	<u>ULTIMATE FRISBEE</u>
<b><u>24</u></b>	2.2ABCDE 2.5AB CDE 2.6A	B	<u>LACROSSE</u>
<b><u>25</u></b>	2.1 ABCDE 2.2ABCDE 2.5AB 2.6A	C	<u>SOFTBALL/WIFFLEBALL</u>
<b><u>26</u></b>	2.2ABCDE 2.5AB CDE 2.6A 2.6A	D	<u>SOFTBALL/WIFFLEBALL</u>
<b><u>27</u></b>	2.2ABCDE 2.5AB CDE	B	<u>HANDBALL</u>
<b><u>28</u></b>	2.2ABCDE 2.5AB CDE 2.6A	A	<u>TRACK AND FIELD</u>
<b><u>29</u></b>	2.2ABCDE 2.5AB CDE 2.6A	D	<u>TRACK AND FIELD</u>
<b><u>30</u></b>	2.2ABCDE 2.5AB CDE 2.6A	Fitness means having the energy and strength to perform daily activities without being rundown. Having energy left to enjoy leisure time/activities/meet demands, etc.	<u>PHYSICAL FITNESS</u>

Name \_\_\_\_\_ Date \_\_\_\_\_

P. E. Teacher \_\_\_\_\_ Grade/Section \_\_\_\_\_

**GRADE 7**  
**FINAL EXAM**  
**HEALTH ASSESSMENT**

**PART I: VIOLENCE AND INJURY PREVENTION**

(Multiple Choice 2 points each)

1. Someone who threatens or frightens those who are weaker or smaller is called a \_\_\_\_\_.
  - a. activist
  - b. suicide
  - c. victim
  - d. bully
  
2. Violence turned inward can lead to \_\_\_\_\_, the killing of oneself.
  - a. victimization
  - b. homicide
  - c. suicide
  - d. abstinence
  
3. Why should you call 9-1-1?
  - a. to report a real, life-threatening emergency
  - b. to contact the police or fire department for any reason
  - c. to request any help or information related to safety
  - d. to request information on first aid

**PART II: GROWTH AND DEVELOPMENT**

4. When exercising, which of the following habits will prevent injuries?
  - a. stretch muscles to “warm up” before exercising vigorously.
  - b. exercise one group of muscles every day, even if you don’t exercise other muscle groups.
  - c. begin heavy exercise without warming up, and exercise abruptly
  - d. finish every exercise routine as planned, even if you begin to feel tired or develop pain.

5. Which of the following methods help care for your circulatory system?
- a. staying up late at night to do homework
  - b. a high-fat diet
  - c. avoiding all tobacco products
  - d. avoiding sports and exercise
6. The body's framework of bones is called:
- a. muscular system
  - b. skeletal system
  - c. circulatory system
  - d. respiratory system

### **PART III: PERSONAL HEALTH AND PHYSICAL ACTIVITY**

7. How often should people visit the dentist for a cleaning and checkup?
- a. once every month
  - b. once every six months (twice a year)
  - c. once a year
  - d. only when they have a toothache or other complaint
8. What is NOT an example of a grooming product?
- a. toothpaste
  - b. soap
  - c. shampoo
  - d. water
9. Dandruff comes from dead flakes of \_\_\_\_\_ from the scalp.
- a. hair
  - b. skin
  - c. gel
  - d. none of the above

10. **Short Answer:** Does puberty bring emotional changes as well as physical ones? Explain your answer as to why or why not. (15 points )

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**PART IV: NUTRITION (Multiple Choice 2 points each)**

11. In the process of pasteurization, \_\_\_\_\_ occurs.
- a. food is frozen to kill harmful organisms
  - b. food is left in the sun to kill harmful organisms
  - c. food is heated to kill harmful organisms
  - d. nothing occurs to kill harmful organisms
12. The vitamin that helps the body absorb calcium and is essential for healthy teeth and bones is \_\_\_\_\_.
- a. Vitamin A
  - b. Vitamin B
  - c. Vitamin C
  - d. Vitamin D
13. The unit used to measure energy in food is called:
- a. strength
  - b. calories
  - c. trans fats
  - d. kilowatts

**PART V: MENTAL AND EMOTIONAL HEALTH**

14. Which of the following actions show accountability?
- a. making fun of someone who is shorter than you are
  - b. asking a friend to loan you a new music CD
  - c. telling the truth about a lamp that you accidentally broke
  - d. staying up late at night to watch a special show on television
15. Which is the best example of the media trying to influence people's character?
- a. a newspaper prints a story about a political campaign.
  - b. a news reporter combs his hair to look well groomed.
  - c. an ad on television announces a new airline serving the city.
  - d. an ad in a magazine showing people enjoying a tobacco product.

16. **Short Answer: Sondra and Anne used to eat lunch together. Now Anne disappears at lunch time. She has also complained about being fat, even though she looks quite thin. Sondra is worried that her friend has Anorexia Nervosa. What is the best (and most respectful) way that Sondra can help Anne? (15points)**

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**PART VI: FAMILY AND SOCIAL HEALTH**

**(Multiple Choice 2 points each)**

17. What is one part of maintaining healthful family relationships?
- a. spending more time alone or with friends rather than with family.
  - b. respecting family members' right to privacy.
  - c. insisting on knowing all details of the lives of your brothers and sisters.
  - d. insisting on the same privileges that an older brother or sister receives.



18. Any type of improper sexual contact in a family is an example of \_\_\_\_\_.

- a. sexual abuse
- b. abandonment
- c. neglect
- d. legal activity

19. Who should set a teen's dating guidelines?

- a. friends
- b. parents or guardians
- c. the individuals that are dating
- d. neighbors

20. **Short Answer: Explain two reasons why teens choose to abstain from sex. (15 points)**

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**PART VII: ALCOHOL, TOBACCO, AND OTHER DRUGS**  
**(Multiple Choice 2 points each)**

21. Can prescription or over-the counter medicines be used incorrectly, meaning in a way that harms health instead of improving it?

- a. yes, this is called drug misuse.
- b. yes, but only if the medicine is used past the expiration date.
- c. yes, but only because on an error at the pharmacy.
- d. no, this cannot happen.

22. Three of these choices describe drug misuse. Which describes **drug abuse**?
- a. intentionally using any drug without a medical or health reason
  - b. not finishing a prescription as instructed by the physician
  - c. taking extra doses of a prescription drug
  - d. taking fewer doses of a prescription drug to extend the shelf-life (make it last longer)
23. Burning tobacco forms \_\_\_\_\_, a sticky fluid that builds up in the lungs and damages them.
- a. carcinogens
  - b. tar
  - c. coal
  - d. molasses

## **PART VII: COMMUNICABLE AND CHRONIC DISEASES**

24. A disease-causing germ may be found \_\_\_\_\_.
- a. only in the air
  - b. only in food and water
  - c. only on surfaces such as a dirty kitchen countertop
  - d. in air, food, water or all surfaces
25. Examples of disease-causing agents, known as \_\_\_\_\_, include certain kinds of bacteria, viruses, and fungi.
- a. protozoa
  - b. pathogens
  - c. antibodies
  - d. T-cells
26. Colds, flu, and conjunctivitis are examples of \_\_\_\_\_.
- a. communicable diseases
  - b. non-communicable diseases
  - c. diseases always caused by bacteria
  - d. diseases that only children can acquire

## **PART IX: CONSUMER AND COMMUNITY HEALTH**

27. If you have a question about skin disease, which of the following is the most reliable source of information?
- a. a television drama in which a character suffers from acne
  - b. an internet site sponsored by a radio station that plays to a teen audience
  - c. a dermatologist, a physician who specializes in skin diseases
  - d. opinions of your friends at school
28. A written guarantee that a product will be replaced or repaired if it is unsatisfactory is called a(n)\_\_\_\_\_.
- a. deductible
  - b. license
  - c. agreement
  - d. warranty

## **PART X: ENVIRONMENTAL HEALTH**

29. People in your community are volunteering to clean up old houses. They are showing good\_\_\_\_\_.
- a. citizenship
  - b. hygiene
  - c. news
  - d. self-control
30. Which of these factors place the most influence on the way someone's character develops?
- a. diet
  - b. inherited traits, such as hair and eye color
  - c. clothes
  - d. family and friends

**GRADE 7**  
**FINAL EXAM**  
**HEALTH ASSESSMENT**

**ANSWER KEY**

<b><u>QUESTION</u></b>	<b><u>NJCCCS/CPI</u></b>	<b><u>BENCH MARKS</u></b>	<b><u>ANSWER</u></b>	<b><u>NOTES</u></b>
<b><u>1</u></b>	2.1 AEF 2.2 ABCDEF 2.5D		<b>D</b>	<b><u>VIOLENCE AND INJ. PREVENTION</u></b>
<b><u>2</u></b>	2.1 AEF 2.2 ABCDEF 2.5D		<b>C</b>	<b><u>VIOLENCE AND INJ. PREVENTION</u></b>
<b><u>3</u></b>	2.1 AEF 2.2 ABCDEF 2.5 D		<b>A</b>	<b><u>VIOLENCE AND INJ. PREVENTION</u></b>
<b><u>4</u></b>	2.1 ABC 2.2 ABCDEF 2.4ABC		<b>B</b>	<b><u>GROWTH AND DEVELOPMENT</u></b>
<b><u>5</u></b>	2.1 ABC 2.2 ABCDEF 2.4ABC		<b>C</b>	<b><u>GROWTH AND DEVELOPMENT</u></b>
<b><u>6</u></b>	2.1 ABC 2.2 ABCDEF 2.4ABC		<b>B</b>	<b><u>GROWTH AND DEVELOPMENT</u></b>
<b><u>7</u></b>	2.1 ABCDEF 2.2 ABCDEF		<b>B</b>	<b><u>PERSONAL HEALTH</u></b>
<b><u>8</u></b>	2.1 ABCDEF 2.2 ABCDEF		<b>D</b>	<b><u>PERSONAL HEALTH</u></b>
<b><u>9</u></b>	2.1 ABCDEF 2.2 ABCDEF		<b>B</b>	<b><u>PERSONAL HEALTH</u></b>
<b><u>10</u></b>	2.1 ABC 2.2 ABCDEF 2.4ABC		Yes, because you experience mood swings and emotions that are beyond your control.	<b><u>GROWTH AND DEVELOPMENT</u></b>
<b><u>11</u></b>	2.1 AB 2.2 ABCDEF 2.6 A-4		<b>C</b>	<b><u>NUTRITION</u></b>
<b><u>12</u></b>	2.1 AB 2.2 ABCDEF 2.6 A-4		<b>D</b>	<b><u>NUTRITION</u></b>
<b><u>13</u></b>	2.1 AB 2.2 ABCDEF 2.6 A-4		<b>B</b>	<b><u>NUTRITION</u></b>
<b><u>14</u></b>	2.1 ABF 2.2 ABCDEF 2.5AB 2.6ABC		<b>C</b>	<b><u>MENTAL AND EMOTIONAL HEALTH</u></b>
<b><u>15</u></b>	2.1 AB 2.2 ABCDEF		<b>D</b>	<b><u>MENTAL AND EMOTIONAL HEALTH</u></b>

<b><u>16</u></b>	2.1 AB 2.2 ABCDEF 2.6A-4		<b>Sondra can talk to Anne and tell her that she is concerned about her health and wants to help her find the help she needs.</b>	<b><u>MENTAL AND EMOTIONAL HEALTH</u></b> <b><u>NUTRITION</u></b>
<b><u>17</u></b>	2.1 F 2.2 ABCDEF		<b>B</b>	<b><u>FAMILY AND SOCIAL HEALTH</u></b>
<b><u>18</u></b>	2.1 F 2.2 ABCDEF		<b>A</b>	<b><u>FAMILY AND SOCIAL HEALTH</u></b>
<b><u>19</u></b>	2.1 AB 2.2 ABCDEF		<b>B</b>	<b><u>FAMILY AND SOCIAL HEALTH</u></b>
<b><u>20</u></b>	2.1 ABDF 2.2 ABCDEF		<b>Two reasons to abstain: no disease and no pregnancy</b>	<b><u>FAMILY AND SOCIAL HEALTH</u></b> <b><u>COMMUNICABLE DISEASES</u></b>
<b><u>21</u></b>	2.1 AEF 2.2 ABCDEF 2.3 ABC		<b>A</b>	<b><u>ALCOHOL, TOBACCO AND OTHER DRUGS</u></b>
<b><u>22</u></b>	2.1 AEF 2.2 ABCDEF 2.3 ABC		<b>A</b>	<b><u>ALCOHOL, TOBACCO AND OTHER DRUGS</u></b>
<b><u>23</u></b>	2.1 AEF 2.2 ABCDEF 2.3 ABC		<b>B</b>	<b><u>ALCOHOL, TOBACCO AND OTHER DRUGS</u></b>
<b><u>24</u></b>	2.1 ADF 2.2 ABCDEF		<b>D</b>	<b><u>COMMUNICABLE AND CHRONIC DISEASES</u></b>
<b><u>25</u></b>	2.1 ADF 2.2 ABCDEF		<b>B</b>	<b><u>COMMUNICABLE AND CHRONIC DISEASES</u></b>
<b><u>26</u></b>	2.1 ADF 2.2 ABCDEF		<b>A</b>	<b><u>COMMUNICABLE AND CHRONIC DISEASES</u></b>
<b><u>27</u></b>	2.1 ADEF 2.2 ABCDEF		<b>C</b>	<b><u>CONSUMER AND COMMUNITY HEALTH</u></b>
<b><u>28</u></b>	2.1 ADEF 2.2 ABCDEF		<b>D</b>	<b><u>CONSUMER AND COMMUNITY HEALTH</u></b>
<b><u>29</u></b>	2.1 ABCDE 2.2 ABCDEF		<b>A</b>	<b><u>ENVIRONMENTAL HEALTH</u></b>
<b><u>30</u></b>	2.1 ABCDE 2.2 ABCDEF		<b>D</b>	<b><u>ENVIRONMENTAL HEALTH</u></b>