

Name: \_\_\_\_\_  
Teacher's Name: \_\_\_\_\_

Date: \_\_\_\_\_  
Grade: \_\_\_\_\_

**NOTE: PLEASE USE THE ATTACHED BENCHMARKS**

Grade K  
Baseline Data Assessment  
Physical Education  
Standard – 2.1AB, 2.2A-F, 2.5AB, 2.6 A-C

Skills Assessed:

1. Identify selected body parts, skill and concepts.
2. Travel in a forward and sideways directions and change direction quickly in response to a signal.
3. Demonstrate clear contrasts between slow and fast speeds while traveling.
4. Walk and run using a mature motor pattern.
5. Kick a stationary ball, using a smooth, continuous running approach prior to the kick.
6. Toss a ball and catch it before it bounces twice.
7. Demonstrate the difference between an overhand and underhand throw.
8. Recognize that physical activity is good personal well-being.
9. Sustain moderate physical activity.
10. All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.

**Rubric Grading Scale**

Put a  and number in the box.

Mastery	40-31 points	
Proficient	30-21 points	
Develop	20-11 points	
Review	10-1 points	

**Modified Rubric Grading Scale**

Mastery	40-29 points	
Proficient	28-17 points	
Develop	16-6 points	
Review	5-1 points	

Student: \_\_\_\_\_ Subject: Physical Education Grade: K

Evaluated By: \_\_\_\_\_

Physical Education Teacher

Assessment	Mastery = 4pts	Proficient = 3pts	Developing = 2pts	Review = 1pt	Total points(✓) =			
<b>Travel in a different way, in a large group without bumping into others or falling</b>	Travels in different ways quickly and safely without bumping into others or falling	Travels in different ways quickly and safely and seldom bumps into others or falls	Travels in different ways quickly and safely and frequently bumps into others or falls	Is unable to travel in different ways quickly and safely and constantly bumps into others and falls	M-4	P-3	D-2	R-1
<b>Travel, in forward and sideway directions, and change direction quickly in response to a signal</b>	Travels forward and sideways while changing directions without error	Travels forward and sideways while changing directions minimal errors	Travels forward and sideways while changing directions and needs assistance	Is unable to travel forward and sideways while changing directions	M-4	P-3	D-2	R-1
<b>Demonstrate clear contrasts between slow and fast speeds while traveling</b>	Has outstanding clear contrasts between slow and fast speeds while traveling	Has acceptable clear contrasts between slow and fast speeds while traveling	Has fairly clear contrasts between slow and fast speeds while traveling	Has deficient clear contrasts between slow and fast speeds while traveling	M-4	P-3	D-2	R-1
<b>Distinguish between straight, curved, and zigzag pathways while traveling in various ways</b>	Distinguishes between straight, curved and zigzag pathways	Sometimes distinguishes between straight, curved and zigzag pathways	Rarely distinguishes between straight, curved and zigzag pathways	Unable to distinguish between straight, curved and zigzag pathways	M-4	P-3	D-2	R-1
<b>Make both large and small body shapes while traveling</b>	Makes both large and small body shapes while traveling exceptionally well	Making both large and small body shapes while traveling and meets expectations	Infrequently makes both large and small body shapes while traveling	Cannot make both large and small body shapes while traveling at all	M-4	P-3	D-2	R-1
<b>Travel, demonstrating a variety of relationships with objects (e.g., over, under, behind, alongside, through)</b>	Travels and demonstrates relationships with objects over, under, behind and through	Mostly demonstrates relationships with objects over, under, behind and through	Occasionally travels and demonstrates relationships with objects over, under, behind and through	Is unable to travel and demonstrate relationships with objects over, under, behind and through	M-4	P-3	D-2	R-1
<b>Place a variety of body parts into high, middle and low levels</b>	Is able to place a variety of body parts into high, middle and low levels with out hesitation	Is able to place a variety of body parts into high, middle and low levels with slight hesitation	Is able to place a variety of body parts into high, middle and low levels with difficulty	Cannot place a variety of body parts into high, middle and low levels at all	M-4	P-3	D-2	R-1
<b>Without falling, walk forward and sideways on the length of a bench/beam</b>	Able to walk forward and sideways the entire length of the beam	Able to walk forward and sideways the entire length of the beam reluctantly	Able to walk forward and sideways the entire length of the beam with assistance	Unable to walk forward and sideways the entire length of the beam at all	M-4	P-3	D-2	R-1

Assessment	Mastery = 4pts	Proficient = 3pts	Developing = 2pts	Review = 1pt	Total points(✓) =			
<b>Roll sideways (right or left) without hesitating or stopping</b>	Able to roll sideways without hesitation or stopping	Able to roll sideways with slight hesitation or stopping	Able to roll sideways with hesitation and stopping and needs assistance	Unable to roll sideways without hesitation or stopping	M-4	P-3	D-2	R-1
<b>Toss a ball and catch it before it bounces twice</b>	Can toss a ball and catch it before it bounces twice all the time	Can toss a ball and catch it before it bounces twice some of the time	Can rarely toss a ball and catch it before it bounces twice	Cannot toss a ball and catch it before it bounces twice	M-4	P-3	D-2	R-1
<b>Demonstrate the difference between overhand and underhand throw</b>	Able to demonstrate the difference between overhand and underhand throw every time without error	Able to demonstrate the difference between overhand and underhand throw with few errors	Able to demonstrate the difference between overhand and underhand throw with multiple errors	Unable to demonstrate the difference between overhand and underhand throw at all	M-4	P-3	D-2	R-1
<b>Kick a stationary ball, using a smooth, continuous running approach prior to the kick</b>	Can kick a stationary ball using a smooth, continuous running approach prior to the kick without errors	Can kick a stationary ball using a smooth, continuous running approach prior to the kick with few errors	Can kick a stationary ball using a smooth, continuous running approach prior to the kick with multiple errors	Cannot kick a stationary ball using a smooth, continuous running approach prior to the kick at all	M-4	P-3	D-2	R-1
<b>Continuously jump a swinging rope held by others</b>	Can continuously jump a swinging rope held by others without error	Can continuously jump a swinging rope held by others minimal error	Can continuously jump a swinging rope held by others multiple error	Cannot continuously jump a swinging rope held by others at all	M-4	P-3	D-2	R-1
<b>Form round, narrow, wide, and twisted body shapes alone and with a partner</b>	Can form round, narrow, wide, and twisted body shapes alone and with a partner	Can occasionally form round, narrow, wide, and twisted body shapes alone and with a partner	Can form round, narrow, wide, and twisted body shapes alone and with a partner with difficulty	Unable to perform form round, narrow, wide, and twisted body shapes alone and with a partner	M-4	P-3	D-2	R-1
<b>Walk and run using a mature motor pattern</b>	Walk and run using a mature motor pattern all of the time	Walk and run using a mature motor pattern some of the time	Rarely walks and runs using a mature motor pattern	Cannot walk and run using a mature motor pattern at all	M-4	P-3	D-2	R-1
<b>Sustain moderate physical activity</b>	Can sustain moderate physical activity all of the time	Can sustain moderate physical activity some of the time	Can rarely sustain moderate physical activity	Cannot sustain moderate physical activity at all	M-4	P-3	D-2	R-1
<b>Participate in vigorous physical activity</b>	Participates in vigorous activity all of the time	Participates in vigorous activity some of the time	Rarely participates in vigorous activity	Never participates in vigorous activity	M-4	P-3	D-2	R-1
<b>Identify selected body parts, skill, and concepts</b>	Can identify selected body parts, skill, and concepts all of the time	Can identify selected body parts, skill, and concepts some of the time	Can rarely identify selected body parts, skill, and concepts	Cannot identify selected body parts, skill, and concepts at all	M-4	P-3	D-2	R-1
<b>Recognize that skill development required</b>	Able to clearly recognize skill development is required	Recognizes with minor doubt that skill development is required	Recognizes with major doubt that skill development is required	Does not recognize at all the skill development is required	M-4	P-3	D-2	R-1

<b>Recognize that physical activity is good personal well-being</b>	Can always recognize that physical activity is good personal well-being	Can occasionally recognize that physical activity is good personal well-being	Can seldom recognize that physical activity is good personal well-being	Cannot ever recognize that physical activity is good personal well-being	M-4	P-3	D-2	R-1
<b>State guidelines and behaviors for equipment and materials</b>	Able to state guidelines and behaviors for equipment and materials every time	Able to state guidelines and behaviors for equipment and materials some of the time	Able to state guidelines and behaviors for equipment and materials rarely	Cannot state guidelines and behaviors for equipment and materials	M-4	P-3	D-2	R-1
<b>Identify feelings that result from part physical activities</b>	Expresses feelings that result from part physical activities with confidence	Expresses feelings that result from part physical activities with minimal hesitation	Infrequently expresses feelings that result from part physical activities	Does not express any emotions or feelings that result from part physical activities	M-4	P-3	D-2	R-1
<b>Enjoy participation alone and with others</b>	Enjoys participation alone and with others all the time	Enjoy participations alone and with others most of the time	Rarely enjoys participation alone and with others	Does not enjoy participating alone and with others	M-4	P-3	D-2	R-1
<b>All students will utilize safe, efficient and effective movement to develop and maintain a healthy, active lifestyle</b>	Utilizes safe, efficient and effective movement to develop and maintain a healthy active lifestyle	Generally utilizes safe, efficient and effective movement to develop and maintain a healthy active lifestyle	Rarely utilizes safe, efficient and effective movement to develop and maintain a healthy active lifestyle	Never utilizes safe, efficient and effective movement to develop and maintain a healthy active lifestyle	M-4	P-3	D-2	R-1
<b>All students will apply health-related and skill related fitness concepts and skills to develop and maintain a healthy, active lifestyle</b>	Applies health-related and skill related fitness concepts and skills to develop and maintain a health, active lifestyle	Most of the time applies health-related and skill related fitness concepts and skills to develop and maintain a health, active lifestyle	Some of the time applies health-related and skill related fitness concepts and skills to develop and maintain a health, active lifestyle	Never applies health-related and skill related fitness concepts and skills to develop and maintain a health, active lifestyle	M-4	P-3	D-2	R-1

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Teacher's Name: \_\_\_\_\_

Grade: \_\_\_\_\_

**NOTE: PLEASE USE THE ATTACHED BENCHMARKS**

Grade 1  
Baseline Data Assessment  
Physical Education  
Standard – 2.1AB, 2.2A-F, 2.5AB, 2.6 A-C

Skills Assessed:

1. Identify selected body parts, skill and concepts.
2. Travel in a forward and sideways directions and change direction quickly in response to a signal.
3. Demonstrate clear contrasts between slow and fast speeds while traveling.
4. Walk and run using a mature motor pattern.
5. Kick a stationary ball, using a smooth, continuous running approach prior to the kick.
6. Toss a ball and catch it before it bounces twice.
7. Demonstrate the difference between an overhand and underhand throw.
8. Recognize that physical activity is good personal well-being.
9. Sustain moderate physical activity.
10. All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.

**Rubric Grading Scale**

Put a  and number in the box.

Mastery	40-31 points	
Proficient	30-21 points	
Develop	20-11 points	
Review	10-1 points	

**Modified Rubric Grading Scale**

Mastery	40-29 points	
Proficient	28-17 points	
Develop	16-6 points	
Review	5-1 points	

Student: \_\_\_\_\_

Subject: Physical EducationGrade: 1

Evaluated By: \_\_\_\_\_

(Physical Education Teacher)

Assessment	Mastery = 4pts	Proficient = 3pts	Developing = 2pts	Review = 1pt	Total points (✓) =			
					M-4	P-3	D-2	R-1
<b>Travel in a backward direction and change direction quickly, and safely, without falling</b>	Travels in different directions quickly and safely without hesitation or falling	Travels in different directions quickly and safely with slight hesitation or falling	Travels in different directions quickly and safely with hesitation and needs assistance to keep from falling	Is unable to travel in different directions quickly and safely without falling	M-4	P-3	D-2	R-1
<b>Travel, changing speeds and directions, in response to a variety of rhythms</b>	Travels while changing directions and speeds to various rhythms without error	Travels while changing directions and speeds to various rhythms with minimal errors	Travels while changing directions and speeds to various rhythms and needs assistance	Is unable to travel while changing directions and speeds to various rhythms	M-4	P-3	D-2	R-1
<b>Combines various traveling patterns in time to the music</b>	Distinguishes between various pathways(i.e. straight, curved and zigzag)	Sometimes distinguishes between various pathways(i.e. straight, curved and zigzag)	Rarely distinguishes between various pathways(i.e. straight, curved and zigzag)	Unable to distinguish between various pathways(i.e. straight, curved and zigzag)	M-4	P-3	D-2	R-1
<b>Jump and land using two-foot takeoffs and landings</b>	Able to take off and land on both feet simultaneously	Able to take off and land on both feet simultaneously the majority of the time	Able to take off with 2 feet but landing in a 1-2 pattern	Take off and landing on 1 foot	M-4	P-3	D-2	R-1
<b>Demonstrate skills of chasing, fleeing and dodging to avoid or catch others</b>	Consistently: -quickly changes direction and speed -uses low and high level stretching and twisting to avoid others	Mostly: -quickly changes direction and speed -uses low and high level stretching and twisting to avoid others	Occasionally: -quickly changes direction and speed -uses low and high level stretching and twisting to avoid others	Never: -quickly changes direction and speed -uses low and high level stretching and twisting to avoid others	M-4	P-3	D-2	R-1
<b>Roll smoothly in a forward direction without stopping or hesitating</b>	Smooth transfer of weight, to feet without hesitation	Transfers weight to knees, some hesitation, chin on chest	Rolls off the mat with some form	Unable to roll, unacceptable form	M-4	P-3	D-2	R-1
<b>Balance, demonstrating momentary stillness, in symmetrical and asymmetrical shapes on a variety of body parts</b>	Demonstrates momentary stillness, moves smoothly from one pose to another	Demonstrates momentary stillness with some form from one pose to another	Has difficulty with stillness from one post to another	No stillness from one pose to another	M-4	P-3	D-2	R-1
<b>Move feet into high level by placing the weight on the hands and landing with control</b>	Moves feet to high level by placing weight on hands and landing in total control	Moves feet to high level by placing weight on hands and landing with some control	Moves feet to high level by placing weight on hands and landing with no control	Must place hands on the mat and has no balance	M-4	P-3	D-2	R-1

Assessment	Mastery = 4pts	Proficient = 3pts	Developing = 2pts	Review = 1pt	Total points(  ) =			
<b>Use the inside or instep of the foot to kick a slowly rolling ball into the air or along the ground</b>	Can kick a slow rolling ball accurately using the instep of the foot into the air or along the ground every time	Can kick a slow rolling ball accurately using the instep of the foot into the air or along the ground most of the time	Can kick a slow rolling ball accurately using the instep of the foot into the air or along the ground occasionally	Cannot kick a slow rolling ball accurately using the instep of the foot into the air or along the ground	M-4	P-3	D-2	R-1
<b>Throw a ball hard demonstrating an overhead technique, a side orientation, and opposition</b>	Can throw a ball hard demonstrating an overhead technique, a side orientation, and opposition every time	Can throw a ball hard demonstrating an overhead technique, a side orientation, and opposition most of the time	Can throw a ball hard demonstrating an overhead technique, a side orientation, and opposition occasionally	Cannot throw a ball hard demonstrating an overhead technique, side orientation, and opposition	M-4	P-3	D-2	R-1
<b>Catch, using properly positioned hands, a gently thrown ball</b>	Can catch, using properly positioned hands, a gently thrown ball every time	Can catch, using properly positioned hands, a gently thrown ball most of the time	Can catch, using properly positioned hands, a gently thrown ball occasionally	Cannot catch a gently thrown ball while using proper hand position	M-4	P-3	D-2	R-1
<b>Continuously dribble a ball, using the hands or feet, without losing control</b>	Can continuously dribble a ball, using the hands or the feet, without losing control	Can continuously dribble a ball, using the hands or the feet, with minimal errors	Can dribble a ball, using the hands or the feet with multiple errors	Cannot dribble a ball, using the hands or the feet, without losing control	M-4	P-3	D-2	R-1
<b>Use at least three different body parts to strike a ball toward a target</b>	Can use at least three different body parts to strike a ball toward a target	Can use at least two different body parts to strike a ball toward a target	Can use at least one body part to strike a ball toward a target	Cannot use any body part to strike a ball toward a target	M-4	P-3	D-2	R-1
<b>Strike a ball repeatedly with a paddle</b>	Can strike a ball repeatedly with a paddle with no errors	Can strike a ball repeatedly with a paddle with minimal errors	Can strike a ball with a paddle with multiple errors	Cannot strike a ball repeatedly with a paddle	M-4	P-3	D-2	R-1
<b>Consistently strike a ball with a bat from a tee or cone, using a correct grip and side orientation</b>	Can consistently strike a ball with a bat from a tee or cone, using a correct grip and side orientation	Can strike a ball with a bat from a tee or cone, using the correct grip and side orientation most of the time	Can strike a ball with a bat from a tee or a cone while using the correct grip and side orientation occasionally	Cannot strike a ball with a bat from a tee or a cone while using the correct grip and side orientation	M-4	P-3	D-2	R-1
<b>Repeatedly jump a self-turned rope</b>	Can turn a single rope and jump at a single beat repeatedly without error	Can turn a single rope and jump at a single beat repeatedly with minor errors	Can turn a single rope and jump at a single beat repeatedly with many errors	Cannot turn a single rope or jump repeatedly at all	M-4	P-3	D-2	R-1
<b>Combine shapes, levels, and pathways into simple sequences</b>	Can combine shapes, levels, and pathways into simple sequences	Can combine shapes, levels, and pathways into simple sequences with minor errors	Can combine shapes, levels, and pathways into simple sequences with multiple errors	Cannot combine shapes, levels, and pathways to make simple sequences	M-4	P-3	D-2	R-1
<b>Skip, hop, gallop, and slide, using mature motor patterns</b>	Can skip, hop, gallop, and slide using mature motor patterns all the time	Can skip, hop, gallop, and slide, using mature motor patterns, most of the time	Can occasionally skip, hop, gallop, and slide using mature motor patterns	Cannot use mature motor patterns to skip, hop, gallop, and slide	M-4	P-3	D-2	R-1

Assessment	Mastery = 4pts	Proficient = 3pts	Developing = 2pts	Review = 1pt	Total points(✓) =			
					M-4	P-3	D-2	R-1
<b>Move each joint through a full range of motion.</b>	Can move each joint through a full range of motion with no errors	Can move most joint through a full range of motion	Can move half of the joints through a full range of motion.	Is unable to move joints through a full range of motion	M-4	P-3	D-2	R-1
<b>Manage own body weight while hanging and climbing.</b>	Can manage own body weight while hanging and climbing every time	Can manage own body weight while hanging and climbing most of the time	Can manage own body weight while hanging and climbing occasionally	Cannot manage own body weight while hanging and climbing	M-4	P-3	D-2	R-1
<b>Demonstrate safety while participating in physical activity</b>	Can demonstrate safety principles and procedures while participating in physical activity all the time	Sometimes demonstrates safety while participating in physical activity	Rarely demonstrates safety while participating in physical activity	Does not demonstrate safety while participating in physical activity	M-4	P-3	D-2	R-1
<b>Participate in a wide variety of activities that involve locomotion, nonlocomotion, and the manipulation of various objects</b>	Always participates in a wide variety of activities that involve locomotion, nonlocomotion, and the manipulation of various objects	Participates in a wide variety of activities that involve locomotion, nonlocomotion, and the manipulation of various objects most of the time	Rarely participates in a wide variety of activities that involve locomotion, nonlocomotion, and the manipulation of various objects	Never participates in activities that involve locomotion, nonlocomotion, and the manipulation of various objects	M-4	P-3	D-2	R-1
<b>Recognize similar movement concepts in a variety of skills</b>	Can always recognize the similarities of movement concepts in a variety of skills	Can sometimes recognize the similarities of movement concepts in a variety of skills	Can rarely recognize the similarities of movement concepts in a variety of skills	Cannot recognize the similarities of movement concepts in a variety of skills	M-4	P-3	D-2	R-1
<b>Identify appropriate behaviors for participating with others in physical activity</b>	Identifies the appropriate behaviors for participating with others in physical activity every time	Identifies the appropriate behaviors for participating with others in physical activity most of the time	Occasionally identifies the appropriate behaviors for participating with others in physical activity	Does not identify the appropriate behaviors for participating with others in physical activity	M-4	P-3	D-2	R-1
<b>Identify changes in the body during physical activity</b>	Identifies changes in the body during physical activity as it happens	Identifies changes in the body with minimal doubt	Identifies changes in the body with extreme doubt	Cannot identify changes in the body at all	M-4	P-3	D-2	R-1
<b>State reasons for safe and controlled movements</b>	Can state 4-5 reasons for safe and controlled movements	Can state 2-3 reasons for safe and controlled movements	Can state 1 reason for safe and controlled movements	Cannot state any reasons for safe and controlled movements	M-4	P-3	D-2	R-1
<b>Appreciate the benefits that accompany cooperation and sharing</b>	Can appreciate the benefits that accompany cooperation and sharing	Most of the time can appreciate the benefits that accompany	Seldom appreciates the benefits that accompany cooperation and sharing	Cannot appreciate the benefits that accompany cooperation and sharing	M-4	P-3	D-2	R-1

	every time	cooperation and sharing		at all				
Assessment	Mastery = 4pts	Proficient = 3pts	Developing = 2pts	Review = 1pt	Total points (✓) =			
<b>Accept the feelings resulting from challenges, successes, and failures in physical activity</b>	Is able to accept the feelings resulting from challenges, success and/or failures all the time	Is generally accepting of the feelings resulting from challenges, success and/or failures	Is rarely accepting of the feelings resulting from challenges, success and/or failures	Is never able to accept the feelings resulting from challenges, success and/or failures	M-4	P-3	D-2	R-1
<b>Be considerate of others in physical activity settings</b>	Is always considerate of others and displays great sportsmanship	Is considerate of others and displays good sportsmanship most of the time	Is occasionally considerate of others and does not display good sportsmanship often	Is never considerate of others and displays poor sportsmanship	M-4	P-3	D-2	R-1
<b>Student will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle</b>	Utilizes safe, efficient and effective movement to develop and maintain a healthy active lifestyle	Generally utilizes safe, efficient and effective movement to develop and maintain a healthy active lifestyle	Rarely utilizes safe, efficient and effective movement to develop and maintain a healthy active lifestyle	Never utilizes safe, efficient and effective movement to develop and maintain a healthy active lifestyle	M-4	P-3	D-2	R-1
<b>Student will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle</b>	Applies health-related and skill related fitness concepts and skills to develop and maintain a health, active lifestyle	Most of the time applies health-related and skill related fitness concepts and skills to develop and maintain a health, active lifestyle	Some of the time applies health-related and skill related fitness concepts and skills to develop and maintain a health, active lifestyle	Never applies health-related and skill related fitness concepts and skills to develop and maintain a health, active lifestyle	M-4	P-3	D-2	R-1

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Teacher's Name: \_\_\_\_\_

Grade: \_\_\_\_\_

**NOTE: PLEASE USE THE ATTACHED BENCHMARKS**

Grade 2  
Baseline Data Assessment  
Physical Education  
Standard – 2.1AB, 2.2A-F, 2.5AB, 2.6 A-C

Skills Assessed:

1. Identify selected body parts, skill and concepts.
2. Travel in a forward and sideways directions and change direction quickly in response to a signal.
3. Demonstrate clear contrasts between slow and fast speeds while traveling.
4. Walk and run using a mature motor pattern.
5. Kick a stationary ball, using a smooth, continuous running approach prior to the kick.
6. Toss a ball and catch it before it bounces twice.
7. Demonstrate the difference between an overhand and underhand throw.
8. Recognize that physical activity is good personal well-being.
9. Sustain moderate physical activity.
10. All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.

Rubric Grading Scale

Put a  and number in the box.

Mastery	40-31 points	
Proficient	30-21 points	
Develop	20-11 points	
Review	10-1 points	

Modified Rubric Grading Scale

Mastery	40-29 points	
Proficient	28-17 points	
Develop	16-6 points	
Review	5-1 points	

Student: \_\_\_\_\_

Subject: Physical EducationGrade: 2

Evaluated By: \_\_\_\_\_

(Physical Education Teacher)

Assessment	Mastery = 4pts	Proficient = 3pts	Developing = 2pts	Review = 1pt	Total points (✓) =			
					M-4	P-3	D-2	R-1
<b>Travel in a backward direction and change direction quickly, and safely, without falling</b>	Travels in different directions quickly and safely without hesitation or falling	Travels in different directions quickly and safely with slight hesitation or falling	Travels in different directions quickly and safely with hesitation and needs assistance to keep from falling	Is unable to travel in different directions quickly and safely without falling	M-4	P-3	D-2	R-1
<b>Travel, changing speeds and directions, in response to a variety of rhythms</b>	Travels while changing directions and speeds to various rhythms without error	Travels while changing directions and speeds to various rhythms with minimal errors	Travels while changing directions and speeds to various rhythms and needs assistance	Is unable to travel while changing directions and speeds to various rhythms	M-4	P-3	D-2	R-1
<b>Combines various traveling patterns in time to the music</b>	Distinguishes between various pathways(i.e. straight, curved and zigzag)	Sometimes distinguishes between various pathways(i.e. straight, curved and zigzag)	Rarely distinguishes between various pathways(i.e. straight, curved and zigzag)	Unable to distinguish between various pathways(i.e. straight, curved and zigzag)	M-4	P-3	D-2	R-1
<b>Jump and land using two-foot takeoffs and landings</b>	Able to take off and land on both feet simultaneously	Able to take off and land on both feet simultaneously the majority of the time	Able to take off with 2 feet but landing in a 1-2 pattern	Take-off and landing on 1 foot	M-4	P-3	D-2	R-1
<b>Demonstrate skills of chasing, fleeing and dodging to avoid or catch others</b>	Consistently: -quickly changes direction and speed -uses low and high level stretching and twisting to avoid others	Mostly: -quickly changes direction and speed -uses low and high level stretching and twisting to avoid others	Occasionally: -quickly changes direction and speed -uses low and high level stretching and twisting to avoid others	Never: -quickly changes direction and speed -uses low and high level stretching and twisting to avoid others	M-4	P-3	D-2	R-1
<b>Roll smoothly in a forward direction without stopping or hesitating</b>	Smooth transfer of weight, to feet without hesitation	Transfers weight to knees, some hesitation, chin on chest	Rolls off the mat with some form	Unable to roll, unacceptable form	M-4	P-3	D-2	R-1
<b>Balance, demonstrating momentary stillness, in symmetrical and asymmetrical shapes on a variety of body parts</b>	Demonstrates momentary stillness, moves smoothly from one pose to another	Demonstrates momentary stillness with some form from one pose to another	Has difficulty with stillness from one post to another	No stillness from one pose to another	M-4	P-3	D-2	R-1
<b>Move feet into high level by placing the weight on the hands and landing with control</b>	Moves feet to high level by placing weight on hands and landing in total control	Moves feet to high level by placing weight on hands and landing with some control	Moves feet to high level by placing weight on hands and landing with no control	Must place hands on the mat and has no balance	M-4	P-3	D-2	R-1

Assessment	Mastery = 4pts	Proficient = 3pts	Developing = 2pts	Review = 1pt	Total points(  ) =			
<b>Use the inside or instep of the foot to kick a slowly rolling ball into the air or along the ground</b>	Can kick a slow rolling ball accurately using the instep of the foot into the air or along the ground every time	Can kick a slow rolling ball accurately using the instep of the foot into the air or along the ground most of the time	Can kick a slow rolling ball accurately using the instep of the foot into the air or along the ground occasionally	Cannot kick a slow rolling ball accurately using the instep of the foot into the air or along the ground	M-4	P-3	D-2	R-1
<b>Throw a ball hard demonstrating an overhead technique, a side orientation, and opposition</b>	Can throw a ball hard demonstrating an overhead technique, a side orientation, and opposition every time	Can throw a ball hard demonstrating an overhead technique, a side orientation, and opposition most of the time	Can throw a ball hard demonstrating an overhead technique, a side orientation, and opposition occasionally	Cannot throw a ball hard demonstrating an overhead technique, side orientation, and opposition	M-4	P-3	D-2	R-1
<b>Catch, using properly positioned hands, a gently thrown ball</b>	Can catch, using properly positioned hands, a gently thrown ball every time	Can catch, using properly positioned hands, a gently thrown ball most of the time	Can catch, using properly positioned hands, a gently thrown ball occasionally	Cannot catch a gently thrown ball while using proper hand position	M-4	P-3	D-2	R-1
<b>Continuously dribble a ball, using the hands or feet, without losing control</b>	Can continuously dribble a ball, using the hands or the feet, without losing control	Can continuously dribble a ball, using the hands or the feet, with minimal errors	Can dribble a ball, using the hands or the feet with multiple errors	Cannot dribble a ball, using the hands or the feet, without losing control	M-4	P-3	D-2	R-1
<b>Use at least three different body parts to strike a ball toward a target</b>	Can use at least three different body parts to strike a ball toward a target	Can use at least two different body parts to strike a ball toward a target	Can use at least one body part to strike a ball toward a target	Cannot use any body part to strike a ball toward a target	M-4	P-3	D-2	R-1
<b>Strike a ball repeatedly with a paddle</b>	Can strike a ball repeatedly with a paddle with no errors	Can strike a ball repeatedly with a paddle with minimal errors	Can strike a ball with a paddle with multiple errors	Cannot strike a ball repeatedly with a paddle	M-4	P-3	D-2	R-1
<b>Consistently strike a ball with a bat from a tee or cone, using a correct grip and side orientation</b>	Can consistently strike a ball with a bat from a tee or cone, using a correct grip and side orientation	Can strike a ball with a bat from a tee or cone, using the correct grip and side orientation most of the time	Can strike a ball with a bat from a tee or a cone while using the correct grip and side orientation occasionally	Cannot strike a ball with a bat from a tee or a cone while using the correct grip and side orientation	M-4	P-3	D-2	R-1
<b>Repeatedly jump a self-turned rope</b>	Can turn a single rope and jump at a single beat repeatedly without error	Can turn a single rope and jump at a single beat repeatedly with minor errors	Can turn a single rope and jump at a single beat repeatedly with many errors	Cannot turn a single rope or jump repeatedly at all	M-4	P-3	D-2	R-1
<b>Combine shapes, levels, and pathways into simple sequences</b>	Can combine shapes, levels, and pathways into simple sequences	Can combine shapes, levels, and pathways into simple sequences with minor errors	Can combine shapes, levels, and pathways into simple sequences with multiple errors	Cannot combine shapes, levels, and pathways to make simple sequences	M-4	P-3	D-2	R-1
<b>Skip, hop, gallop, and slide, using mature motor patterns</b>	Can skip, hop, gallop, and slide using mature motor patterns all the time	Can skip, hop, gallop, and slide, using mature motor patterns, most of the time	Can occasionally skip, hop, gallop, and slide using mature motor patterns	Cannot use mature motor patterns to skip, hop, gallop, and slide	M-4	P-3	D-2	R-1

Assessment	Mastery = 4pts	Proficient = 3pts	Developing = 2pts	Review = 1pt	Total points(✓) =			
					M-4	P-3	D-2	R-1
<b>Move each joint through a full range of motion.</b>	Can move each joint through a full range of motion with no errors	Can move most joint through a full range of motion	Can move half of the joints through a full range of motion.	Is unable to move joints through a full range of motion	M-4	P-3	D-2	R-1
<b>Manage own body weight while hanging and climbing.</b>	Can manage own body weight while hanging and climbing every time	Can manage own body weight while hanging and climbing most of the time	Can manage own body weight while hanging and climbing occasionally	Cannot manage own body weight while hanging and climbing	M-4	P-3	D-2	R-1
<b>Demonstrate safety while participating in physical activity</b>	Can demonstrate safety principles and procedures while participating in physical activity all the time	Sometimes demonstrates safety while participating in physical activity	Rarely demonstrates safety while participating in physical activity	Does not demonstrate safety while participating in physical activity	M-4	P-3	D-2	R-1
<b>Participate in a wide variety of activities that involve locomotion, nonlocomotion, and the manipulation of various objects</b>	Always participates in a wide variety of activities that involve locomotion, nonlocomotion, and the manipulation of various objects	Participates in a wide variety of activities that involve locomotion, nonlocomotion, and the manipulation of various objects most of the time	Rarely participates in a wide variety of activities that involve locomotion, nonlocomotion, and the manipulation of various objects	Never participates in activities that involve locomotion, nonlocomotion, and the manipulation of various objects	M-4	P-3	D-2	R-1
<b>Recognize similar movement concepts in a variety of skills</b>	Can always recognize the similarities of movement concepts in a variety of skills	Can sometimes recognize the similarities of movement concepts in a variety of skills	Can rarely recognize the similarities of movement concepts in a variety of skills	Cannot recognize the similarities of movement concepts in a variety of skills	M-4	P-3	D-2	R-1
<b>Identify appropriate behaviors for participating with others in physical activity</b>	Identifies the appropriate behaviors for participating with others in physical activity every time	Identifies the appropriate behaviors for participating with others in physical activity most of the time	Occasionally identifies the appropriate behaviors for participating with others in physical activity	Does not identify the appropriate behaviors for participating with others in physical activity	M-4	P-3	D-2	R-1
<b>Identify changes in the body during physical activity</b>	Identifies changes in the body during physical activity as it happens	Identifies changes in the body with minimal doubt	Identifies changes in the body with extreme doubt	Cannot identify changes in the body at all	M-4	P-3	D-2	R-1
<b>State reasons for safe and controlled movements</b>	Can state 4-5 reasons for safe and controlled movements	Can state 2-3 reasons for safe and controlled movements	Can state 1 reason for safe and controlled movements	Cannot state any reasons for safe and controlled movements	M-4	P-3	D-2	R-1
<b>Appreciate the benefits that accompany cooperation and sharing</b>	Can appreciate the benefits that accompany cooperation and sharing	Most of the time can appreciate the benefits that accompany	Seldom appreciates the benefits that accompany cooperation and sharing	Cannot appreciate the benefits that accompany cooperation and sharing	M-4	P-3	D-2	R-1

	every time	cooperation and sharing		at all				
Assessment	Mastery = 4pts	Proficient = 3pts	Developing = 2pts	Review = 1pt	Total points(✓) =			
<b>Accept the feelings resulting from challenges, successes, and failures in physical activity</b>	Is able to accept the feelings resulting from challenges, success and/or failures all the time	Is generally accepting of the feelings resulting from challenges, success and/or failures	Is rarely accepting of the feelings resulting from challenges, success and/or failures	Is never able to accept the feelings resulting from challenges, success and/or failures	M-4	P-3	D-2	R-1
<b>Be considerate of others in physical activity settings</b>	Is always considerate of others and displays great sportsmanship	Is considerate of others and displays good sportsmanship most of the time	Is occasionally considerate of others and does not display good sportsmanship often	Is never considerate of others and displays poor sportsmanship	M-4	P-3	D-2	R-1
<b>Student will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle</b>	Utilizes safe, efficient and effective movement to develop and maintain a healthy active lifestyle	Generally utilizes safe, efficient and effective movement to develop and maintain a healthy active lifestyle	Rarely utilizes safe, efficient and effective movement to develop and maintain a healthy active lifestyle	Never utilizes safe, efficient and effective movement to develop and maintain a healthy active lifestyle	M-4	P-3	D-2	R-1
<b>Student will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle</b>	Applies health-related and skill related fitness concepts and skills to develop and maintain a healthy, active lifestyle	Most of the time applies health-related and skill related fitness concepts and skills to develop and maintain a healthy, active lifestyle	Some of the time applies health-related and skill related fitness concepts and skills to develop and maintain a healthy, active lifestyle	Never applies health-related and skill related fitness concepts and skills to develop and maintain a healthy, active lifestyle	M-4	P-3	D-2	R-1

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Teacher's Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Grade 3  
Baseline Data Assessment  
Physical Education

1. What muscle is used in doing a push-up?
  - a. calves
  - b. bicep
  - c. back
  - d. quad
  
2. Which exercise improves cardio?
  - a. push-ups
  - b. crunches
  - c. jumping jacks
  - d. toe-touches
  
3. The part of the foot used to dribble a soccer ball is called \_\_\_\_\_.
  - a. outside
  - b. toe
  - c. inside
  - d. A and C
  
4. This is a soccer penalty ball is called \_\_\_\_\_.
  - a. handball
  - b. goal
  - c. passing
  - d. kicking
  
5. In floor hockey, the blade cannot come up past this part of the players body ball is called \_\_\_\_\_.
  - a. head
  - b. shoulder
  - c. chest
  - d. waist
  
6. What is the most important skill in basketball?
  - a. Shooting
  - b. Dribbling
  - c. Swiping
  - d. Passing

7. This part of the body is used to set the volleyball ball is called \_\_\_\_\_.
- a. feet
  - b. forearms
  - c. fingers
  - d. knee

8. A baseball team switches from offense to defense after this many outs.
- a. 1
  - b. 2
  - c. 3
  - d. 4

9. Name the most important muscle in the body, and explain why?

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10. In a football game, the quarterback throws a pass, and the defense catches the ball. The play is called \_\_\_\_\_
- a. fumble
  - b. interception
  - c. touchdown
  - d. field goal

### **Grade 3 Physical Education Baseline Data Assessment Answer Key**

1. B (2.6)
2. C (2.5)
3. D (2.5)
4. A (2.6)
5. D (2.5)
6. B (2.5)
7. C (2.6)
8. C (2.5)

9. The heart. It supplies the body with oxygen to move, and it's the only muscle that never stops working. (2.5)

10. B (2.5)

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Teacher's Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Grade 4  
Baseline Data Assessment  
Physical Education

1. Dancing increases this component of fitness is called: \_\_\_\_\_.
  - a. flexibility
  - b. strength
  - c. endurance
  - d. all of the above
  
2. The football player that throws the ball is called: \_\_\_\_\_.
  - a. running back
  - b. defensive back
  - c. quarterback
  - d. receiver
  
3. This is not a racquet sport is called: \_\_\_\_\_.
  - a. tennis
  - b. cricket
  - c. badminton
  - d. volleyball
  
4. Strength can be tested with this exercise is called: \_\_\_\_\_.
  - a. crunch
  - b. jog
  - c. jumping jacks
  - d. push ups
  
5. Which is not a team sport?
  - a. soccer
  - b. basketball
  - c. baseball
  - d. none of the above
  
6. Teams switch from offense to defense after this many outs.
  - a. 2
  - b. 3
  - c. 1
  - d. 4

7. Cardiovascular exercises strengthen this muscle is called:\_\_\_\_\_.

- a. bicep
- b. heart
- c. deltoid
- d. pectorals

8. Another name for a forearm pass is called \_\_\_\_\_.

- a. set
- b. serve
- c. kick
- d. bump

9. Design a fitness plan that exercises the 4 components of fitness.

10. During a football game the Miami Dolphins score 3 touchdowns and 8 field goals. The New York Jets scored 4 touchdowns and 5 field goals. Which team won the game and by how much.

### Grade 4 Physical Education Baseline Data Assessment Answer Key

1. D (2.6A)
2. C (2.5B)
3. D (2.5A)
4. D (2.6A)
5. D (2.5A)
6. B (2.5C)
7. B (2.6A)
8. D (2.5B)

9. 2.6A

Possible Answers:

Flexibility – Toe-Touches

Muscular Strength – Push-Ups

Muscular Endurance - Crunches

Cardiovascular – Jumping Jacks

10. 2.5C

Miami wins the game by two points. Miami Dolphins 45, Jets 43.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Teacher's Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Grade 5  
Physical Education  
Base Line Data Assessment

Multiple Choice (4 points each)

Circle the best answer to each question.

1. How many pins are at the end of a regular bowling alley on one lane?
  - a. 11
  - b. 8
  - c. 9
  - d. 10
  
2. When catching a football, your hands should form a:
  - a. triangle
  - b. circle
  - c. line
  - d. square
  
3. How many players are on a regulation volleyball court at one time, on one team?
  - a. 5
  - b. 6
  - c. 10
  - d. 7
  
4. Which of these is a skill used in basketball?
  - a. kicking
  - b. curling
  - c. slapping
  - d. dribbling
  
5. Which of these is a benefit of physical fitness?
  - a. strengthening of bones
  - b. improving mental health
  - c. increased flexibility
  - d. all of the above

6. Which of these are activities is not associated with physical fitness tests:
- a. pull-ups
  - b. curl-ups
  - c. sitting down
  - d. shuttle run
7. In floor Hockey, the game begins with a:
- a. slap shot
  - b. kick off
  - c. tip off
  - d. face off
8. When dribbling the soccer ball, you should use which part of your foot?
- a. bottom
  - b. toes
  - c. outside
  - d. inside

Open ended/Critical thinking: (9 points each)

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

9. List and describe how Physical Education can help you in the future?

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10. Discuss and explain the importance of warming up before doing any physical activity.

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Grade 5 Answer Key  
Physical Education Base Line Data Assessment

Questions	NJCCCS/CPI	Answer	Notes
1	2.5.2.A.1, 2.5.4.A.1, 2.5.6.A.1	D	
2	2.5.2.A.1, 2.5.4.A.1, 2.5.6.A.1	A	
3	2.5.2.A.1, 2.5.4.A.1, 2.5.6.A.1	A	
4	2.5.2.A.1, 2.5.4.A.1, 2.5.6.A.1	C	
5	2.6.2.A.2, 2.6.4.A.2	B	
6	2.6.2.A.2, 2.6.4.A.2	C	
7	2.5.2.A.1, 2.5.4.A.1, 2.5.6.A.1	D	
8	2.5.2.A.1, 2.5.4.A.1, 2.5.6.A.1	D	
9	2.5.2.A.1, 2.5.4.A.1, 2.5.6.A.1	Developing teamwork, help you lead a healthy lifestyle, prepare you for sports, learn cooperation, and discover ways to be physically fit.	
10	2.5.2.A.1, 2.5.4.A.1, 2.5.6.A.1	Increase heart rate, prepare body for workout, boosts the amount of nutrients and oxygen delivered to your muscles, extends your workout. Easier to burn calories.	

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

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

Grade 6  
Base Line Data Assessment  
Physical Education

Part 1: Multiple Choice: (2pts each)

Circle the letter that represents the correct answer.

1. The most important part of the bowling delivery is a bowler's \_\_\_\_\_.
  - a. release
  - b. attitude
  - c. stance
  - d. follow through
  
2. A gliding step which usually connects two steps is called \_\_\_\_\_.
  - a. glissade
  - b. accent
  - c. balance
  - d. posture
  
3. Joints and muscles are prepared for vigorous exercise by \_\_\_\_\_.
  - a. rope climbing and sit ups
  - b. warm-ups and stretching
  - c. pushups and jumping rope
  - d. jogging and weight training
  
4. Jogging for 20 minutes will improve \_\_\_\_\_.
  - a. muscle strength
  - b. muscle endurance
  - c. flexibility
  - d. heart/lung endurance

5. The game of football is started by a\_\_\_\_\_.
- snap
  - kickoff
  - release
  - jump off
6. Hockey is thought to have dated back as far as\_\_\_\_\_.
- 3000 BC
  - early
  - 200 BC
  - Ancient Greece
7. Tapping the ball or puck is called\_\_\_\_\_.
- hitting
  - passing
  - dribbling
  - scoring
8. Jumping to catch the Frisbee is called\_\_\_\_\_.
- swill
  - skying
  - pivot
  - hammer
9. A bad throw is referred to as\_\_\_\_\_.
- hammer
  - cut
  - swill
  - pivot
10. The last leg on a relay team is called the \_\_\_\_\_.
- beginner
  - middle
  - anchor
  - last

11. The score in a tennis match is 15, 30, and \_\_\_\_\_.

- a. 40
- b. 60
- c. 80
- d. 0

12. The game starts with a \_\_\_\_\_ toss.

- a. flip
- b. hand
- c. coin
- d. ball

13. Any stroke that is made from the side of the body, opposite the racket side is called a \_\_\_\_\_ stroke.

- a. forward
- b. side
- c. backhand
- d. overhead

**Open Ended/Critical Thinking: (10pts each)**

Answer each question using complete sentences.

14. Describe the game of handball. Be sure to include a description of the playing field and equipment needed to play the game.

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15. Compare and contrast the differences between catching a ball above the waist from catching a ball below the waist. When would you apply the two different types of catcher?

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GRADE 6  
 PHYSICAL EDUCATION BASE LINE DATA ASSESSMENT  
 ANSWER KEY

Question	NJCCCS/CPI	Answer
1	<b>2.5.2.A.1, 2.5.4.A.1, 2.5.6.A.1</b>	A
2	<b>2.5.2.A.1, 2.5.4.A.1, 2.5.6.A.1</b>	A
3	<b>2.6.2.A.2, 2.6.4.A.2</b>	B
4	<b>2.6.2.A.2, 2.6.4.A.2</b>	D
5	<b>2.5.2.A.1, 2.5.4.A.1, 2.5.6.A.1</b>	B
6	<b>2.5.2.A.1, 2.5.4.A.1, 2.5.6.A.1</b>	D
7	<b>2.5.2.A.1, 2.5.4.A.1, 2.5.6.A.1</b>	C
8	<b>2.5.2.A.1, 2.5.4.A.1, 2.5.6.A.1</b>	A
9	<b>2.5.2.A.1, 2.5.4.A.1, 2.5.6.A.1</b>	A
10	<b>2.5.2.A.1, 2.5.4.A.1, 2.5.6.A.1</b>	C
11	<b>2.5.2.A.1, 2.5.4.A.1, 2.5.6.A.1</b>	A
12	<b>2.5.2.A.1, 2.5.4.A.1, 2.5.6.A.1</b>	C
13	<b>2.5.2.A.1, 2.5.4.A.1, 2.5.6.A.1</b>	C
14	<b>2.5.2.A.1, 2.5.4.A.1, 2.5.6.A.1</b>	The game of handball is a competitive game in which a ball is hit with the hand against a wall alternately by opposing players.
15	<b>2.5.2.A.1, 2.5.4.A.1, 2.5.6.A.1</b>	When catching a ball above the head your hands are above your head. When catching a ball below the waist your hands are toward the ground. If the ball is hit high you catch it above your head. If the ball of hit on the ground you catch it below your waist.

Name \_\_\_\_\_

Date \_\_\_\_\_

P. E. Teacher \_\_\_\_\_

Grade/Section \_\_\_\_\_

Grade 7  
Base Line Data Assessment  
Physical Education

1. Muscular 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. the ability to run fast
  
2. Joints and muscles are prepared for vigorous exercise by \_\_\_\_\_.
  - a. jogging and weight training
  - b. rope climbing and sit-ups
  - c. warm-ups and stretching
  - d. push-ups and jumping rope
  
3. How many players create a team in football?
  - a. 12
  - b. 5
  - c. 11
  - d. 10
  
4. Which of the following scoring methods is worth 2 points?
  - a. touchdown
  - b. safety
  - c. field goal
  - d. fumble
  
5. A player obtains a "first down" in Football every \_\_\_\_ yards.
  - a. 5
  - b. 20
  - c. 15
  - d. 10
  
6. In Hockey, grabbing the opponent's stick with yours is an illegal move called: \_\_\_\_\_.
  - a. scooping
  - b. hacking
  - c. hooking
  - d. wrapping
  
7. What is the call that is made when the defense kicks the Soccer ball over the goal line?
  - a. corner kick
  - b. goal kick
  - c. throw-in
  - d. out-of-bounds

8. Knocking down all of the tenpins within one bowling attempt is called a \_\_\_\_\_.
- spare
  - turkey
  - gutter ball
  - strike
9. Rebounding to keep an opponent from grabbing a missed foul shot is a technique called \_\_\_\_\_ in basketball.
- fouling out
  - pushing out
  - boxing out
  - blocking out
10. When a team obtains the serve in volleyball, the players rotate in a \_\_\_\_\_ clockwise motion. This enables another server to score points.
- counter-clockwise
  - rotational
  - diagonal
  - clockwise
11. Which volleyball hit can be described as “making contact with the ball below waist level with both forearms and heel of the hands”?
- spike
  - dig
  - set
  - bump
12. A player in badminton must first serve from the \_\_\_\_\_ service box.
- right
  - left
  - center
  - front
13. When a player (who has yet to score) serves a ball in tennis, what is his/her score?
- none
  - love
  - zilch
  - zero
14. The area at either end of the field in which a point is score is called a: \_\_\_\_\_.
- goal line
  - mid-field
  - end zone
  - back line

15. \_\_\_\_\_ typically scores the most points in a lacrosse game.
- a. Mid-fielders
  - b. Attackers
  - c. Goalies
  - d. Defensemen
16. In a game of softball/wiffleball/baseball, the \_\_\_\_\_ team bats last.
- a. visiting
  - b. home
  - c. away
  - d. remaining
17. A ball that is returned to the front wall and rebounds so low that it is impossible to return is called a \_\_\_\_\_ in handball.
- a. pass
  - b. kill
  - c. fumble
  - d. fail
18. At the beginning of a race in track and field, 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

**19. Short answer: How does one execute (perform) a foul shot in basketball? Use specific cues to support your answer.**

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**20. Short answer: What are the benefits of cooling down after a workout? Explain your answer.**

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## PHYSICAL EDUCATION BASELINE DATA ASSESSMENT 7

### ANSWER KEY

<u>QUESTION</u>	<u>NJCCCS/CPI</u>	<u>ANSWER</u>	<u>NOTES</u>
<u>1</u>	2.1ABCDE 2.2ABCDE 2.5ABC 2.6A	A	<u>PHYSICAL FITNESS</u>
<u>2</u>	2.1ABCDE 2.2ABCDE 2.5ABC 2.6A	B	<u>PHYSICAL FITNESS</u>
<u>3</u>	2.2ABCDE 2.5ABC 2.6A`	C	<u>FOOTBALL</u>
<u>4</u>	2.2ABCDE 2.5ABC 2.6AB	B	<u>FOOTBALL</u>
<u>5</u>	2.2ABCDE 2.5ABC 2.6A	D	<u>FOOTBALL</u>
<u>6</u>	2.2ABCDE 2.5ABC 2.6A	C	<u>HOCKEY</u>
<u>7</u>	2.2ABCDE 2.5ABC 2.6AB	B	<u>SOCCER</u>
<u>8</u>	2.2ABCDE 2.5ABC 2.6AB	D	<u>BOWLING</u>
<u>9</u>	2.2ABCDE 2.5ABC	C	<u>BASKETBALL</u>
<u>10</u>	2.2ABCDE 2.5ABC 2.6	D	<u>VOLLEYBALL</u>
<u>11</u>	2.2ABCDE 2.5ABC 2.6A	D	<u>VOLLEYBALL</u>
<u>12</u>	2.2ABCDE 2.5ABC 2.6 A	A	<u>RACQUET SPORTS</u>
<u>13</u>	2.2ABCDE 2.5ABC 2.6	B	<u>RACQUET SPORTS</u>
<u>14</u>	2.2ABCDE 2.5ABC 2.6B	C	<u>ULTIMATE FRISBEE</u>
<u>15</u>	2.2ABCDE 2.5ABC 2.6A	A	<u>LACROSSE</u>
<u>16</u>	2.2ABCDE 2.5ABC 2.6A	C	<u>SOFTBALL/WIFFLEBALL</u>
<u>17</u>	2.2ABCDE 2.5ABC 2.6A	B	<u>HANDBALL</u>
<u>18</u>	2.2ABCDE 2.5ABC 2.6A	D	<u>TRACK AND FIELD</u>
<u>19</u>	2.2ABCDE 2.5ABC		<u>BASKETBALL</u>
<u>20</u>	2.1ABCDE 2.2ABCDE 2.5AB 2.6ABC		<u>PHYSICAL FITNESS</u>

Name \_\_\_\_\_

Date \_\_\_\_\_

P. E. Teacher \_\_\_\_\_

Grade/Section \_\_\_\_\_

Grade 8  
Base Line Data Assessment  
Physical Education

1. Physical fitness is important for \_\_\_\_\_.
  - a. optimal health
  - b. proper physical performance
  - c. mental well-being
  - d. all of the above
  
2. The benefits of stretching exercises will help a person \_\_\_\_\_.
  - a. build strength
  - b. avoid injuries
  - c. burn calories
  - d. none of the above
  
3. The game of football is started by a \_\_\_\_\_.
  - a. kickoff
  - b. jump-off
  - c. snap
  - d. face-off
  
4. Which of the following scoring methods is worth 2 points?
  - a. touchdown
  - b. safety
  - c. field goal
  - d. fumble
  
5. Only one player on the team may touch the ball with his/her hands in order to stop the ball in soccer. Who is this person? \_\_\_\_\_.
  - a. defender
  - b. goalie
  - c. offense
  - d. none of the above
  
6. In hockey, tapping the ball or puck repeatedly is called \_\_\_\_\_.
  - a. dribbling
  - b. swinging
  - c. hacking
  - d. none of the above

7. The best benefit to warming up before a workout is \_\_\_\_\_.
- it creates blood flow throughout the body and prepares it for strenuous activity
  - it prolongs the exercise
  - it gets beginners ready for a workout
  - it helps you focus on your workout
8. When a pin is hidden behind another pin, this is called a \_\_\_\_\_ in a game of bowling.
- spare
  - gutter ball
  - open ball
  - sleeper
9. Maintaining an upright and controlled position of the body while being still or in movement is called a \_\_\_\_\_.
- slide
  - balance
  - posture
  - plie'
10. Which answer means the regular occurrence of accented beats that shape the character of music or dance?
- choreography
  - rhythm
  - tempo
  - beat
11. A creation or compilation of steps, patterns, and movements which make up a dance routine is called \_\_\_\_\_.
- dance
  - choreography
  - quick step
  - movement
12. The act of hitting the ball downward with great force (usually from the top of a jump or a set) into the opponent's court is a \_\_\_\_\_.
- dig
  - bump
  - spike
  - ace
13. The point scored as a result of a volleyball serve is a(n) \_\_\_\_\_.
- par
  - love
  - ace
  - kill

14. How many points must be scored by a team to win a volleyball game?
- a. 15
  - b. 25
  - c. 30
  - d. 20
15. If a server completely misses the shuttle, that person has the opportunity to\_\_\_\_\_.
- a. lose a turn
  - b. leave the game
  - c. serve again
  - d. none of the above
16. When the shuttle goes back and forth over the net, it is called a \_\_\_\_\_.
- a. rally
  - b. good game
  - c. shot
  - d. smash
17. In any sport or game, when a player argues a call with an official, referee, or linesman, that player is showing\_\_\_\_\_.
- a. team work
  - b. communication
  - c. poor sportsmanship
  - d. none of the above
18. Which is a series of quick passes to well-timed cuts in ultimate frisbee?
- a. backhand
  - b. pivot
  - c. swill
  - d. flow

**19. Short Answer: What are different options that a Goalie has in defending the goal? Use specific cues to support your answer.**

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**20. Short Answer: How is a goal scored in the game of Handball? Use examples to support your answer.**

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Physical Education Baseline Data Assessment 8  
Answer Key

<b>QUESTION</b>	<b>NJCCCS/CPI</b>	<b>ANSWER</b>	<b>NOTES</b>
<u>1</u>	2.1ABCDE 2.2ABCDE 2.5ABC 2.6A	D	<u>PHYSICAL FITNESS</u>
<u>2</u>	2.1ABCDE 2.2ABCDE 2.5ABC 2.6A	B	<u>PHYSICAL FITNESS</u>
<u>3</u>	2.2ABCDE 2.5ABCDE 2.6A	B	<u>FOOTBALL</u>
<u>4</u>	2.2ABCDE 2.5ABCDE 2.6A	A	<u>HOCKEY</u>
<u>5</u>	2.2ABCDE 2.5ABCDE 2.6A	B	<u>SOCCER</u>
<u>6</u>	2.2ABCDE 2.5ABCDE 2.6A	A	<u>HOCKEY</u>
<u>7</u>	2.1ABCDE 2.2ABCDE 2.5ABC 2.6A	B	<u>PHYSICAL FITNESS</u>
<u>8</u>	2.2ABCDE 2.5ABC 2.6A	D	<u>BOWLING</u>
<u>9</u>	2.2ABCDE 2.5ABC 2.6A	C	<u>DANCE</u>
<u>10</u>	2.2ABCDE 2.5ABC 2.6A	D	<u>DANCE</u>
<u>11</u>	2.2ABCDE 2.5ABC 2.6A	D	<u>DANCE</u>
<u>12</u>	2.2ABCDE 2.5ABC 2.6A	A	<u>VOLLEYBALL</u>
<u>13</u>	2.2ABCDE 2.5ABC 2.6A	B	<u>VOLLEYBALL</u>
<u>14</u>	2.2ABCDE 2.5ABC 2.6A	C	<u>ULTIMATE FRISBEE</u>
<u>15</u>	2.2ABCDE 2.5ABC 2.6A	A	<u>RACQUET SPORTS</u>
<u>16</u>	2.2ABCDE 2.5ABC 2.6A	C	<u>SOFTBALL/WIFFLEBALL</u>
<u>17</u>	2.2ABCDE 2.5ABC 2.6A	B	
<u>18</u>	2.2ABCDE 2.5ABC 2.6A	D	<u>TRACK AND FIELD</u>
<u>19</u>	2.2ABCDE 2.5ABC 2.6A	The goal keeper may defend the goal in any way by using his/her entire body, including hands.	<u>HOCKEY/LACROSSE/SOCCER</u>
<u>20</u>	2.2ABCDE 2.5ABC 2.6A	When the entire ball crosses over the goal line between the posts and under the cross bar	<u>HANDBALL</u>

## Freshman Physical Education Baseline Data Assessment (V) 2

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NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

TEACHER: \_\_\_\_\_

PERIOD: \_\_\_\_\_

### Multiple Choice (4 points)

1. Elements of dance consist of \_\_\_\_\_.
  - a. body and space
  - b. force and time
  - c. both b & a
  - d. environment and surface
2. Timing in dance consists of \_\_\_\_\_.
  - a. beat and tempo
  - b. tight and loose
  - c. both a & d
  - d. accent and duration
3. When your ball leaves a divot on the green, what should you do? \_\_\_\_\_
  - a. leave it alone
  - b. walk over and repair it
  - c. tell everyone to putt around it
  - d. squish it down hard with your club
4. The game of golf originated in \_\_\_\_\_.
  - a. United States
  - b. Ireland
  - c. Germany
  - d. Scotland
5. The NBA incorporates a “shot-clock” which states that a team has \_\_\_\_\_ seconds to attempt a shot at their basket before a “shot-clock violation” occurs.
  - a. 3
  - b. 34
  - c. 24
  - d. 10
6. (Basketball) The basketball rim is \_\_\_\_\_ feet from the playing surface.
  - a. 10
  - b. 12
  - c. 8
  - d. 9

## Freshman Physical Education Baseline Data Assessment (V) 2

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7. At all times, there are \_\_\_\_\_ players on the court per team.
- 3
  - 11
  - 5
  - 7
8. A game is played by two teams of how many players on each team? \_\_\_\_\_
- 11
  - 5
  - 9
  - 8
9. A \_\_\_\_\_ is worth 3 points.
- touchdown
  - field goal
  - interception
  - fumble
10. A slap shot is when the player uses \_\_\_\_\_.
- a hard stroke that lifts the ball/puck off the surface
  - a stroke that glides across the floor into the goal
  - a hard stroke with the back of the blade
  - a hard stroke with the front of the blade
11. When two players face each other at the beginning of a game or after a penalty it is called (a) \_\_\_\_\_.
- face to face
  - face off
  - one on one
  - jump ball
12. (Floor Hockey) The hockey stick is made up of three parts, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
- shaft, neck, net
  - knob, grip, throat
  - handle, shaft, blade
  - grip, taper, barrel

## Freshman Physical Education Baseline Data Assessment (V) 2

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13. A traditional game of bowling consists of \_\_\_\_\_ frames.
- nine
  - four
  - twelve
  - ten
14. A \_\_\_\_\_ is awarded when no pins are left standing after the second ball of the frame
- turkey
  - strike
  - spare
  - gutter
15. (Badminton) In both men's and women's double play, the required number of points needed to win a game is \_\_\_\_\_.
- 11
  - 15
  - 21
  - 25
16. An overhead stroke hit downward with force, used to score a point:  
\_\_\_\_\_.
- clear
  - drop
  - lob
  - smash
17. Physical fitness is/are: \_\_\_\_\_.
- qualities that are necessary for maintaining a healthy body
  - exercise
  - the ability of the body to perform daily tasks without getting out of breath, sore, or overly tired while avoiding diseases related to a lack of activity
  - components of fitness that is important for good athletic performance
18. What is the main purpose of including warm-ups and cool-downs in exercise sessions?
- improving endurance
  - preventing injuries
  - maintain muscle size
  - increase strength

## Freshman Physical Education Baseline Data Assessment (V) 2

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### **Open Ended/Short Answer (14 points each)**

There are five offensive positions on a basketball team. In the space provided analyze what position you feel is the most important and contributes most to the success of a team. Why? Please provide evidence to support your response.

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In the space provided below please construct a defense as to why it is vital for the human body to remain physically fit and continue to exercise. Compare and contrast an individual who maintains an adequate active lifestyle, in comparison to an individual who exercises seldom or never.

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## Freshman Physical Education Baseline Data Assessment (V) 2

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### Answer Key Multiple Choice

1. C
2. C
3. B
4. D
5. C
6. A
7. C
8. D
9. B
10. A
11. B
12. C
13. D
14. C
15. B
16. D
17. C
18. B

### **Open Ended/ Short Essays**

1. In Basketball, the position that I feel is the most important is center. Center is usually called the fifth position. Center position is played by the biggest and usually the strongest player on the team. Most prolific franchises have been dominant for years because of their powerhouse centers in their roster. A center can cover a lot of floor space and if athletic enough can block shots, get rebounds, dunk over opponents, and penetrate good rival offense.
2. It is extremely important for individuals to remain physically fit and continue to exercise throughout their life-time. Individuals who exercise are known to be more happy, have more energy to complete daily task, eat healthier, perform better in academics, are more likely to overcome and reduce acute and chronic diseases. In contrary, individuals who do not maintain an active lifestyle are more likely to become obese, become depress, more prone to diseases and heart attacks, lower self-esteem, and a smaller appreciation for holistic wellness, sports, and recreation.

# Sophomore Physical Education Baseline Data Assessment (Version 1)

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NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

TEACHER: \_\_\_\_\_

PERIOD: \_\_\_\_\_

## Multiple Choice (4 points each)

Circle the answer that best completes the statement.

### Aerobics

1. Which of these **is not** an example of aerobic exercise?
  - a. jumping rope
  - b. swimming
  - c. bicep curls
  - d. dancing
2. You can avoid many exercise injuries if you:
  - a. exercise in an open area
  - b. listen to your body signals
  - c. exercise at least two or three times weekly
  - d. all of the above

### Badminton

3. Any stroke that is made on the racket side of the body is called a:
  - a. backhand
  - b. forehand
  - c. underhand
  - d. none of the above

### Basketball

4. A free – throw is worth how many points?
  - a. 1 point
  - b. 2 points
  - c. 3 points
  - d. 4 points
5. When a player with possession of the ball decides to stop his/her dribble, they are allowed how many steps before passing or shooting?
  - a. 1 step
  - b. 2 steps
  - c. 3 steps
  - d. 4 steps

## Sophomore Physical Education Baseline Data Assessment (Version 1)

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### Flag Football

6. If a defensive player pushes or knocks into an offensive player who is about to receive a pass, it is considered a
- touchdown
  - fumble
  - pass interference
  - punt

### Flickerball

7. When a team has possession of the ball, they are allowed to make how many passes?
- 5
  - 10
  - 15
  - unlimited passes
8. When a player catches a pass, they are allowed how many steps before coming to a complete stop?
- 1
  - 2
  - 3
  - unlimited steps

### Floor Hockey

9. In floor hockey, each game is started with a
- jump ball
  - tip off
  - face off
  - penalty shot
10. An assist occurs when a player
- single handedly scores a goal
  - receives a pass from a teammate that results in a goal
  - when the ball/puck bounces into the goal
  - when the ball/puck goes out of bounds

### Lacrosse

11. Similar to hockey, the only players allowed to be in the crease are the
- offensive players
  - goalies
  - defensive players
  - all players are allowed in the crease

## Sophomore Physical Education Baseline Data Assessment (Version 1)

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### Physical Fitness

12. The number of times a person's heart beats in a one minute time period is known as their
- exercise ability
  - heart beat
  - heart rate
  - physical fitness

### Power Walking

13. Power Walking helps maintain cardiovascular health. What two body systems does it work?
- reproductive and excretory systems
  - circulatory and respiratory systems
  - excretory and integumentary systems
  - nervous and respiratory systems

### Soccer

14. How is a ball returned into play after it crosses the sideline?
- drop ball
  - throw in
  - corner kick
  - goal kick

### Softball

15. When a runner crosses home plate, the team scores a:
- point
  - run
  - goal
  - touchdown
16. How many outs in one full inning? (One full inning is when both teams have had a chance to bat)
- two (2)
  - six (6)
  - four (4)
  - three (3)

### Team Handball

17. In team handball, a player is allowed to dribble the ball how many times?
- 1 dribble
  - 2 dribbles
  - 3 dribbles
  - unlimited dribbles

# Sophomore Physical Education Baseline Data Assessment (Version 1)

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## Volleyball

18. When a player passes the ball to a teammate using their forearms, this is considered a
- bump
  - set
  - spike
  - carry

## Ultimate Frisbee

19. Each game begins with a long, hanging throw that is known as a
- pull
  - push
  - toss
  - pass

## Weight Training

20. Equipment with an unlimited range of motion such as dumbbells and barbells are known as
- heavy-weights
  - free-weights
  - plates
  - cable machines

## Short Answer / Essay Questions (10 points each)

**Write a clear and concise response for each question on the space provided.**

21. Compare the difference between muscular strength and muscular endurance.

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22. Differentiate between a resting heart rate and a maximum heart rate. Explain how a person can improve or lower their resting heart rate.

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## Sophomore Physical Education Baseline Data Assessment (Version 1)

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1. C
2. D
3. B
4. A
5. B
6. C
7. D
8. B
9. C
10. B
11. B
12. C
13. B
14. B
15. B
16. B
17. C
18. A
19. A
20. B

21. Muscular strength is the amount of force a person can produce or exert at one time.

Muscular endurance is the ability for a muscle or group of muscles to perform continuous exercise without fatiguing.

22. A resting heart rate is the number of times a person's heart beats in a one minute time period while at rest. A maximum heart rate is the greatest number of times a person's heart can beat in a one minute time period. A maximum heart rate is only reached when extreme effort is given throughout a workout period. A person can improve or lower their resting heart rate by participating in cardiovascular exercises on a regular basis.

## Junior Physical Education Baseline Date (Version B)

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Name\_\_\_\_\_

Date\_\_\_\_\_

### **Multiple Choice**

Identify the choice that best completes the statement or answers the question. (4 points each)

#### **Flag Football**

\_\_\_ 1. How many points is a touchdown worth?

- a. 7
- b. 3
- c. 6
- d. 1

\_\_\_ 2. A safety is worth?

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

#### **Flicker ball**

\_\_\_ 3. After catching a pass, a player has how many seconds to pass to another teammate?

- a. 2
- b. 3
- c. 5
- d. unlimited

\_\_\_ 4. Opponents cannot guard the passer and must be at least how many feet away?

- a. 10
- b. 3
- c. 5
- d. 2

#### **Basketball**

\_\_\_ 5. How many players are on the court for each team at all times?

- a. 3
- b. 10
- c. 5
- d. 4

\_\_\_ 6. A shot from behind the “ARC” line is worth how many points?

- a. 2
- b. 1
- c. 2.5
- d. 3

## Junior Physical Education Baseline Date (Version B)

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### Aerobics

- \_\_\_ 7. Which of these is not an example of aerobic exercise?
- a. gymnastics
  - b. swimming
  - c. walking
  - d. dancing
- \_\_\_ 8. To safely exercise, which of these things should you do?
- a. exercise in open areas with good lighting
  - b. exercise with a friend
  - c. wear proper clothing
  - d. all of the above

### Badminton

- \_\_\_ 9. Any stroke that is made on the racket side of the body is called a \_\_\_\_\_?
- a. backhand
  - b. forehand
  - c. underhand
  - d. none of the above
- \_\_\_ 10. An overhead stroke hit downward with force, usually used to score a point:
- a. clear
  - b. lob
  - c. drop
  - d. smash

### Floor Hockey

- \_\_\_ 11. High sticking is called when:
- a. the stick is raised above the waist.
  - b. the player grabs the opponent stick.
  - c. the person scores a goal.
  - d. when an offside pass occurs.
- \_\_\_ 12. When two players face each other at the beginning of a game it is called:
- a. face to face
  - b. face off
  - c. one on one
  - d. a jump ball

## Junior Physical Education Baseline Date (Version B)

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### Physical Fitness

- \_\_\_ 13. The number of times a person's heart beats within a one minute time period is called:
- repetition
  - heart beats
  - heart rate
  - exercise
- \_\_\_ 14. A liquid our body releases to help cool the temperature of our skin is called:\_\_\_\_\_.
- homeostasis
  - water
  - sweat/perspiration
  - none of the above

### Lacrosse

- \_\_\_ 15. Which skill is not a part of lacrosse?
- checking
  - cradling
  - tackling
  - passing
- \_\_\_ 16. When the game is not in progress your stick should be:
- by your side.
  - in the ready position.
  - held by the throat.
  - all of the above.

### Soccer

- \_\_\_ 17. Which of the following body parts may not be used to advance the soccer ball?
- head
  - hands
  - shoulder
  - feet
- \_\_\_ 18. A regulation game consists of two equal periods of how many minutes each?
- 30
  - 40
  - 45
  - 50

## Junior Physical Education Baseline Date (Version B)

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### **Softball**

- \_\_\_ 19. This consists of each team having three outs?
- out
  - Rbi
  - Inning
  - Batting order
- \_\_\_ 20. How many outs in one inning?
- Two
  - Six
  - Four
  - Three

### **Team Handball**

- \_\_\_ 21. In indoor team handball, each team consists of how many players?
- 5
  - 3
  - 4
  - 7
- \_\_\_ 22. A player is allowed to run with the ball for how many steps?
- 1
  - 2
  - 3
  - 4

### **Short Answer**

In no more than 2 paragraphs answer the following questions. Please answer the questions in complete sentences on the answer sheet provided. (4 points each)

23. Explain why people weight train?

24. Describe three safety factors that should be considered in the weight room and why?

25. Explain why a proper diet is important?

## Junior Physical Education Baseline Date (Version B)

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### **Junior Physical Education Baseline Data Assessment (Version B) (Answer Key)**

- |       |       |
|-------|-------|
| 1. C  | 12. B |
| 2. D  | 13. C |
| 3. C  | 14. C |
| 4. C  | 15. C |
| 5. C  | 16. D |
| 6. D  | 17. B |
| 7. A  | 18. C |
| 8. D  | 19. C |
| 9. B  | 20. B |
| 10. D | 21. D |
| 11. A | 22. C |

23. To increase strength, improve physical appearance, improve cardiovascular endurance and flexibility.

24. Sufficient warm-ups exercises, use of spotter, no horseplay, use of clamps, partner training, use of belts and wraps for heavy lifting and alternate body part training.

25. A diet that is made of natural foods that can be digested easily keeps the body vital and healthy.

# SENIOR PHYSICAL EDUCATION BASELINE DATA ASSESSMENT

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

Multiple Choice (3 points each)

Identify the choice that best completes the statement or answers the question.

- \_\_\_\_\_ 1. The player in soccer that is utilized to stop the opponents from scoring is?  
a. catcher  
b. goalkeeper  
c. safety  
d. center
- \_\_\_\_\_ 2. Who kicks the football during a field goal attempt?  
a. center  
b. goalkeeper  
c. punter  
d. place-kicker
- \_\_\_\_\_ 3. While playing lacrosse, who typically scores the most in the game?  
a. defensemen  
b. midfielders  
c. attackers  
d. goalkeeper
- \_\_\_\_\_ 4. Aerobic activities help to do the following?  
a. burning calories.  
b. conditioning  
c. maintaining flexibility  
d. all of the above
- \_\_\_\_\_ 5. Physical Fitness promotes \_\_\_\_\_  
a. a healthy lifestyle.  
b. good health  
c. all of the above  
d. none of the above
- \_\_\_\_\_ 6. Which of the following skills is not part of lacrosse? \_\_\_\_\_  
a. checking  
b. cradling  
c. tackling  
d. passing
- \_\_\_\_\_ 7. The position in football that passes the ball is?  
a. Guard.  
b. Forward  
c. Mid-fielder  
d. Quarterback

## SENIOR PHYSICAL EDUCATION BASELINE DATA ASSESSMENT

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- \_\_\_\_ 8. A team will lose the rally in volleyball if? \_\_\_\_\_
- The ball touches the floor on the opposite side.
  - The ball goes over the net illegally
  - The ball is held or pushed by the other team
  - The ball is served out of bounds
- \_\_\_\_ 9. The offensive player in basketball is permitted to? \_\_\_\_\_.
- set a pick.
  - travel with the ball
  - shoot the ball
  - double dribble the ball
- \_\_\_\_ 10. In basketball the point guard does what? \_\_\_\_\_
- block shots.
  - guard the middle
  - dribble the ball to set up plays
  - grab rebounds
- \_\_\_\_ 11. What is line dancing mostly associated with \_\_\_\_\_.
- Country western music.
  - Rap music
  - Hip-hop music
  - Swing music
- \_\_\_\_ 12. Which two dances start with the grapevine step? \_\_\_\_\_.
- Cha-Cha Slide & Mississippi Mudslide
  - Electric Slide and Cha-Cha Slide
  - College Hustle and Alley Cat
  - Alley Cat and Electric Slide
- \_\_\_\_ 13. To avoid exercise injuries you should: \_\_\_\_\_
- are prepared for the weather
  - listen to your body signals
  - exercise at least two or three times weekly
  - all of the above
- \_\_\_\_ 14. Which of the following equipment is necessary to play paddleball?
- paddles and ball
  - eye guards
  - gloves
  - all of the above
- \_\_\_\_ 15. Which of these are potential hazards that can happen while playing paddleball?
- get hit with the ball or paddle
  - run into court walls
  - both a and b
  - none of the above

## SENIOR PHYSICAL EDUCATION BASELINE DATA ASSESSMENT

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- \_\_\_\_ 16. In tennis on the return of serve, the receiver must hit the ball: \_\_\_\_\_
- before it bounces
  - after it bounces once
  - after it bounces twice
  - none of the above
- \_\_\_\_ 17. What is another term for the score of zero in tennis?
- ace
  - love
  - fault
  - deuce
- \_\_\_\_ 18. While weight training a spotter is useful for:
- preventing the lifter from injury
  - motivation
  - helping the lifter get in one last repetition
  - all of the above
- \_\_\_\_ 19. When playing golf if you were to hit the ball and it goes out of bounds you should:
- hit a provisional ball
  - drop the ball at the point it went out of bounds
  - drop another ball in the fairway with no penalty
  - none of the above
- \_\_\_\_ 20. If you move your ball, while playing golf from a man-made obstruction you should:
- a one stroke penalty
  - a two stroke penalty
  - a three stroke penalty
  - no penalty at all
- \_\_\_\_ 21. During a softball game how many outs are in one inning?
- two (2)
  - four (4)
  - six (6)
  - eight (8)
- \_\_\_\_ 22. In track and field what are the three basic disciplines?
- running, jumping and skipping
  - throwing, catching, and kicking
  - striking, catching, and throwing
  - running, jumping, and throwing

## SENIOR PHYSICAL EDUCATION BASELINE DATA ASSESSMENT

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Short Answer (10 points each)

23 & 24 Complete 2 out of the 5 short answers on the answer sheet provided. Please write in complete sentences.

- List and describe three skills that are needed for the sport of soccer
- List and describe in detail four benefits of aerobics.
- Identify and describe three safety procedures needed when weight training.
- Explain the rules and how to score in the game of paddleball.
- List and describe three benefits of dance.

Essays (10 points) In no more than 3 paragraphs answer the following question. Please answer the question in complete sentences on the answer sheet provided.

25. Jennifer is 17 years old and twenty-five pounds overweight. She has been complaining of headaches, shortness of breath, and fatigue. She also is embarrassed to go to the mall with her friends because she feels insecure. Jennifer has been advised by her physician to lose twenty-five pounds because the excess weight has added stress to her body.

Develop and explain your recommendation for Jennifer to lose the required weight and how she can maintain this healthy weight for life. In depth, explain your answer.

## SENIOR PHYSICAL EDUCATION BASELINE DATA ASSESSMENT

### Answer Key

1. B	13. D
2. D	14. D
3. C	15. C
4. D	16. B
5. C	17. B
6. A	18. D
7. D	19. C
8. D	20. A
9. C	21. B
10. C	22. D
11. A	
12. B	

23 & 24

Answer may include the following: heading, tackling, trapping, dribbling, and scoring.

1. It helps develop overall physical fitness. 2. It can help improve flexibility, strength, cardiovascular fitness, and body composition. 3. It helps develop coordination and balance. 4. It provides opportunity for social interaction.

Several factors should be considered to assure safety while weight training: 1. ample warm-up exercises 2. spotters 3. no horse playing in training area d. use clamps on barbells and dumbbells 4. use belts and wraps

The game of paddleball there can be two to four players on the court at a time (singles or doubles). A game is over when one team is first to score the required amount of points (11, 15, 21, or 25). Points can only be awarded to the serving team. A legally played ball is one that is hit in proper order by the players on a fly or one bounce. The ball must bounce both in the playing area of the wall and floor. Each volley will alternate from one team to the other. The server continues to serve until the point is lost. The game continues until one player or team reaches the required points by a two-point margin.

List and describe, gain social skills/ friends, improve coordination, improve cardiovascular/ fitness level.

25. A model answer would include all aspects of the grading rubric

	Criteria				Points
	1	2	3	4	
Supporting Facts	1 or less supporting facts	2 supporting facts	3 supporting facts	More than 3 supporting facts	
Mechanics and Grammar	Many errors	Some errors	No errors	No errors	
Legibility	Not legible	Marginally legible	Legible	Legible	

## SENIOR PHYSICAL EDUCATION BASELINE DATA ASSESSMENT

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Example of supporting facts would include:

- Correct usage of vocabulary words from theory sheets on fitness, aerobics, and life-long activities
- Clear representation of cause and effect. I.e.: diet, exercise