

A.F. ADDERLEY JUNIOR HIGH

Christmas Term

Grades 7

Physical Education Department

Student Name: _____

Exam Marks

Date: _____

Grades: - 7G1 7G2 7G3 7G4 7G5 7G6 7G7 7G8 7G9 7G10

7G11 7G12 7G13 7G14 7G15

Instructions:-

Write your name and circle the grade you're in. Tick/Shade in the box next to the name of your Physical Education Teacher.

Ms. M. Bastian

Mr. S. Curtis

Mr. V. Sullivan

Answer all questions in the spaces provided. All work must be written in Blue or Black ink.

Virtual Class Instructions:-

Students must be properly uniformed with cameras on at all times and mics muted unless they are directed by instructors to turn on their mics. They must face a blank wall with no distractions. The marks for each question is shown in brackets at the end of each question. (1)

This exam contains (5) pages

Total Marks (40)

GOOD LUCK ON YOUR EXAM!!!

SECTION A: TRUE and FALSE (5) POINTS

Instructions: Please read each question carefully. Circle (T) If the statement is true and (F) if the statement is False.

1. T F To avoid injury after running you must warm up. (1)
2. T F Your clothing should be loose and comfortable when working out.
(1)
3. T F Equipment should always be checked before class starts. (1)
4. T F Physical Fitness is when you have sufficient energy to avoid
Fatigue. (1)
5. T F Cardiovascular fitness is a Health related component. (1)

SECTION B: Multiple Choice (5) POINTS

Instructions: Please read each question carefully circle the correct answer.

1. Before you exercise you should always
 - A. Run
 - B. Warmup
 - C. Sprint
 - D. Warm down
2. Moving from station to station is called
 - A. Interval Training
 - B. Speed
 - C. Circuit Training
 - D. Jumping Jacks
3. How many Food groups make up the Food Pyramid?
 - A. Four
 - B. Five
 - C. Six
 - D. Seven
4. Being able to remain upright whilst standing
 - A. Movement
 - B. Power
 - C. Balance
 - D. Agility

5. Two components of fitness are

- A. Muscular strength/Endurance
- B. Aerobics & Anaerobic
- C. Health & skill related components
- D. Muscular Coordination

SECTION C: Unscramble (6) POINTS

Instructions: The following is a list of words used in Physical Fitness, Diet and Nutrition. See how many you can unscramble.

Depse _____ retwa _____
Labnace _____ Sniamtri _____
Goigjng _____ Snietopr _____

SECTION D: Fill in the blanks (5) POINTS

Instruction: After reading the questions below fill in the blanks with the correct answer from the word Bank.

1. Two examples of Aerobic exercises are _____ and _____ (1)
2. The _____ gives directions on how food should be prepared. (1)
3. _____ Assist you with developing a balanced diet if you follow it. (1)
4. _____ The nutrients your body needs most to sustain it. (1)
5. _____ Nutrients that your body needs most. (1)

WORD BANK		
Recipe	Food Pyramid	Water
Water	Vitamins	Minerals
Jogging	Balanced Diet	Swimming

SECTION E: Matching (5) POINTS

Instruction: Match the words in Column A with the correct definition in column B by placing the correct number from column A on the line of Column B.

COLUMN A

COLUMN B

- | | | |
|-------------|-------|---|
| 1. Warmup | _____ | Refer to a person's quickness. |
| 2. Jogging | _____ | Working out to get in shape. |
| 3. Exercise | _____ | Remaining upright whilst running or moving. |
| 4. Speed | _____ | Running a slow controlled pace. |
| 5. Balance | _____ | What you do before run. |





SECTION F. Charts (4) POINTS

Instructions: In the table below list foods for each group.

FOOD GROUPS	FOODS
Milk	
Meat	
Fruits and Vegetables	
Breads & Cereals	

SECTION G: COMPONENTS OF FITNESS (10) POINTS.

Instructions: On the diagram below please identify the skill being performed in the pictures

Components of Fitness	
Health-Related	
	
	
Skill-Related	
