

A.F. ADDERLEY JUNIOR HIGH

Christmas Term

Grades 8

Physical Education Department

Student Name: _____

Exam Marks

Date: _____

Grades: - 8G1 8G2 8G3 8G4 8G5 8G6 8G7 8G8 8G9 8G10

8G11 8G12 8G13 8G14 8G15 8G16 8G17

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.

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The mark for each question is shown in brackets at the end of each question. (1)

This exam contains Five (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 you must warmup. (1)
2. T F Always wear uncomfortable clothing when working out. (1)
3. T F When working out Athletes should always hydrate or drink fluids.
(1)
4. T F Safety is being free from occurrence of injury. (1)
5. T F Covid 19 requires you to maintain a comfortable distance from the
person in front of you.. (1)

SECTION B: Multiple Choice (5) POINTS

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

1. Physical Fitness is divided into two components

A. Warmup / Warm down Exercise	C. Aerobic /Anaerobic
B. Health related / Skill related Components	D. Motion / Balance
2. The ability to remain upright whilst standing or moving is

A. Motion	C. Coordination
B. Balance	D. Power
3. Being able to respond quickly to stimuli

A. Speed	C. Flexibility
C. Reaction Time	D. Fatigue
4. Which of the following is not a major food group?

A. Vegetables

C. Fruits

B. Protein

D. Vitamins

5. All of the things you regularly eat and drink is referred to as

A. Diet

C. Health

B. Nutrition

D. Protein

SECTION C:

Instruction: In the spaces provided please write at least four Covid 19 Guidelines

1. _____

2. _____

3. _____

4. _____

SECTION D: Matching (10) POINTS

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

COLUMN A

COLUMN B

1. Speed

_____ Being able to remain upright

while running or moving (1)

2. Physical Fitness _____ Running at a slow controlled pace (1)
3. Aerobics _____ Ability to restore the body to pre-exercise condition (1)
4. Reaction _____ Mild exercise done before vigorous. (1)
5. Agility _____ Ability to use senses with body parts (1)
6. Jogging _____ Ability of body to function at its highest level. (1)
7. Balance _____ Refers to a person's quickness. (1)
8. Cool Down _____ Exercise that require constant oxygen use. (1)
9. Flexibility _____ Changing speed and distance (1)
10. Coordination _____ Ability to move a body part through a range of motion. (1)

SECTION E: Unscramble (6) POINTS

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

Labnace _____

Snietopr _____

ehtigws _____

sniamtri _____

goigjng _____

tasf _____

SECTION F: Fill in the blanks (5) POINTS

Instructions: In the spaces provided, list the Five Nutrients

1. _____
2. _____
3. _____
4. _____
5. _____

SECTION G: Diagram The Food Pyramid (5) POINTS.

Instructions: From the information provided in class, please fill in the Food Pyramid showing the food groups and servings



