INOCENCIO SCHOOL, INC.

INOCENCIO SCHOOL MONTESSORI PLAYSKOOL – INOCENCIO INTEGRATED SCHOOL

ADDRESS: 1049 Bernal Street, Rosario Pasig City TEL. NO.: 86715369 EMAIL ADD.: inocencioschools@yahoo.com

FIRST QUARTERLY ASSESSMENT
PHYSICAL EDUCATION 8
Prepared by: Mr. Ravy G. Galopo

Name: _____ **Score:** _____/70_____

Grade and Section: _____ **Date:** _____

IMPORTANT REMINDER: Following instructions is part of the exam. Failure to follow instructions will cause a **5-point-deduction** from the total raw score.

I. TRUE OR FALSE. Write EIGHT if the statement is correct and NINE if it is incorrect. Write your answer on the space provided below.

_____1. A baseball game consists of 7 innings.
_____2. The pitcher in softball throws the ball overhand, similar to baseball.
_____3. A volleyball team can have a maximum of 7 players on the court at one time.
_____4. Basketball was invented by Dr. James Naismith in 1891.
_____5. The shortest possible length for a regulation baseball game is 9 innings.
_____6. The game of softball was invented in 1887 by George Hancock in Chicago.
_____7. A player is allowed to block or attack a serve in volleyball.
_____8. The first basketball game was played outdoors on a soccer field.
_____9. In baseball, a "triple play" occurs when a batter hits the ball and all three outs are made on that play.
_____10. A "strike" in softball is a pitched ball that the batter swings at and misses, or doesn't swing at but it falls within the strike zone.
_____11. A team must rotate positions every time they win the serve.
_____12. The first basketball hoop was a peach basket with no hole in the bottom.
_____13. A pitcher can pitch the ball to a batter without the batter needing to swing.
_____14. Softball players use a glove that is smaller than those used in baseball.
_____15. A "bump" refers to a type of serve used in volleyball.

II. MULTIPLE CHOICE. Choose the BEST answer for the following questions. Encircle the letter of the correct answer.

16. Which of the following is NOT a position in baseball?
    A. Catcher B. Shortstop
    C. Midfielder D. Left fielder
17. Which of the following is not a common type of pitch in softball?
    A. Fastball B. Curveball
    C. Slider D. Changeup
18. What is the maximum number of players allowed on the field for one team during a softball game?
    A. 7 B. 8
    C. 9 D. 10
19. Which of the following is true about a softball pitcher's stance?
    A. The pitcher throws the ball overhand. B. The pitcher can throw both overhand and underhand.

LIVEWORKSHEETS

C. The pitcher throws the ball underhand. D. The pitcher can only pitch sidearm.

20. What is the term used for the player who specializes in receiving serves and playing in the back row?
    A. Outside hitter B. Setter
    C. Libero D. Middle blocker
21. How many players are on the court for each team in a standard volleyball match?
    A. 4 B. 5
    C. 6 D. 7
22. In which of the following scenarios would a team lose a point?
    A. When the ball lands out of bounds B. When a player hits the net
    C. When a player steps over the service line during the serve D. All of the above
23. In what year was the first game of basketball played?
    A. 1895 B. 1893
    C. 1891 D. 1894
24. What was the original number of players on each basketball team?
    A. 7 B. 8
    C. 9 D. 5
25. Which of the following is true about the first basketball game?
    A. It was played with a soccer ball. B. It had three-point shots.
    C. The game was played indoors with peach baskets. D. The game had a shot clock.

III. Draw the following hand signals and explain the use of this signals in 1 – 2 sentences.

26-29. Jumpball

30-33. Charging

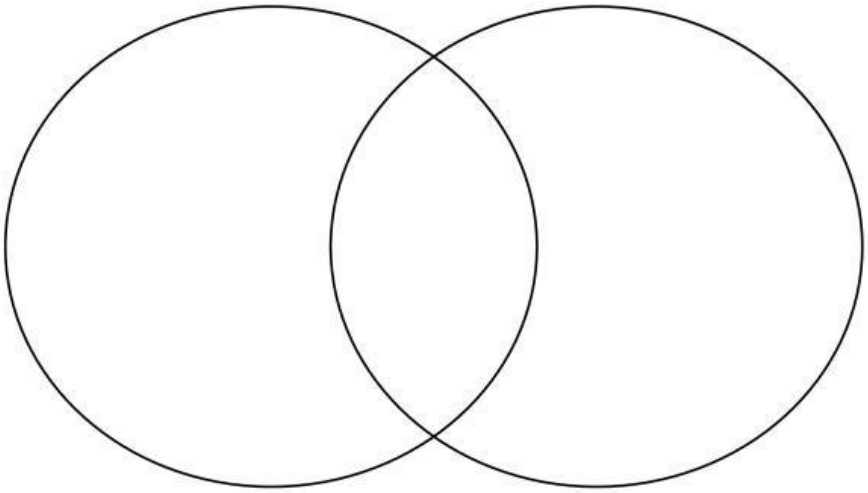
34-37. Technical Foul

38-41. Blocking Foul

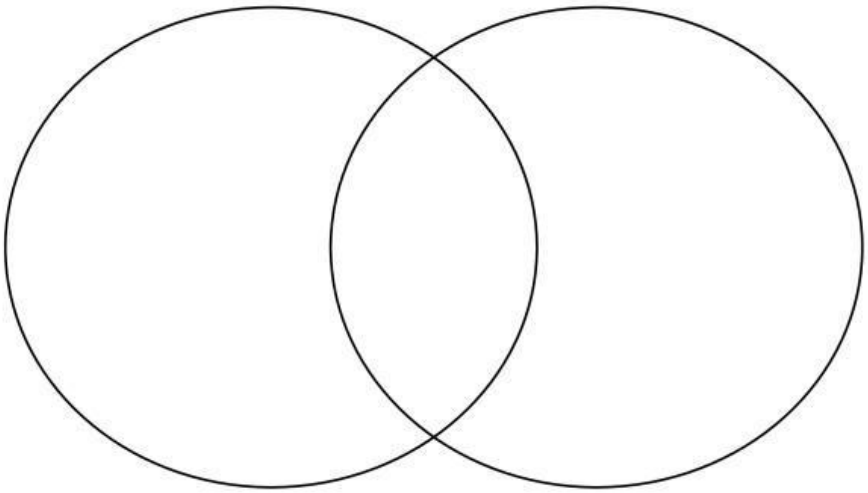
LIVEWORKSHEETS

IV. Give 2 differences and 1 similarity between the following sports. Write your answers inside the Venn diagram.

42-46. Basketball and Volleyball



47-51. Softball and Baseball



V. Answer the following in 3-4 sentences.

52-54. Each of these sports has evolved in terms of rules, equipment, and playing styles. If you were to add new rule/s to the team sports that we discussed. What sport it is and what is the new rule/s that you will add and why?

_____

_____

_____

_____

55-58. In many team sports, individual skill is important, but team strategy often dictates the outcome of a game. In your opinion, how does the balance of individual skill and team strategy differ in basketball, volleyball, softball, and baseball? Provide examples from each sport to support your argument.

LIVEWORKSHEETS

59-62. Mental toughness plays a significant role in the success of athletes in any sport. Discuss the importance of mental toughness and focus in basketball, volleyball, softball, and baseball. How do players in each sport maintain concentration during high-pressure moments, and how do they recover from mistakes? Provide examples of key situations in each sport where mental toughness is crucial.

63-66. Gender equality has been a topic of discussion in sports for many years. Compare and contrast the opportunities for female athletes in basketball, volleyball, softball, and baseball. Discuss the development of women's leagues, the disparity in media coverage and sponsorship, and how these sports are evolving to promote gender equality. What challenges do female athletes still face, and what progress has been made in these four sports?

67-70. How does sticking to a training schedule in sports teach students the importance of consistency, and how can this be applied to studying or homework?

*****END OF EXAM*****

LIVEWORKSHEETS

LIVEWORKSHEETS