

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

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

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

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

**GRADE 3**  
**FINAL EXAM**  
**PHYSICAL EDUCATION ASSESSMENT**

**Multiple Choice (6 points each)**

1. How many hands should you use when holding a bat?
  - a. none
  - b. one
  - c. two
  
2. Which is a piece of equipment used in badminton?
  - a. glove
  - b. racquet
  - c. puck
  
3. When kicking a soccer ball you should:
  - a. jump
  - b. step and kick
  - c. sit on the ball
  
4. When throwing a ball you should:
  - a. close your eyes
  - b. point at your target, step and throw
  - c. jump up and down
  
5. Which exercise makes your body stronger?
  - a. running
  - b. sleeping
  - c. watching TV
  
6. You should grab a tennis/badminton racquet like you are:
  - a. shaking someone's hand
  - b. holding a broom
  - c. holding a baseball bat

7. An example of good stretching is:
  - a. doing a push-up
  - b. putting your hands on your head
  - c. touching your toes without bending your knees
8. How many strikes are you allowed before you are called out in baseball?
  - a. 1
  - b. 2
  - c. 3
9. When bumping a volleyball you should use your:
  - a. forearms
  - b. feet
  - c. fingers
10. The piece of equipment you hit when playing badminton is called a:
  - a. birdie
  - b. ball
  - c. bat
11. Which of the following is a type of pass in basketball?
  - a. foot pass
  - b. bounce pass
  - c. nose pass
12. Which of the following is a type of roll?
  - a. forward
  - b. backward
  - c. both a and b
13. Running can help which of the following?
  - a. heart and lungs
  - b. fingers and toes
  - c. eyes and nose

**Open Ended (10 points each)**

14. Explain the safety procedures when using two types of equipment that can be used in baseball. (Example a bat)

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**Critical Thinking (10 points each)**

15. During physical education class you are participating in many different activities and learning many different skills. Name one activity you have played and describe one rule you have learned from that sport.

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**OPEN-ENDED SCORING RUBRIC**  
For Reading, Listening, and Viewing  
**(Modifield)**

<b>Points</b>	<b>Criteria</b>
<b>4</b>	A 4-point response clearly demonstrates understanding of the task, completes all requirements, and provides a clear and focus explanation/opinion that links to or extends aspects of the text.
<b>3</b>	A 3-point response demonstrates and understanding of the task, addresses all requirements, and provides some explanation/opinion using situations or ideas from the text as support.
<b>2</b>	A 2-point response may address all of the requirements, but demonstrates a partial understanding of the task, and uses text incorrectly or with limited success resulting in a inconsistent or flawed explanation.
<b>1</b>	A 1-point response demonstrates minimal understanding of the task, does not address part of the requirements, and provides only a vague reference to or no use of the text.
<b>0</b>	A 0-point response is irrelevant or off-topic.



**GRADE 3  
FINAL EXAM  
PHYSICAL EDUCATION  
ANSWER SHEET**

**Multiple Choice**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_

**Open Ended**

14. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Critical Thinking**

15. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## ANSWER KEY

### GRADE 3 PHYSICAL EDUCATION FINAL EXAM

Question #	Answer	NJCCCS and CPI
1	C	2.2ABCDE, 2.5ABC, 2.6A
2	B	2.2ABCDE, 2.5 ABC , 2.6A
3	B	2.2ABCDE, 2.5ABCDE, 2.6A
4	B	2.2ABCDE, 2.5ABCDE, 2.6A
5	A	2.1ABCDE, 2.2ABCDE, 2.5AB, 2.6A
6	A	2.2ABCDE, 2.5 ABC , 2.6A
7	C	2.1ABCDE, 2.2ABCDE, 2.5AB, 2.6A
8	C	2.2ABCDE, 2.5ABCDE, 2.6A
9	A	2.2ABCDE, 2.5A, 2.6A
10	A	2.2ABCDE, 2.5 ABC , 2.6A
11	B	2.2ABCDE, 2.5 ABC , 2.6A
12	C	2.2ABCDE, 2.5A, 2.6A
13	A	2.1ABCDE, 2.2ABCDE, 2.5AB, 2.6A
14	Ball, bat, glove/mitt, bases	2.2ABCDE, 2.5ABCDE, 2.6A
15	Teacher can use their discretion for answer making sure one sport and rule is listed	2.1ABCDE, 2.2ABCDE, 2.5 ABC , 2.6A

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

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

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

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

**GRADE 3**  
**FINAL EXAM**  
**HEALTH ASSESSMENT**

**Multiple Choice (6 points each)**

1. Everyone's learning style is the same.
  - a. yes
  - b. no
  - c. maybe
  
2. Which one of the following is NOT someone you have a relationship with?
  - a. a family member
  - b. a stranger
  - c. a teacher
  
3. What is needed for a healthful relationship?
  - a. respect and communication
  - b. fighting and stealing
  - c. video games and T.V
  
4. Which one of the following actions should you NOT take when someone wants to fight?
  - a. agree to fight
  - b. talk things out when you are calm
  - c. walk away
  
5. Which nutrient is your body's main energy source?
  - a. vitamins
  - b. soda
  - c. carbohydrates

6. One goal of the Dietary Guidelines is to limit \_\_\_\_\_ in your diet.
- fat
  - water
  - protein
7. What are itchy eyes and runny nose symptoms for?
- brain damage
  - allergies
  - cancer
8. Which one of the following is a poor health habit that could lead to a non-communicable disease?
- getting physical activity
  - avoid smoking and second hand smoke
  - drinking alcohol
9. Which one of the following health habits will NOT lower your risk for developing diabetes?
- follow a healthful diet
  - eat foods with a lot of sugar
  - get plenty of physical activity
10. Ads have popular athletes in them because the athlete uses the product and believes in the product.
- yes
  - no
  - maybe
11. All of the following are examples of natural resources EXCEPT.
- water
  - metals
  - drugs

12. What kinds of pollution can litter cause?

- a. water and land pollution
- b. cloud and rain pollution
- c. boat and car pollution

**Open Ended (10 points each)**

Name three (3) ways that you can help a student who is new to your 3<sup>rd</sup> grade class?

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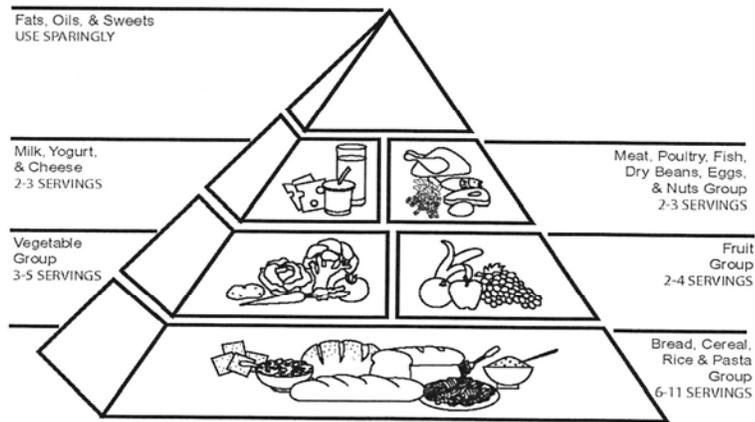
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**Critical Thinking (10 points each)**

Read the following paragraph. Then answer the questions.

To have a healthful diet, you need to eat the correct number of servings from each food group every day. The Food Guide Pyramid shows how many servings of each food you should have each day.

**Food Guide Pyramid**



How many servings should you get each day of vegetables?

- a. 1-2 servings
- b. 2-3 servings
- c. 3-5 servings

**OPEN-ENDED SCORING RUBRIC**  
For Reading, Listening, and Viewing  
**(Modified)**

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

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

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

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

**Grade 3**  
**Final Exam**  
**Health Assessment**

**ANSWER SHEET**

**Multiple Choice**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_

**Open Ended**

13. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Critical Thinking**

14. \_\_\_\_\_

**Health Test Answer Key**

**3<sup>rd</sup> Grade FINAL**

<b>Question #</b>	<b>New Jersey Core Curriculum Standards and Cumulative Progress Indicator</b>	<b>Answer</b>
<b>1</b>	2.1ABCDE, 2.2ABCDE,	<b>B</b>
<b>2</b>	2.1ABCDE, 2.2ABCDE,	<b>B</b>
<b>3</b>	2.1ABCDE, 2.2ABCDE,	<b>A</b>
<b>4</b>	2.1ABCDE, 2.2ABCDE,	<b>A</b>
<b>5</b>	2.1ABCDE, 2.2ABCDE,	<b>C</b>
<b>6</b>	2.1ABCDE, 2.2ABCDE,	<b>A</b>
<b>7</b>	2.1ABCDE, 2.2ABCDE,	<b>B</b>
<b>8</b>	2.1ABCDE, 2.2ABCDE,	<b>C</b>
<b>9</b>	2.1ABCDE, 2.2ABCDE,	<b>B</b>
<b>10</b>	2.1ABCDE, 2.2ABCDE,	<b>B</b>
<b>11</b>	2.1ABCDE, 2.2ABCDE,	<b>C</b>
<b>12</b>	2.1ABCDE, 2.2ABCDE,	<b>A</b>

**Open Ended:** 2.1ABCDE, 2.2ABCDE

**Possible Answers-** give him/her a tour of new school, introduce to classmates, be helpful and respectful, share, etc ...

**Critical Thinking:** 2.1ABCDE, 2.2ABCDE, 2

**Answer:** C