

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

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