

Name _____

Date _____

P. E. Teacher _____

Grade/Section _____

Grade 7
Base Line Data Assessment
Physical Education

1. Muscular endurance is: _____.
 - a. the ability to move a heavy weight once
 - b. the ability to stretch
 - c. the ability to move something many times
 - d. the ability to run fast

2. Joints and muscles are prepared for vigorous exercise by _____.
 - a. jogging and weight training
 - b. rope climbing and sit-ups
 - c. warm-ups and stretching
 - d. push-ups and jumping rope

3. How many players create a team in football?
 - a. 12
 - b. 5
 - c. 11
 - d. 10

4. Which of the following scoring methods is worth 2 points?
 - a. touchdown
 - b. safety
 - c. field goal
 - d. fumble

5. A player obtains a “first down” in Football every ____ yards.
 - a. 5
 - b. 20
 - c. 15
 - d. 10

6. In Hockey, grabbing the opponent’s stick with yours is an illegal move called:_____.
 - a. scooping
 - b. hacking
 - c. hooking
 - d. wrapping

7. What is the call that is made when the defense kicks the Soccer ball over the goal line?
 - a. corner kick
 - b. goal kick
 - c. throw-in
 - d. out-of-bounds

8. Knocking down all of the tenpins within one bowling attempt is called a _____.
- spare
 - turkey
 - gutter ball
 - strike
9. Rebounding to keep an opponent from grabbing a missed foul shot is a technique called _____ in basketball.
- fouling out
 - pushing out
 - boxing out
 - blocking out
10. When a team obtains the serve in volleyball, the players rotate in a _____ clockwise motion. This enables another server to score points.
- counter-clockwise
 - rotational
 - diagonal
 - clockwise
11. Which volleyball hit can be described as “making contact with the ball below waist level with both forearms and heel of the hands”?
- spike
 - dig
 - set
 - bump
12. A player in badminton must first serve from the _____ service box.
- right
 - left
 - center
 - front
13. When a player (who has yet to score) serves a ball in tennis, what is his/her score?
- none
 - love
 - zilch
 - zero
14. The area at either end of the field in which a point is score is called a: _____.
- goal line
 - mid-field
 - end zone
 - back line

15. _____ typically scores the most points in a lacrosse game.
- a. Mid-fielders
 - b. Attackers
 - c. Goalies
 - d. Defensemen
16. In a game of softball/wiffleball/baseball, the _____ team bats last.
- a. visiting
 - b. home
 - c. away
 - d. remaining
17. A ball that is returned to the front wall and rebounds so low that it is impossible to return is called a _____ in handball.
- a. pass
 - b. kill
 - c. fumble
 - d. fail
18. At the beginning of a race in track and field, the act of leaving the starting line before the command sounds is called a:
- a. dead heat
 - b. staggered start
 - c. late start
 - d. false start

19. Short answer: How does one execute (perform) a foul shot in basketball? Use specific cues to support your answer.

20. Short answer: What are the benefits of cooling down after a workout? Explain your answer.

PHYSICAL EDUCATION BASELINE DATA ASSESSMENT 7

ANSWER KEY

<u>QUESTION</u>	<u>NJCCCS/CPI</u>	<u>ANSWER</u>	<u>NOTES</u>
<u>1</u>	2.1ABCDE 2.2ABCDE 2.5ABC 2.6A	A	<u>PHYSICAL FITNESS</u>
<u>2</u>	2.1ABCDE 2.2ABCDE 2.5ABC 2.6A	B	<u>PHYSICAL FITNESS</u>
<u>3</u>	2.2ABCDE 2.5ABC 2.6A`	C	<u>FOOTBALL</u>
<u>4</u>	2.2ABCDE 2.5ABC 2.6AB	B	<u>FOOTBALL</u>
<u>5</u>	2.2ABCDE 2.5ABC 2.6A	D	<u>FOOTBALL</u>
<u>6</u>	2.2ABCDE 2.5ABC 2.6A	C	<u>HOCKEY</u>
<u>7</u>	2.2ABCDE 2.5ABC 2.6AB	B	<u>SOCCER</u>
<u>8</u>	2.2ABCDE 2.5ABC 2.6AB	D	<u>BOWLING</u>
<u>9</u>	2.2ABCDE 2.5ABC	C	<u>BASKETBALL</u>
<u>10</u>	2.2ABCDE 2.5ABC 2.6	D	<u>VOLLEYBALL</u>
<u>11</u>	2.2ABCDE 2.5ABC 2.6A	D	<u>VOLLEYBALL</u>
<u>12</u>	2.2ABCDE 2.5ABC 2.6 A	A	<u>RACQUET SPORTS</u>
<u>13</u>	2.2ABCDE 2.5ABC 2.6	B	<u>RACQUET SPORTS</u>
<u>14</u>	2.2ABCDE 2.5ABC 2.6B	C	<u>ULTIMATE FRISBEE</u>
<u>15</u>	2.2ABCDE 2.5ABC 2.6A	A	<u>LACROSSE</u>
<u>16</u>	2.2ABCDE 2.5ABC 2.6A	C	<u>SOFTBALL/WIFFLEBALL</u>
<u>17</u>	2.2ABCDE 2.5ABC 2.6A	B	<u>HANDBALL</u>
<u>18</u>	2.2ABCDE 2.5ABC 2.6A	D	<u>TRACK AND FIELD</u>
<u>19</u>	2.2ABCDE 2.5ABC		<u>BASKETBALL</u>
<u>20</u>	2.1ABCDE 2.2ABCDE 2.5AB 2.6ABC		<u>PHYSICAL FITNESS</u>