

Name _____

Date _____

P. E. Teacher _____

Grade/Section _____

Grade 8
Base Line Data Assessment
Physical Education

1. Physical fitness is important for _____.
 - a. optimal health
 - b. proper physical performance
 - c. mental well-being
 - d. all of the above

2. The benefits of stretching exercises will help a person _____.
 - a. build strength
 - b. avoid injuries
 - c. burn calories
 - d. none of the above

3. The game of football is started by a _____.
 - a. kickoff
 - b. jump-off
 - c. snap
 - d. face-off

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

5. Only one player on the team may touch the ball with his/her hands in order to stop the ball in soccer. Who is this person? _____.
 - a. defender
 - b. goalie
 - c. offense
 - d. none of the above

6. In hockey, tapping the ball or puck repeatedly is called _____.
 - a. dribbling
 - b. swinging
 - c. hacking
 - d. none of the above

7. The best benefit to warming up before a workout is _____.
- it creates blood flow throughout the body and prepares it for strenuous activity
 - it prolongs the exercise
 - it gets beginners ready for a workout
 - it helps you focus on your workout
8. When a pin is hidden behind another pin, this is called a _____ in a game of bowling.
- spare
 - gutter ball
 - open ball
 - sleeper
9. Maintaining an upright and controlled position of the body while being still or in movement is called a _____.
- slide
 - balance
 - posture
 - plie'
10. Which answer means the regular occurrence of accented beats that shape the character of music or dance?
- choreography
 - rhythm
 - tempo
 - beat
11. A creation or compilation of steps, patterns, and movements which make up a dance routine is called _____.
- dance
 - choreography
 - quick step
 - movement
12. The act of hitting the ball downward with great force (usually from the top of a jump or a set) into the opponent's court is a _____.
- dig
 - bump
 - spike
 - ace
13. The point scored as a result of a volleyball serve is a(n) _____.
- par
 - love
 - ace
 - kill

14. How many points must be scored by a team to win a volleyball game?
- a. 15
 - b. 25
 - c. 30
 - d. 20
15. If a server completely misses the shuttle, that person has the opportunity to_____.
- a. lose a turn
 - b. leave the game
 - c. serve again
 - d. none of the above
16. When the shuttle goes back and forth over the net, it is called a _____.
- a. rally
 - b. good game
 - c. shot
 - d. smash
17. In any sport or game, when a player argues a call with an official, referee, or linesman, that player is showing_____.
- a. team work
 - b. communication
 - c. poor sportsmanship
 - d. none of the above
18. Which is a series of quick passes to well-timed cuts in ultimate frisbee?
- a. backhand
 - b. pivot
 - c. swill
 - d. flow

19. Short Answer: What are different options that a Goalie has in defending the goal? Use specific cues to support your answer.

20. Short Answer: How is a goal scored in the game of Handball? Use examples to support your answer.

Physical Education Baseline Data Assessment 8
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	D	<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 2.5ABCDE 2.6A	B	<u>FOOTBALL</u>
<u>4</u>	2.2ABCDE 2.5ABCDE 2.6A	A	<u>HOCKEY</u>
<u>5</u>	2.2ABCDE 2.5ABCDE 2.6A	B	<u>SOCCER</u>
<u>6</u>	2.2ABCDE 2.5ABCDE 2.6A	A	<u>HOCKEY</u>
<u>7</u>	2.1ABCDE 2.2ABCDE 2.5ABC 2.6A	B	<u>PHYSICAL FITNESS</u>
<u>8</u>	2.2ABCDE 2.5ABC 2.6A	D	<u>BOWLING</u>
<u>9</u>	2.2ABCDE 2.5ABC 2.6A	C	<u>DANCE</u>
<u>10</u>	2.2ABCDE 2.5ABC 2.6A	D	<u>DANCE</u>
<u>11</u>	2.2ABCDE 2.5ABC 2.6A	D	<u>DANCE</u>
<u>12</u>	2.2ABCDE 2.5ABC 2.6A	A	<u>VOLLEYBALL</u>
<u>13</u>	2.2ABCDE 2.5ABC 2.6A	B	<u>VOLLEYBALL</u>
<u>14</u>	2.2ABCDE 2.5ABC 2.6A	C	<u>ULTIMATE FRISBEE</u>
<u>15</u>	2.2ABCDE 2.5ABC 2.6A	A	<u>RACQUET SPORTS</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>18</u>	2.2ABCDE 2.5ABC 2.6A	D	<u>TRACK AND FIELD</u>
<u>19</u>	2.2ABCDE 2.5ABC 2.6A	The goal keeper may defend the goal in any way by using his/her entire body, including hands.	<u>HOCKEY/LACROSSE/SOCCER</u>
<u>20</u>	2.2ABCDE 2.5ABC 2.6A	When the entire ball crosses over the goal line between the posts and under the cross bar	<u>HANDBALL</u>