

Sachem Middle School
Physical Education Assessment Work Sheet
Grade 6

Directions: Match the Component of Fitness to its correct definition.

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|--------------------------|---|
| Muscular Strength | The ability to move a joint through its full range of motion. (Example: Sit and Reach) |
| Muscular Endurance | The ability of your heart and lungs to work together to fuel your body with oxygen. (Example: Running the mile) |
| Cardiovascular Endurance | The ability to sustain an activity for a long period of time. (Performing 15 reps or more) |
| Flexibility | The amount of body fat you have compared to the amount of muscle you have. |
| BMI | Maximum amount of force that a muscle can exert. (Performing 1 rep with heavy weight) |

Directions: Choose the best answer to complete the sentence.

1) Fitness decreases stress levels, decreases risk of _____ disease and improve our body composition.

- A. Stress B. Cardiovascular C. Asthma

2) When taking your pulse use two fingers at your _____ artery or radial artery.

- A. Carotid B. Pulmonary C. Aorta

3) One example of an exercise that focuses on flexibility is:

- A. Yoga B. Bicep curls C. Plank

4) When lifting weights you should:

- A. Lift as fast as you possibly can.
B. Add more weight because your friend did.
C. Take your time, always follow safety procedures and increase the weight whenever you are physically ready.

5) Intensity refers:

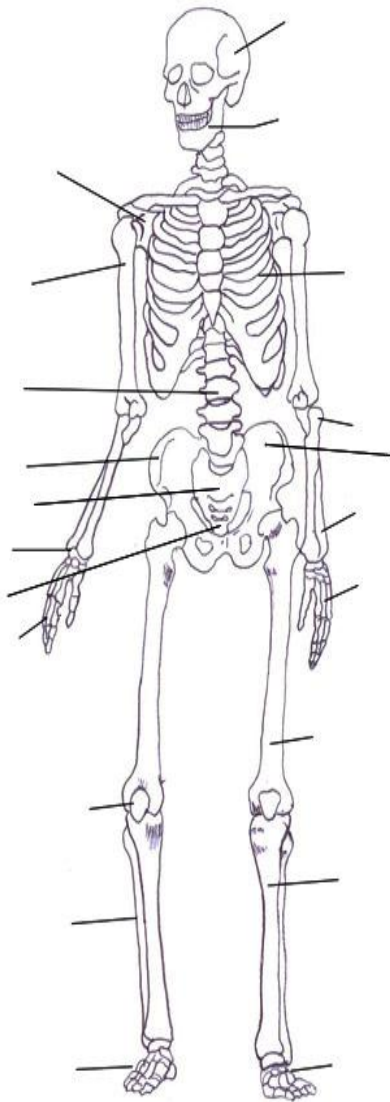
- A. How fast you exercise B. How long you exercise C. How hard you exercise

6) One example of footwear that is NOT acceptable in Physical Education class is:

- A. Tennis sneakers B. Running sneakers C. Sneakers with untied shoelaces

7) When running the mile during the fitness assessment remember to _____ your self.

- A. Pace B. Over exert C. Sprint



Sketch by Abhishake Sharma

DIAGRAM OF SKELETON