

Sachem Middle School
Physical Education Assessment Work Sheet
Grade 8

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

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) When you stretch a little bit further as you become more flexible you are using the principle of _____.
A. Progression B. Strength C. Intensity
- 2) When participating in exercises involving weight:
 - A. Do not feel pressured to add weight when your partner adds weight or if your weight is lighter than others. Add weight once you complete the exercise with little effort.
 - B. Go as fast as you can to complete the weight training.
 - C. Add more weight because your friend next to you added more weight.
- 3) _____ after a vigorous exercise allows us to gradually lower our heart rate, minimize muscle soreness and prevent the pooling of blood.

- A. Cooling down B. Warming up C. Plyometrics

4) Find your maximum heart rate. ($220 - \text{your age} = \text{Maximum heart rate}$)

5) Describe the difference between static and dynamic stretching.

6) The support and the positive attitude of your _____ contribute to your commitment of staying physically active.

- A. Friends B. Family C. Community D. All of the above

Directions: Study the diagram below.

