

Student name: \_\_\_\_\_

The purpose of a quality elementary school physical education program is to develop athletes.

help youngsters score high on a physical fitness test.

provide a fun, physically active break from the classroom.

guide youngsters in the process of becoming physically active for a lifetime

Research has shown that health benefits related to physical activity include elimination of cardiovascular disease.

decreased mental health and mood.

increased risk of some cancers and type 2 diabetes.

enhanced academic performance.

Quality physical education is \_\_\_\_\_ for the specific children being served.

instructionally suitable

conceptually appropriate

developmentally appropriate

instructionally suitable and developmentally appropriate

A developmentally appropriate physical education program should accommodate the following individual characteristics:

fitness and skill levels

previous movement experiences

body size

all of the characteristics should be accommodated

The characteristics listed below are all characteristics of a quality physical education program EXCEPT that it

primarily emphasizes the psychomotor domain, with only a slight emphasis on the cognitive and affective domain.

creates multiple opportunities for children to be successful.

considers time, space, and equipment allocations.

provides experiences that are both developmentally and instructionally appropriate.

Skillfulness is the ability to:

enhanced academic performance

perform fundamental movement skills

demonstrate personal and social responsibility

start and maintain an exercise program

Why do children need Physical Education?

it is required by federal law

obesity is a growing problem

provides a needed break from other subjects

to develop physically literate individuals

Student learning indicators and performance goals

Are ways to determine if children are reaching desired outcomes

can assist teachers in in planning, assessment, and instruction

can be adapted to meet the focus of individual programs

all of the above are true

Quality physical education programs are carefully planned with a focus on:

exposing children to as many activities as possible

student learning

fun and competition

physical fitness

When referring to the Physical Activity Hourglass, the middle portion represents:

preschool physical activity opportunities

elementary school physical activity opportunities

Secondary school sports and intramurals physical activity opportunities

adult physical activity opportunities

Which of the following are true regarding physical education classes?

they should be the same size as in the classroom

they should have equal boys and girls

they should have pre-tests and post-tests

they should emphasize competition

What name is given to a test that demonstrates a quality physical education program for children?

30 seconds to fame

45 second push up test

60 second one ball test

90 seconds maximal stress test

A physically educated person demonstrates which of the following characteristics?

a physically active lifestyle

muscular frame

chronic lower back pain

overweight partly as a result of physical inactivity

A qualified Physical Education teacher possesses which of the following?

extensive background in taking college units

extensive background in the content and pedagogy of physical education

extensive background in athletics

an extensive background in teaching other subjects

Ideally, children should have physical education \_\_\_\_\_ minutes each week.

In a quality physical education program, children should be actively engaged in moderate to vigorous physical activity at least \_\_\_\_\_% of the time.

*Physical Activity Guidelines for Americans* recommend that children and adolescents should have \_\_\_\_\_ minutes or more of physical activity daily.

Quality physical education classes that include experiences that hold personal significance are described as \_\_\_\_\_.

Describe the difference between physical activity and physical education. Name at least three distinct differences.

Identify and briefly explain three reasons why children need quality physical education.

Identify at least three characteristics of a quality physical education program. Of the characteristics you identified, which is most important? Provide justification for your decision.

Describe the focus of a Student Learning Indicator and provide one example.

Describe the focus of a Performance Goal and provide one example.

## **Answer Key**

Test name: CH1 Children Moving E10

D

D

D

D

A

B

D

D

B

C

A

C

A

B

150

50

60

meaningful

Short Answer

Short Answer

Short Answer

Short Answer

Short Answer