Final Exam

Ms. Barlow - Girls Physical Education

Grades 6-8

Answer all of the questions on your answer sheet.

This final exam counts as 15% of your final grade in P.E.

Field Hockey

1. What is the most commonly called foul in Field Hockey?
2. Advancing
3. Off sides
4. High Stick
5. Obstruction
6. What does the term “Advancing” refer to?
7. When an offensive player hits the ball
8. Scoring from outside the circle
9. Gaining an advantage by kicking the ball with your feet or other part of the body
10. When a defensive player clears the ball out of the circle.
11. How many players are on the field at one time including the goal for each team?
12. 7
13. 9
14. 15
15. 11
16. Which of the following is NOT a piece of equipment worn by a field hockey player?
17. Helmet
18. mouth guard
19. goggles
20. shin guards

Volleyball

1. How many players are allowed on the court at one time from each team?
2. 5
3. 6
4. 7
5. 10
6. What is the purpose of utilizing 3 hits/touches on the ball before sending it back over to the other team?
7. To get a good Spike
8. To confuse the other team
9. To get a good Set
10. To show how good you are as a team
11. The term “Rally Scoring” means
12. Only the serving team can score a point
13. There is a point awarded on every serve
14. The game is played until a team wins by 2
15. There are two points awarded for an “ACE”
16. Which statement is TRUE
17. When serving underhand you should toss the ball up then hit it.
18. The game is played to 28 points
19. The first touch on the ball should be a spike/hit
20. The game is played best out of 5 to 25 points and you must win by 2
21. What is the purpose of the “SET”?
22. To pass the ball to your teammate
23. To get the ball over the net
24. To get the ball high enough and close to the net to Spike.
25. To slow the serve down.

Badminton

True/False

1. The serve must be overhand
2. In doubles play the sidelines are always the lines closest to the posts
3. The court becomes shorter after the serve
4. The long service line is always the black line

Football

1. The position/person that throws or hands off the ball
2. Running back
3. Center
4. Quarterback
5. Cornerback
6. The position that consists of guarding the wide receivers
7. Wide receiver
8. Cornerback
9. Safety
10. Center
11. Which Position is an Offensive Position?
12. Center
13. Safety
14. Cornerback
15. Linebacker
16. The number of Downs your team gets
17. 3
18. 5
19. 6
20. 4
21. How long is a football field (not including the end zones)?
22. 60 yards
23. 100 yards
24. 100 feet
25. 300 yards
26. Which position is NOT a defensive position?
27. Cornerback
28. Linebacker
29. Nose guard
30. Center

Health/Fitness

1. There are two different types of Cholesterol in your body (HDL and LDL)

Which one is the “Good” cholesterol?

1. LDL
2. HDL
3. How does your doctor check your cholesterol levels?
4. By listening to your heart
5. By feeling your pulse
6. By taking a blood sample
7. Using a stethoscope
8. The purpose of the Pacer test is to measure one’s
9. flexibility
10. Cardiovascular fitness
11. Height and weight
12. Upper body strength
13. When taking your blood pressure a doctor or nurse would use what instruments?
14. A blood pressure cuff
15. a stethoscope
16. a thermometer
17. A and B
18. The scientific name for hardening of the plaque in your artery walls is
19. Sphygmomanometer
20. High Cholesterol
21. Arteriosclerosis
22. Atherosclerosis
23. HIIT is good for what?
24. Building muscle strength
25. Flexibility
26. Burning Calories/Cardio
27. Older people
28. Cholesterol comes from where?
29. Our liver and animal products we eat
30. Blood
31. Vegetables
32. High fat foods
33. Which number represents a healthy BMI
34. 31
35. Between 50 & 100
36. > 25 (greater than)
37. < 25 (less than)
38. Your blood pressure reading tells you what?
39. How big your heart is
40. How overweight you are
41. How hard your heart is working to pump blood
42. How cold your body is
43. A healthy blood pressure reading is
44. 120/80
45. 100/90
46. 40/100
47. 90 beats per min
48. If someone wants to lose weight and get physically healthy, what is the FIRST thing they

Need to consider or change?

1. Their sleep habits
2. Their eating habits
3. More exercise
4. Less caffeine

Congratulations!! Have a great summer ☺