

Example Items

Physical Education 7 & 8

Physical Education 7 & 8 Example Items are a **representative set** of items for the ACP. Teachers may use this set of items along with the test blueprint as guides to prepare students for the ACP. On the last page, the correct answer, content SE and SE justification are listed for each item.

*The specific part of an SE that an Example Item measures is **NOT** necessarily the only part of the SE that is assessed on the ACP.* None of these Example Items will appear on the ACP.

Teachers may provide feedback regarding Example Items.

- (1) Download the [Example Feedback Form](#) and email it. The form is located on the homepage of the [Assessment website](https://assessment.dallasisd.org): <https://assessment.dallasisd.org>.

OR

- (2) To submit directly, click “Example Feedback – online form” **after** you click the Example Items link under ACP Resources on the ACP tab on the [Assessment website](#).

Second Semester
2020–2021
Code #: 7480

EXAMPLE ITEMS Physical Education 7 & 8, Sem 2

1 If Heather wants to meet her goal to walk at least 10,000 steps a day, what piece of technology will help her monitor her progress?

- A Scale
- B Pedometer
- C Heart rate monitor
- D Stopwatch

2 Body Mass Index (BMI) describes which health-related fitness component?

- A Cardiovascular endurance
- B Body composition
- C Flexibility
- D Muscular strength

3 An effective way to improve balance during physical activity is to stand with —

- A feet shoulder-width apart
- B feet touching together
- C weight on both heels
- D weight on only one foot

4 Which sport uses a helmet to prevent a head injury?

- A Volleyball
- B Football
- C Soccer
- D Basketball

5 Before starting a relay game, a student realizes one team has one less player than the other teams. What is the **best** way to solve this problem?

- A Tell the team missing a player they have to go slower
- B Tell the other teams they will have to go faster to catch up
- C Have one player from each of the other teams sit and watch
- D Have one player on the team missing a player go twice

EXAMPLE ITEMS Physical Education 7 & 8, Sem 2



Use the images to answer the next question.



1



2



3



4

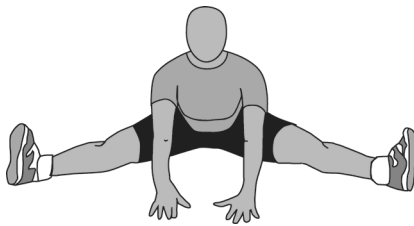
6

Which set of images shows the ready position by lowering the center of gravity and widening the base of support?

- A 1, 2, 4
- B 1, 2, 3
- C 1, 3, 4
- D 2, 3, 4



Use the image to answer the next question.



7

Which health-related fitness component is shown?

- A Cardiovascular endurance
- B Muscular strength
- C Flexibility
- D Muscular endurance

8

Which shoes are the **best** to wear during Physical Education class?

- A Hard-soled shoes
- B Sandals
- C Boots
- D Athletic shoes

EXAMPLE ITEMS Physical Education 7 & 8, Sem 2

- 9** Emily can do 10 Fitnessgram push-ups. What is an appropriate goal for improvement when she is tested again in four weeks?
- A** 8
 - B** 10
 - C** 13
 - D** 20
- 10** Because of dehydration, a person experiencing a heat stroke is unable to —
- A** breathe
 - B** drink
 - C** sweat
 - D** focus
- 11** During a pickleball game, a student official continues calling that Tonya is serving incorrectly. How should Tonya try to fix this situation?
- A** Call a timeout and ask the student official to explain
 - B** Wait until after the game and tell the teacher
 - C** Tell everyone the next day that she was serving correctly
 - D** Ignore the bad calls and keep serving her way
- 12** Smoking, over a long period of time, limits ability by impacting a person's —
- A** sweating
 - B** breathing
 - C** hydration
 - D** reaction
- 13** When playing a game of tag, a player who quickly changes directions side-to-side to avoid being tagged is using which strategy?
- A** Alternating
 - B** Chasing
 - C** Defending
 - D** Dodging

EXAMPLE ITEMS Physical Education 7 & 8, Sem 2

14 When swinging a hockey stick in Physical Education class, how does keeping all swings below waist-level improve game safety?

- A** It limits the likelihood of hitting the other players in the head.
- B** It keeps better players from hitting farther than struggling players.
- C** It prevents all the players from standing too close to one another.
- D** It improves player shooting accuracy when trying to score.

15 When lifting weights off the floor, the **best** body alignment includes —

- A** a straight back
- B** a loose core
- C** bending at the waist
- D** feet together

16 Calcium, found in milk and other dairy products, is known as a —

- A** fat
- B** vitamin
- C** mineral
- D** protein

17 To demonstrate opposition during an overhand throw, a left-handed student should step forward with the —

- A** left foot and throw with the right hand
- B** left foot and throw with the left hand
- C** right foot and throw with the right hand
- D** right foot and throw with the left hand

18 Which exercise is the **best** option for a cool-down?

- A** Running
- B** Stretching
- C** Sit-ups
- D** Push-ups

EXAMPLE ITEMS Physical Education 7 & 8 Key, Sem 2

Item#	Key	SE	SE Justification
1	B	7.3E/8.3I	Select...appropriate technology tools to...monitor...physical development.
2	B	7.4C/8.4C	Match personal physical activities to health-related fitness components.
3	A	7.2F/8.2F	Identify...basic biomechanical principles such as...widening the base of support.
4	B	7.5B/8.5B	Select...proper attire that...prevents injury.
5	D	7.7A/8.7A	Solve problems in physical activities by analyzing...potential solutions.
6	A	7.2F/8.2F	Identify...basic biomechanical principles such as lowering the center of gravity and widening the base of support.
7	C	7.4C/8.4C	Match personal physical activities to health-related fitness components.
8	D	7.5B/8.5B	Select...proper attire that promotes participation....
9	C	7.3D/8.3H	Evaluate personal fitness goals and make appropriate changes for improvement.
10	C	7.5E/8.5E	Recognize harmful effects of the sun such as...heatstroke [and] heat exhaustion....
11	A	7.7C/8.7D	Accept decisions made by game officials such as student....
12	B	7.4I/8.4H	Recognize the effects of substance abuse on...performance in physical activity.
13	D	7.6B/8.6B	Describe fundamental...strategies used in...games....
14	A	7.5A/8.5A	Use equipment safely....
15	A	7.4F/8.4E	Identify...basic weight training principles and safety practices such as...body alignment....
16	C	7.4E/8.4D	Identify...minerals...as key elements found in foods that are necessary for optimal body function.
17	D	7.2B/8.2B	Identify...similar movement concepts and elements in a variety of sport skills such as throwing....
18	B	7.5C/8.5C	Include...cool-down procedures regularly during exercise....