

Example Items

Physical Education

6

Physical Education 6 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 Assessment.dallasisd.org.

OR

(2) To submit directly, click “Example Feedback” **after** you login to the [Assessment website](#).

First Semester
2017–2018
Code #: 7461

EXAMPLE ITEMS Physical Education 6, Sem 1

- 1** Which fitness component describes using muscles for a long period of time without tiring?
- A** Muscular endurance
 - B** Body composition
 - C** Muscular strength
 - D** Flexibility
- 2** What will most likely happen to an overweight person who begins to exercise every day and is on a low-calorie diet?
- A** The person will lose energy.
 - B** The person will need sleep.
 - C** The person will get depressed.
 - D** The person will lose weight.
- 3** Why is the carotid artery in the neck easier to use than the radial artery in the wrist when checking pulse?
- A** It is closer to the heart and has a stronger blood flow.
 - B** It is not as deep as the radial artery, so it is easier to find.
 - C** It is not overlapped by pulsing veins and capillaries.
 - D** It is the only place one can check one's own pulse.
- 4** Which is the most important reason to avoid wearing tight-fitting pants for Physical Education activities?
- A** To be able to stretch properly
 - B** To prevent muscle cramps
 - C** To follow the dress code
 - D** To fit in with classmates
- 5** Two teams are competing against each other, and they refuse to shake hands at the end of the game. This is an example of —
- A** good sportsmanship
 - B** bad sportsmanship
 - C** unwritten rules
 - D** game rules

EXAMPLE ITEMS Physical Education 6, Sem 1

- 6** Two students are playing a game of hockey, and one student raises her hockey stick above her head. This technique is known as —
- A** free sticking
 - B** checking
 - C** high sticking
 - D** blocking
- 7** Which part of the body will jumping rope strengthen the **most**?
- A** Heart
 - B** Liver
 - C** Kidneys
 - D** Brain
- 8** What is a pedometer used for?
- A** Measuring height
 - B** Measuring weight
 - C** Counting steps
 - D** Counting heartbeats
- 9** Which activity is **anaerobic**?
- A** Cycling
 - B** A 20-yard relay race
 - C** A long, slow walk
 - D** Swimming
- 10** Which part of a class workout will produce the highest increase in heart rate?
- A** Stretch
 - B** Warm-up
 - C** Soccer activity
 - D** Cool-down

EXAMPLE ITEMS Physical Education 6, Sem 1

- 11 Which choice is a health-related fitness component?
- A Speed
 - B Balance
 - C Flexibility
 - D Power
- 12 What is the proper way to use a scooter board?
- A Stand on the scooter board with both feet.
 - B When sitting, place both hands near the front wheels.
 - C Stand on the scooter board with one foot.
 - D When sitting, place hands on the sides away from the wheels.
- 13 Which activity will help **most** to improve scores on the Sit and Reach?
- A Exercise stations
 - B Baseball
 - C Free weights
 - D Basketball
- 14 Three students agree to jog home from school each day to increase their Moderate to Vigorous Physical Activity (MVPA). One of the students starts walking home instead of jogging with the others. What is the **best** way for the other students to handle the situation?
- A Ignore the student who has decided to walk home
 - B Invite the other student to start jogging home with them again
 - C Tell their classmates that the other student is a quitter
 - D Confront the other student because she does not like them anymore

EXAMPLE ITEMS Physical Education 6, Sem 1



Use the table to answer the next question.

Burrito Ingredients

Source of Protein	Amount	Grams of Protein
Black beans, boiled	$\frac{1}{2}$ c	7.5 g
Cheddar cheese, shredded	4 oz	5.0 g
White rice, cooked	$\frac{1}{2}$ c	2.5 g
Steak, grilled	4 oz	20.0 g

15 Based on the table, which ingredient or set of ingredients provides the **best** source of protein?

- A Beans
- B Beans and cheese
- C Beans, rice, and cheese
- D Steak

16 Devon uses a wheelchair, but he still has use of his upper body. The **best** way for him to participate in a race is to —

- A watch the race and say “go”
- B use the wheelchair to race a shorter distance
- C cheer from the sidelines
- D race against himself using a stopwatch

17 In a game of flag football, runners are stopped by —

- A a timeout being called
- B being touched by an opponent
- C their flags being pulled off
- D being tackled by an opponent

EXAMPLE ITEMS Physical Education 6, Sem 1

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In volleyball or pickleball, stepping over the serving line while serving is called —

- A a free throw
- B tripping
- C dribbling
- D a foot fault

EXAMPLE ITEMS Physical Education 6 Key, Sem 1

Item#	Key	SE	SE Justification
1	A	6.4E	Identify each health-related fitness component....
2	D	6.4A	Describe selected long-term benefits of regular physical activity.
3	A	6.4D	Analyze effects of exercise on heart rate through the use of manual pulse checking....
4	A	6.5B	Select...proper attire that...prevents injury.
5	B	6.7B	Handle conflicts that arise with others without confrontation.
6	C	6.7C	Identify...rules while playing...games.
7	A	6.4C	Describe the effects of aerobic exercise on the heart....
8	C	6.3D	Identify...technological tools used for measuring and monitoring fitness parameters....
9	B	6.4B	Classify activities as being...anaerobic.
10	C	6.4C	Describe the effects of aerobic exercise on the heart....
11	C	6.4E	Identify each health-related fitness component....
12	D	6.5A	Use equipment...properly.
13	A	6.3C	Establish...progress toward appropriate personal fitness goals in each of the components of health-related fitness such as...criterion referenced tests.
14	B	6.7B	Handle conflicts that arise with others without confrontation.
15	D	6.4F	Identify specific foods that contain protein....
16	B	6.7E	Accept...performance limitations of self and others, [and] exhibit appropriate behavior responses....
17	C	6.6A	Know basic rules for sports played....
18	D	6.6A	Know basic rules for sports played such as...violating rules.