

# 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 the Assessment website ([assessment.dallasisd.org](http://assessment.dallasisd.org)).

OR

(2) To submit directly: Login to the [Assessment website](#). Under “News” in the left-hand column, click on “Sem 2 Example Items Download.” Above the subjects, click on “Example Feedback Form.”

Second Semester  
2017–2018  
Code #: 7461

## EXAMPLE ITEMS Physical Education 6, Sem 2

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- 1 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
- 2 When practicing shooting basketballs, what should a student do after noticing other unused basketballs in the practice area?
- A Throw the basketballs into another area
  - B Ask other students nearby to pick up the basketballs
  - C Tell the teacher so that the teacher can pick up the balls
  - D Pick up and place the balls in their cart
- 3 What button should a student press on the pedometer to select steps, calories, or distance?
- A Reset button
  - B Set button
  - C Mode button
  - D None of the above
- 4 The **best** time to check for resting heart rate is in the —
- A morning upon waking
  - B morning during exercise
  - C afternoon following lunch
  - D evening before sleeping
- 5 Which activity is **not** an example of substance abuse?
- A Smoking cigarettes
  - B Sniffing glue
  - C Drinking alcohol
  - D Eating vegetables

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- 6** Which activity is **aerobic**?
- A** Sprinting
  - B** Cup stacking
  - C** Jogging
  - D** Archery
- 7** Which activity is **anaerobic**?
- A** Cycling
  - B** A 20-yard relay race
  - C** A long, slow walk
  - D** Swimming
- 8** 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
- 9** Which activity is the **best** way for a student to stay physically active while away from school?
- A** Participate in arts and crafts activities
  - B** Swim at the recreation center
  - C** Read books on the school's reading list
  - D** Use a computer at the library
- 10** 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

## EXAMPLE ITEMS Physical Education 6, Sem 2

- 11 What is the **best** way to celebrate when a teammate makes a very good play?
- A Give the teammate a high five
  - B Point and laugh toward the other team
  - C Throw something into the air
  - D Run out into the playing area and cheer
- 12 What is the correct way to practice water safety at a swimming pool?
- A Staying in the shallow end when swimming alone
  - B Jogging slowly on the pool deck instead of running
  - C Diving into the pool after looking both ways
  - D Reading the pool rules before swimming
- 13 Which outside influence is most likely to cause someone to experiment with drug use?
- A Participating in team sports
  - B Spending time with friends who use drugs
  - C Watching music videos
  - D Seeing people on social media using drugs



Use the table to answer the next question.

**Workout Plan**

Component	Type of Activity	Time
Warm-up	Stretch	5 minutes
Workout	Run	20–30 minutes
Cool-down	Slow jog, walk, stretch	5–10 minutes

- 14 The **best** way to improve this workout plan is to —
- A add five minutes to the Warm-up component
  - B take walking and stretching out of the Cool-down component
  - C add ten minutes of jogging to the Workout component
  - D take away twenty minutes of running from the Workout component

## EXAMPLE ITEMS Physical Education 6, Sem 2

**15** While playing a game of volleyball, Rosa’s teacher allows a student to move 10 feet closer to the net for the serve. What is the **best** way for Rosa and her other classmates to respond?

- A Tell their parents the teacher did not follow the volleyball rules
- B Report the teacher to the principal for not being fair to all students
- C Clap for the student when the ball is served
- D Protest the decision by going to sit in the bleachers

**16** A group of girls is playing basketball outside, and the temperature is 101 degrees. Several of the girls start having leg cramps and feeling dizzy. The girls should —

- A ignore the way they feel and continue to play basketball
- B stop playing, sit in the shade for five minutes, and then resume play
- C go inside the gym and continue their basketball game
- D stop playing, go to the school nurse, and report their symptoms



Use the table to answer the next question.



20 oz Sports Drink	
Calories	130
Fat	0 g
Protein	0 g
Carbohydrates	34 g
Sugar	34 g



8 oz Chocolate Milk	
Calories	150
Fat	2.5 g
Protein	8 g
Carbohydrates	24 g
Sugar	22 g

**17** Which drink will provide the **most** nutritional value after a workout?

- A The sports drink, because it has fewer calories
- B The chocolate milk, because it has 8 g of protein
- C The sports drink, because it has 0 g of protein
- D The chocolate milk, because it has more calories

**EXAMPLE ITEMS Physical Education 6 Key, Sem 2**

<b>Item#</b>	<b>Key</b>	<b>SE</b>	<b>SE Justification</b>
<b>1</b>	C	6.6A	Know basic rules for sports played....
<b>2</b>	D	6.5A	Use equipment safely....
<b>3</b>	C	6.3D	Identify and know how to use technological tools used for measuring...fitness parameters....
<b>4</b>	A	6.4D	Analyze effects of exercise on heart rate through the use of manual pulse checking....
<b>5</b>	D	6.4G	Recognize the effects of substance abuse on personal health and performance in physical activity.
<b>6</b>	C	6.4B	Classify activities as being aerobic....
<b>7</b>	B	6.4B	Classify activities as being...anaerobic.
<b>8</b>	A	6.5B	Select...proper attire that...prevents injury.
<b>9</b>	B	6.3A	Identify opportunities in the...community for regular participation in physical activity.
<b>10</b>	C	6.7C	Identify...rules while playing...games.
<b>11</b>	A	6.7E	...Exhibit appropriate behavior responses....
<b>12</b>	D	6.5E	Explain water safety...procedures.
<b>13</b>	B	6.4H	Analyze ways outside influences affect decisions about care of the body such as...peer pressure.
<b>14</b>	A	6.5C	Include warm-up and cool-down procedures regularly during exercise....
<b>15</b>	C	6.7D	Accept decisions made by game officials such as...teachers....
<b>16</b>	D	6.5C	...Monitor potentially dangerous environmental conditions such as heat, and recommend...treatment.
<b>17</b>	B	6.4F	Identify specific foods that contain protein, that are key elements to optimal body function.