

Name: _____
Teacher's Name: _____

Date: _____
Grade: _____

GRADE 5
FINAL EXAM
PHYSICAL EDUCATION ASSESSMENT

MULTIPLE CHOICE: (3 points each)

Circle the best answer to each question.

1. Which of these are activities associated with Physical Fitness tests?
 - a. curl-ups
 - b. shuttle run
 - c. pull-ups
 - d. all of the above

2. What exercise will help develop arm strength?
 - a. lunges
 - b. jumping jacks
 - c. push-ups
 - d. sit-ups

3. Which of these is a benefit of physical fitness?
 - a. increased flexibility
 - b. strengthening of bones
 - c. improving mental health
 - d. all of the above

4. How many pins are in a regular bowling alley on one line?
 - a. 8
 - b. 9
 - c. 10
 - d. 11

5. Where is one place to check your pulse?
 - a. elbow
 - b. wrist
 - c. thigh
 - d. knee

6. What is it called when you knock down all the bowling pins with one ball?

Physical Education Mtel Practice Test 22

Richard Bailey



Physical Education Mtel Practice Test 22:

Mtel Physical Education (22) Exam Educational Testing Group,2018-03-07 This practice test includes 190 questions about MTEL PHYSICAL EDUCATION 22 EXAM The test has been carefully developed to assist you to pass your actual test It will help you prepare for and pass your exam on the first attempt but it does not include any study guide The book focuses only on carefully selected practice questions Two main topics HEALTH EDUCATION and PHYSICAL EDUCATION are covered in this test Health Education questions focus on 9642 Health Knowledge 9642 Health Instruction Physical Education questions focus on 9642 Planning Instruction 9642 Planning Activities 9642 Student Growth Development **MTEL Physical Education 22** Sharon Wynne,2006-10 Includes a detailed overview of all content found on the MTEL Physical Education test and 125 sample test questions This guide aligned specifically to standards prescribed by the Massachusetts Department of Education covers the sub areas of Physical Development and Motor Learning Health Related Physical Fitness Movement and Sports Activities Cognitive Social and Personal Development and Professional Knowledge and the Physical Education Program *MTEL Physical Education 22* Preparing America Staff,Preparing Teachers in America,2016-07-23 Rated Best MTEL Physical Education Test Free Online Tutoring This guide contains updated exam questions based on the recent changes to the Physical Education exam MTEL Physical Education Test contains similar exam questions focused on the content of the exam The test questions are aligned with the exam to get you exposed to the best preparation to pass your MTEL Physical Education MTEL Physical Education (22) Exam Secrets Study Guide ,2021 The MTEL Physical Education 22 Exam is extremely challenging and thorough test preparation is essential for success MTEL Physical Education Exam Secrets Study Guide is the ideal prep solution for anyone who wants to pass the MTEL Physical Education Exam Not only does it provide a comprehensive guide to the MTEL Physical Education Exam as a whole it also provides practice test questions as well as detailed explanations of each answer Amazon Mtel Physical Education (22) Flashcard Study System Mometrix Media Llc,2010 *MTEL Physical Education (22) Exam Secrets Study Guide* Mtel Exam Secrets Test Prep,2018-04-12 Includes Practice Test Questions MTEL Physical Education 22 Exam Secrets helps you ace the Massachusetts Tests for Educator Licensure without weeks and months of endless studying Our comprehensive MTEL Physical Education 22 Exam Secrets study guide is written by our exam experts who painstakingly researched every topic and concept that you need to know to ace your test Our original research reveals specific weaknesses that you can exploit to increase your exam score more than you ve ever imagined MTEL Physical Education 22 Exam Secrets includes The 5 Secret Keys to MTEL Success Time is Your Greatest Enemy Guessing is Not Guesswork Practice Smarter Not Harder Prepare Don t Procrastinate Test Yourself Introduction to the MTEL Series including MTEL Assessment Explanation Two Kinds of MTEL Assessments A comprehensive General Strategy review including Make Predictions Answer the Question Benchmark Valid Information Avoid Fact Traps Milk the Question The Trap of Familiarity Eliminate Answers Tough Questions Brainstorm Read

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In Print 2004-2005 Ed Bowker Staff,Staff Bowker, Ed,2004 *Subject Guide to Books in Print* ,1991 **MTEL Physical**

Education - Test Taking Strategies Jcm-Mtel Test Preparation Group,2019-12-24 This booklet does not contain any practice questions or content The purpose of the booklet is to provide test taking strategies to use for the MTEL Physical Education exam The booklet contains over 85 strategies to achieve a passing score on the MTEL Physical Education exam

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