

Name: \_\_\_\_\_  
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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

**Arturo Cuomo**



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