

Name: _____
Teacher's Name: _____

Date: _____
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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

Mometrix

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular shape partially visible behind it.

Physical Education Mtel Practice Test 22:

Physical Education Mtel Practice Test 22 Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Physical Education Mtel Practice Test 22**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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