

Name: _____

Date: _____

Teacher's Name: _____

Grade: _____

Grade 5
Physical Education
Base Line Data Assessment

Multiple Choice (4 points each)

Circle the best answer to each question.

1. How many pins are at the end of a regular bowling alley on one lane?
 - a. 11
 - b. 8
 - c. 9
 - d. 10

2. When catching a football, your hands should form a:
 - a. triangle
 - b. circle
 - c. line
 - d. square

3. How many players are on a regulation volleyball court at one time, on one team?
 - a. 5
 - b. 6
 - c. 10
 - d. 7

4. Which of these is a skill used in basketball?
 - a. kicking
 - b. curling
 - c. slapping
 - d. dribbling

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

6. Which of these are activities is not associated with physical fitness tests:
 - a. pull-ups
 - b. curl-ups
 - c. sitting down
 - d. shuttle run

7. In floor Hockey, the game begins with a:
 - a. slap shot
 - b. kick off
 - c. tip off
 - d. face off

8. When dribbling the soccer ball, you should use which part of your foot?
 - a. bottom
 - b. toes
 - c. outside
 - d. inside

Open ended/Critical thinking: (9 points each)

Directions: Write a paragraph or paragraphs to answer each question on the lines provided.

9. List and describe how Physical Education can help you in the future?

10. Discuss and explain the importance of warming up before doing any physical activity.

Grade 5 Answer Key
Physical Education Base Line Data Assessment

Questions	NJCCCS/CPI	Answer	Notes
1	2.5.2.A.1, 2.5.4.A.1, 2.5.6.A.1	D	
2	2.5.2.A.1, 2.5.4.A.1, 2.5.6.A.1	A	
3	2.5.2.A.1, 2.5.4.A.1, 2.5.6.A.1	A	
4	2.5.2.A.1, 2.5.4.A.1, 2.5.6.A.1	C	
5	2.6.2.A.2, 2.6.4.A.2	B	
6	2.6.2.A.2, 2.6.4.A.2	C	
7	2.5.2.A.1, 2.5.4.A.1, 2.5.6.A.1	D	
8	2.5.2.A.1, 2.5.4.A.1, 2.5.6.A.1	D	
9	2.5.2.A.1, 2.5.4.A.1, 2.5.6.A.1	Developing teamwork, help you lead a healthy lifestyle, prepare you for sports, learn cooperation, and discover ways to be physically fit.	
10	2.5.2.A.1, 2.5.4.A.1, 2.5.6.A.1	Increase heart rate, prepare body for workout, boosts the amount of nutrients and oxygen delivered to your muscles, extends your workout. Easier to burn calories.	