



Physical Health and Education
Grade 8 – Sample Exam -Term 1 - Answer Key

Award marks **ONLY** when deserved for answers given.

Marks will be awarded as indicated on the examination paper

Do not award half marks.

| Section 1 - Multiple Choice | | Section 2 – Matching task | | Section 3 – True or False | |
|-----------------------------|--------|---------------------------|--------|---------------------------|--------|
| Question | Answer | Question | Answer | Question | Answer |
| 1 | B | 1 | B | 1 | False |
| 2 | C | 2 | F | 2 | True |
| 3 | C | 3 | C | 3 | False |
| 4 | A | 4 | A | | |
| | | 5 | E | | |

| Section 4: Guided response | |
|----------------------------|---|
| Question | Answer - students can write in sentences or demonstrate understanding using a number of points. |
| 1 | <ul style="list-style-type: none"> stand two metres away from a smooth wall. throw a tennis ball with your right hand against the wall and catch it with the left hand on its return. then throw the ball back towards the wall with your left hand and catch it with your right hand. count the number of catches, and stop the test after 30 seconds. |
| 2 | <ul style="list-style-type: none"> make sure somebody else is around you when you jump. the floor is not slippery. you are wearing the correct footwear. record the distance jumped |
| 3 | <ul style="list-style-type: none"> the Cooper Test last for 12 minutes participants run as far as they can in 12 minutes |