



STUDENT SECTION

Name				Class	
Student MOE number (SIS)		School MOE Number		STUDENT SIGNATURE	
School name					

Physical Education and
Health

Grade 8 Sample

Term 1

Date: November 2017

Time: TBC

STUDENT INSTRUCTIONS –
Students must attempt **all** questions.
For this examination, you must have:
1. An ink pen – blue.
2. A pencil.

TEACHER NOTES & INSTRUCTIONS

Please tick ✓ the correct answers in **RED INK**
and then write the mark awarded in the marking
columns

FOR ADMIN ONLY

MARKING RECORD

Section	Section TOTALS
Section 1	
Section 2	
Section 3	
Section 4	
MARKER SIGNATURE	TOTAL MARKS
MODERATOR SIGNATURE	

SECTION 1 - Multiple Choice

Choose and **circle** the correct answer A, B or C. Only **ONE** answer is correct.

Example: A warm up is important to increase _____.

- A. body mass index
- B. enjoyment
- ☒ C. blood flow

1. The length of a pulse raiser should be _____.

- A. less than a minute
- B. 2-3 minutes
- C. 60 minutes

2. You should do a pulse raiser before _____.

- A. a team talk
- B. sitting down
- C. static stretching

3. Dynamic stretches should _____.

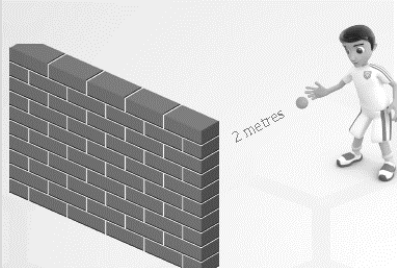
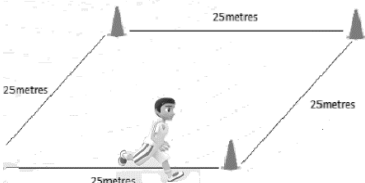
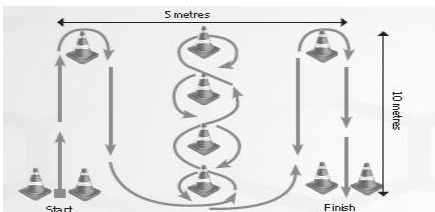
- A. lower the heart rate
- B. be used in a cool down
- C. reflect sporting actions

4. The letters MHR stand for _____.

- A. Maximum Heart Rate
- B. Maximum High Recovery
- C. Measure Heart Rest

SECTION 2 - Matching Task

Look at the pictures. Match the component of fitness to the picture. Choose A, B, C, D, E, F or G. ONE word will NOT be used.

Picture	Letter
Example: 	G
1. 	
2. 	
3. 	
4. 	
5. 	

Words	Letter
Flexibility	A
Stomach strength	B
Agility	C
Leg Power	D
Chest strength	E
Aerobic endurance	F
hand-eye coordination	G

/10

SECTION 3 – True or False

Choose and circle the correct answer TRUE or FALSE

Example: Agility is used to test change of direction

TRUE

FALSE

1. You should only attempt a sprint fitness test once

TRUE

FALSE

2. The press up tests lasts for one minute

TRUE

FALSE

3. You should only use a sports hall for the Cooper Test

TRUE

FALSE

/ 6

SECTION 4 - Guided Response

Use the labelled pictures to answer the question. The first one is done for you.

Example	Why is it good to warm up before exercise? Temperature <u>Warm up before exercise increases body temperature</u>
1	Describe how we perform the hand eye coordination test Tennis Ball
2	What equipment is needed for the standing broad jump Clip board
3	How long should the Cooper Test last? time

You have now finished the examination

/ 6