Please find the Term 3 Practical Pop Quizzes.

Teachers may use the Practical Pop Quizzes
in any order to suit their lessons.

The theory-based questions may be used during the Ramadan period.

Please recall that grade 6-12 students must complete **ALL** Practical Pop Quizzes to achieve 100%.

All Practical Pop Quizzes must be completed by June 7th 2018.

Grade	11	Unit 8	Participation in Sport
Student learning outcome	Movement skills		

Demonstrate movement at speed.

Grade	11	Unit 8	Participation in Sport
Student learning outcome	Movement skills		

Demonstrate movement in response to pressure.

Grade	11	Unit 8	Participation in Sport
Student learning outcome	Defending		

Demonstrate a defensive technique.

Grade	11	Unit 8	Participation in Sport
Student learning outcome	Defending		

Describe a defensive position.

Grade	11	Unit 8	Participation in Sport
Student learning outcome	Attacking		

Demonstrate an offensive technique.

Grade	11	Unit 8	Participation in Sport
Student learning outcome	Attacking		

Demonstrate an attacking position.

Describe a tactic.

Grade	11	Unit 8	Participation in Sport
Student learning outcome	Tactics		

Demonstrate a defensive tactic.

Grade	11	Unit 8	Participation in Sport
Student learning outcome	Officiating		

Demonstrate an official's signal in your sport.

Grade	11	Unit 8	Participation in Sport
Student learning outcome	Officiating		

Describe two rules.

Grade	11
Student learning outcome	Unit 9

Identify three sources of carbohydrates.

Grade	11
Student learning outcome	Unit 9

Which macronutrient is used to build muscles?

Grade	11
Student learning outcome	Unit 9

Define a sedentary lifestyle.

Grade	11
Student learning outcome	Unit 9

Identify one sport suitable for an ectomorph.

Grade	11
Student learning outcome	Unit 9

What is dehydration?