

تم تحميل هذا الملف من موقع المناهج الإماراتية



\*للحصول على أوراق عمل لجميع الصفوف وجميع المواد اضغط هنا

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للتحدث إلى بوت المناهج على تلغرام: اضغط هنا

[https://t.me/almanahj\\_bot](https://t.me/almanahj_bot)



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

Physical Education  
Grade 10 Sample Test  
Term 1  
Date: November 2017  
Time: TBC  
Duration: 30 minutes

<p>STUDENT INSTRUCTIONS – Students must attempt <b>all</b> questions. For this examination, you must have:</p> <ol style="list-style-type: none"> <li>1. An ink pen – blue.</li> <li>2. A pencil.</li> </ol>
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<p>TEACHER NOTES &amp; INSTRUCTIONS</p> <p>Please tick ✓ the correct answers in <b>RED INK</b> and then write the mark awarded in the marking columns. With multiple mark answers highlight where the mark is awarded by <b>underlining</b> or by using an extra tick.</p>
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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 Fitness Training

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

**Example:** To prevent injuries in contact sports participants should wear \_\_\_\_\_

- A. PE kit
- B. trainers
- C. protective kit
- D. bright colours

1. Agility is \_\_\_\_\_

- A. changing direction at speed
- B. running a high speed
- C. changing strength
- D. a large range of movement

2. Power is \_\_\_\_\_

- A. quick change of direction
- B. speed and strength
- C. not making decisions
- D. an indicator of fitness

3. An example of a circuit training exercise is \_\_\_\_\_

- A. rounders
- B. skipping
- C. football
- D. resting

4. The sit and \_\_\_\_\_ test.

- A. beg
- B. borrow
- C. reach
- D. run

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## Section 2 - Matching Task

### Illinois agility test

Look at the phrase on the left. Match the phrase to the words. Choose A, B, C, D, E or F. The first one has been done as an example.

Item	Letter	PHRASES	Letter
Cooper Test	<b>A</b>	lasts for 12 minutes	<b>A</b>
This test		requires little equipment	<b>B</b>
The Illinois agility test measures the ability		flat, non-slip surface	<b>C</b>
For safety you should use a		to change direction at speed	<b>D</b>
This test needs		little space.	<b>E</b>
To measure performance you need a		a stopwatch	<b>F</b>

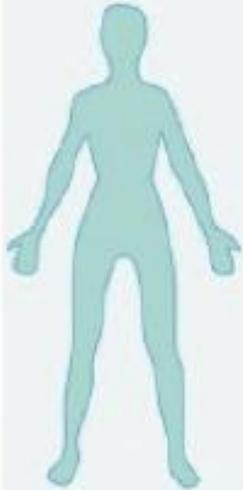
**/10**

### Section 3 – Label the images

Use the word box to label the images. Each word can only be used **ONCE**. Two words will not be used. The first one has been done as an example.

#### Word Box

Under-weight    over-weight    obese    big    small    ~~normal~~

Normal	1.	2.	3.
			
18.5 – 24.9	25.0 – 29.9	>40.0	<18.5

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## Section 4 - Guided Response

Use the prompts to answer the question. The first one has been done as an example.

**Example:** Why is it important to warm up before fitness testing?

Prompt: Temperature

Answer: Increase body **temperature** ready for moving and exercise.

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**Q1.** The vertical jump test measures?

Prompt: power

Answer:

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**Q2.** BMI is used for \_\_\_\_\_?

Prompt: weight

Answer:

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**Q3.** Give two examples of exercises used in circuit training?

Prompt: whole body

Answer:

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**You have now finished the examination.**

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