

تم تحميل هذا الملف من موقع المناهج الإماراتية



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

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للحصول على جميع روابط الصفوف على تلغرام وفيسبوك من قنوات وصفحات: اضغط هنا

[https://t.me/UAElinks\\_bot](https://t.me/UAElinks_bot)



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

Physical Health and  
Education

Grade 7

Sample - Term 1

Date: November 2017

Time: TBC

<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 <input checked="" type="checkbox"/> the correct answers in <b>RED INK</b> and then write the mark awarded in the marking columns.</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

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

**Example:** Skeleton is made up of muscle \_\_\_\_\_.

- A. bone
- B. muscle
- C. tissue

1. **Body - Mass -** \_\_\_\_\_.

- A. Index
- B. Increase
- C. Intensity

2. The Illinois agility test measures \_\_\_\_\_.

- A. leg power
- B. coordination
- C. change of direction

3. What equipment do you need for the broad jump test?

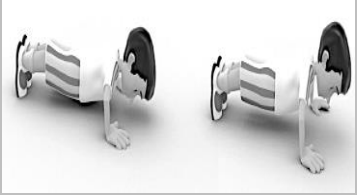
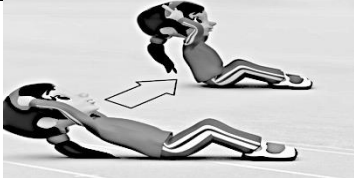

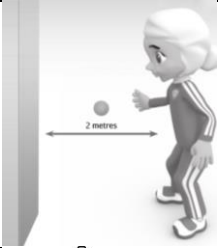
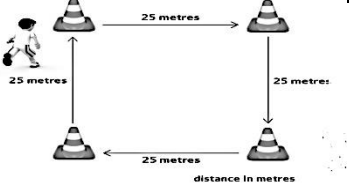
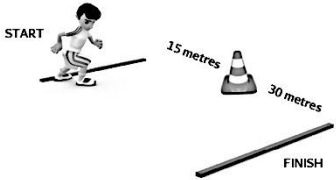
- A. stop watch
- B. tape measure
- C. sandals

4. The sit and reach test is for \_\_\_\_\_.

- A. endurance
- B. flexibility
- C. speed

## 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
<b>Example</b> 	<b>A</b>
<b>Q1</b> 	
<b>Q2</b> 	
<b>Q3</b> 	
<b>Q4</b> 	
<b>Q5</b> 	

Chest strength	<b>A</b>
Stomach strength	<b>B</b>
Leg power	<b>C</b>
Aerobic endurance	<b>D</b>
Measures speed	<b>E</b>
Hand eye coordination	<b>F</b>
Tests flexibility	<b>G</b>

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## SECTION 3 – True or False

Choose and circle the correct answer TRUE or FALSE

**Example: The skeleton is made up of bones**

**TRUE** FALSE

1. Static means full movement during activity TRUE FALSE





2. Sprinting is a stretching exercise. TRUE FALSE

3. You must think about safety during fitness tests. TRUE FALSE

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## SECTION 4 - Guided Response

Use the labelled pictures to answer the question. The first one is done as an example.

<b>Example</b>	Why is it good to warm down after exercise?	
	 <b>Cool down</b>	<u>Cool down after exercise lowers heart rate</u>
1	How do we measure speed in fitness tests?	
	 <b>Stop watch</b>	
2	How does the weather effect outdoor sports?	
	 <b>Weather</b>	
3	Why do you stretch before sports?	
	 <b>Stretching</b>	

**You have now finished the examination**

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