

تم تحميل هذا الملف من موقع المناهج الإماراتية



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

<https://almanahj.com/ae>

\* للحصول على أوراق عمل لجميع مواد الصف الثامن اضغط هنا

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\* للحصول على جميع أوراق الصف الثامن في مادة تربية بدنية ولجميع الفصول, اضغط هنا

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<https://almanahj.com/ae/grade8>

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

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



<b>STUDENT SECTION</b>					
Name				Class	
Student MOE number (SIS)		School MOE Number		<b>STUDENT SIGNATURE</b>	
School name					

Physical Education and  
Health

Grade 8 Sample

Term 1

Date: November 2017

Time: TBC

<b>FOR ADMIN ONLY</b>	
<b>MARKING RECORD</b>	
Section	Section TOTALS
Section 1	
Section 2	
Section 3	
Section 4	
<b>MARKER SIGNATURE</b>	<b>TOTAL MARKS</b>
<b>MODERATOR SIGNATURE</b>	

**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

## 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 \_\_\_\_\_.

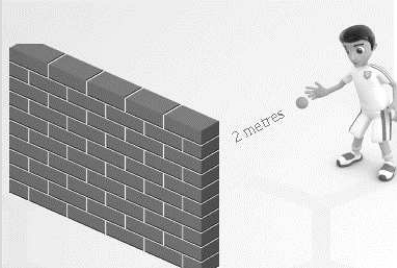

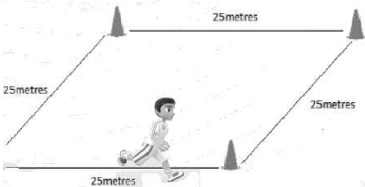
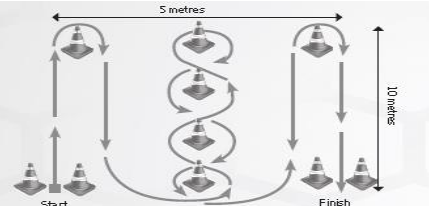


A. Maximum Heart Rate

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
<b>Example:</b> 	<b>G</b>
1. 	
2. 	
3. 	
4. 	
5. 	

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

**/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.

<b>Example</b>	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