***\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

# Sample Physical Education District Assessments for Middle School

**6th grade:**

S3.M12

1. **Which of the following is a reason why we warm-up before a workout or activity?**
2. Raise heart rate
3. Warm up the muscles to prepare them for activity
4. Allow heart rate to return to normal
5. Both A and B

S3.M9

1. **The Frankenstein is an example of which type of stretch?**
2. **Dynamic**
3. **Static**

A person standing on a mat

AI-generated content may be incorrect.A person stretching her leg

AI-generated content may be incorrect.

S3.M7

1. **Match the 5 fitness components to their definition**
2. **Cardio-respiratory Endurance a. The range of motion available at a joint**
3. **Muscular Strength b. The ability to exert muscles repeatedly**
4. **Body Composition c. The ability of a muscle to exert maximum force**
5. **Muscular Endurance d. How well your heart and lungs supply oxygen to**
6. **Flexibility your body during exercise**

**e. The percentage of muscles, fat, bones, and other**

**tissue that comprises the body**

S3.M11

1. **Match the acronym FITT to its definition.**
2. **Frequency a. A specific exercise you are doing**
3. **Intensity b. How often you exercise**
4. **Time c. The amount of time you exercise**
5. **Type d. How hard you exercise**

S3.M14

1. **Which of the following muscle is he training?**
2. **Deltoids**
3. **Hamstrings**
4. **Biceps**

**A person lifting weights with his arms up

AI-generated content may be incorrect.**

S3.M15

1. **Which of the following is a reason we set SMART goals?**
2. **Prevent injuries**
3. **Provide direction for our exercise program**
4. **Fatigue muscles**

S3.M1

1. **Which is a benefit of exercise?**
2. **Reduces the risk of heart disease, depression, and anxiety**
3. **Reduces the risk of getting diabetes**
4. **Both A and B**

S3.M10

1. **Which individual should be working on their aerobic fitness?**
2. **Sam is struggling to do 10 pushups**
3. **Tara is taking dance classes and wants to do splits**
4. **Josh plays soccer and wants to be able to run back and forth the whole game without getting tired**
5. **Which is the correct formula to calculate your heart rate beats per minute?**

S3.M13

1. **6 seconds of beats X 10**
2. **10 seconds of beats X 10**
3. **15 seconds of beats X 10**

S.3M17

1. **Carbohydrates, fats, and proteins are all \_\_\_\_\_\_\_\_\_\_ your body needs.**
2. **Starches**
3. **Sugars**
4. **Nutrients**