

Physical and health worksheet – grade 6 – term 1

choose the correct answer :

1. good behavior in sport is known as :

- a. winning the game b. foul play c. etiquette

2. before we start sport, we should always :

- a. cool down b. warm up c. take rest

3. stretching in P.E helps to stop people :

- a. getting injuries b. losing the game c. getting tired

4. a cool down should be a :

- a. fast activity b. team talk c. slow activity

5. 10meter agility test measures :

- a. flexibility b. change of direction c. power d. speed

6. standing broad jump measures :

- a. flexibility b. change of direction c. power d. speed

7. 30 meter sprint measures :

- a. flexibility b. change of direction c. power d. speed

8. Sit up test measures :

- a. flexibility b. Stomach muscle endurance c. power d. speed

9. Sit and reach test measures :

- a. flexibility b. change of direction c. power d. speed



10. the effect of warm up is :

- a. lowers body temperature
- b. lowers heart rate
- c. increase in heart rate

11. part of warming up is :

- a. Stretching
- b. sitting
- c. running

12. during stretching we stretch our :

- a. hands
- b. muscles
- c. brain

13. the effect of cool down is :

- a. lowers body temperature

b. increase body temperature

c. increase in heart rate

14. to keep safe in P.E , we should :

- a. check equipment
- b. stop sport
- c. wear sandals

15. the 30 meter sprint test measures the :

- a. lowest speed
- b. endurance
- c. top speed

16. the 30 meter sprint test consists of :

- a. one cone
- b. two cones
- c. three cones

17. the standing broad jump test consists of :

- a. one cone
- b. two cones
- c. three cones



fill in the blanks with the suitable words :

Warm up – fitness test - etiquette - composition - muscles – Coordination

1. to reduce the risk of injury, we stretch our muscles
2. every athlete will Warm up before exercise .
3. etiquette is showing good behavior in sports .
4. fitness test indicates how fit you are .
5. Body mass index is a measure of body composition
6. The hand eye coordination test measures Coordination

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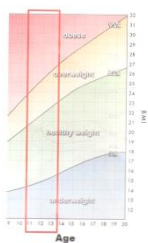

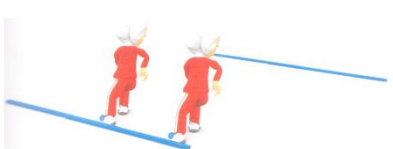



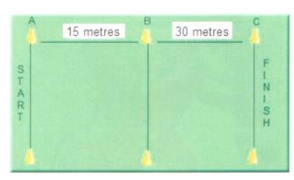
Name three fitness tests ?

1. sit up test
2. BMI test
3. Sit and reach test

what rule is used to calculate BMI ?

$$\text{BMI} = \frac{\text{weight}}{\text{height} \times \text{height}}$$



Picture	Letter
	A
	B
	C
	D
	E
	F
	G

Word	Letter
Speed	G
Muscular endurance	D
Body mass index	A
Hand - eye coordination	E
Agility (change direction)	C
Power	F


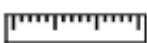




Write (true) or (false) :

1. the press up test measures speed (false)
2. Agility is measured using 30 meter sprint test (false)
3. the sit and reach test measures flexibility (true)
4. you should check up equipment before doing any sport (true)
5. the 30 meter agility test measures how fast you can change direction (false)

Fitness test name	What does it measure ? (or used for)	Equipments
1) 10meter agility test	Change of direction	Cones , stopwatch, measuring tape
2) standing broad jump	power	Cones , measuring tape
3) 30 meter sprint	speed	Cones , stopwatch, measuring tape
4) Hand eye coordination	Hand eye coordination	Wall, tennis ball, stopwatch, measuring tape
5) Sit up test	Stomach muscle endurance	Exercise mat , stopwatch
6) Sit and reach test	flexibility	Sit and reach box
7) Body mass index	Body composition	Scales, measure of height

Use the labelled pictures to answer the question. The first one is done for you.

Example	 Temperature	Why is it good to warm up before exercise? Warm up before exercise increases body temperature
1	 Measure tape	How do we record distance in fitness tests? Use a measure tape to record distance
2	 Sports Shoes	How can we keep safe in the standing broad jump test? Wearing sports shoes prevent injury
3	 Rules	What is important before starting physical activity? Know the rules before doing any sport