

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 السادس اضغط هنا

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

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* للحصول على أوراق عمل لجميع مواد الصف السادس في مادة تربية بدنية الخاصة بـ الفصل الأول اضغط هنا

<https://almanahj.com/ae/6sports1>

* لتحميل كتب جميع المواد في جميع الفصول للـ الصف السادس اضغط هنا

<https://almanahj.com/ae/grade6>

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

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 6

Sample - Term 1

Date: November 2017

Time: TBC

Duration: 30 minutes

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

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 cool down should be a _____.

A. fast activity

B. team talk

C. slow activity

1. Stretching in P.E helps to stop people _____.

A. getting injuries

B. losing the game

C. getting tired

2. Before we start sport we should always _____.

A. cool down

B. warm up

C. take a rest

3. Good behaviour in sport is known as _____.

A. winning the game

B. foul play

C. etiquette

4. To keep safe in P.E we should _____.

A. check equipment


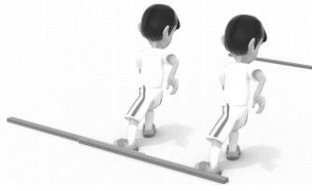

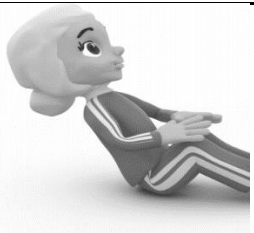
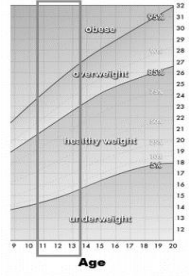

B. stop sport

C. wear sandals

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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
Example 	G
Q1 	
Q2 	
Q3 	
Q4 	
Q5 	

WORD	LETTER
agility	A
muscular endurance	B
power	C
hand-eye coordination	D
speed	E
body mass index	F
flexibility	G

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SECTION 3 – True or False

Choose and circle the correct answer TRUE or FALSE

Example: We need cones for the 30 metre sprint test

TRUE FALSE

1. The press up test measures speed.

TRUE FALSE

2. Agility is measured using the 30 metre sprint test

TRUE FALSE


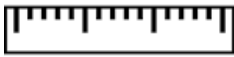


3. The sit and reach test measures flexibility

TRUE FALSE

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SECTION 4 - Guided Response

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

Example	Why is it good to warm up before exercise?	
		
	Temperature	Warm up before exercise increases body <i>temperature</i>
1	How do we record distance in fitness tests?	
		
	Measure tape	
2	How can we keep safe in the standing broad jump test?.	
		
	Sports Shoes	
3	What is important before starting physical activity?	
		
	Rules	

You have now finished the examination.

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