

Ohio Physical Education Assessments

Standard 4

Achieves and maintains a health-enhancing level of physical fitness.

Grade Band: K-2

Benchmark B

Benchmark B: Understands the principles, components and practices of health-related physical fitness.

Task: The student will demonstrate a basic understanding of health-related fitness principles, concepts, components and practices by completing the following questions from the test bank. The questions from the test bank do **not** have to be administered during one test; they can be administered throughout the course of the K-2 grade band.

Level	Criteria
Advanced	The student demonstrates an advanced understanding of the principles, concepts, components and practices of health-related fitness (90 percent of questions answered correctly).
Proficient	The student demonstrates a proficient understanding of the principles, concepts, components and practices of health-related fitness (60 to 89 percent of the questions answered correctly).
Limited	The student demonstrates a limited understanding of the principles, concepts, components and practices of health-related fitness (less than 60 percent of the questions answered correctly).

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Test Bank

Directions: Draw a line from the health-related physical fitness component on the left to connect it with the exercise or activity that would help improve it on the right.

1. Aerobic endurance	Crossing the monkey bars on the playground.
2. Flexibility	Running in a tag game without getting tired.
3. Muscular strength	Bending over and touching your toes with your fingertips.

1. Why should I exercise?
2. When I exercise, my heart beats _____.
 - a. Faster
 - b. Slower
3. If I want to keep running or playing for a long time, I should
 - a. Run really fast at first then stop and rest. Then run fast again.
 - b. Run at a steady pace