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Fundamental Movements
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Fundamental Movement Test for 4th Grade

Directions: Listed below are **5 Multiple Choice** questions. You need to **circle** the correct answer **and** write the letter to the correct answer on the line given. If you have read these directions, draw a square in the top right corner of your test.

- _____ 1. Which locomotor skill has each foot moving alternately, with one foot always touching the ground?
A. Running
B. Jumping
C. Walking
D. Skipping
- _____ 2. Which manipulative skill uses the hands to stop and control a moving object?
A. Throwing
B. Catching
C. Kicking
D. Striking
- _____ 3. Which manipulative skill uses a striking action made with the feet?
A. Throwing
B. Catching
C. Kicking
D. Skipping
- _____ 4. Which locomotor skill has one foot that leads and the other moves rapidly forward to it?
A. Running
B. Walking
C. Hopping
D. Galloping
- _____ 5. Which manipulative skill uses a racquet to hit a ball?
A. Striking
B. Catching
C. Throwing
D. Kicking

Directions: Listed below are **5 True/False** questions. You need to read through the questions carefully, and choose whether you think the sentence is **true or false**. You need to write your answer out on the line given, (For example, if you think a sentence is true, you need to write **true** on the line.) If you have read these directions, please put your favorite color on the bottom left corner of your test.

_____ 1. True or False, running is moving fast so that both feet briefly leave the ground.

_____ 2. True or False, skipping is taking off with both feet and landing on both feet.

_____ 3. True or False, Hopping involves propelling the body up and down on the same foot.

_____ 4. True or False, Leaping is used to cover distance and move over low obstacles.

_____ 5. True or False, Galloping is done by the body moving sideways.

Answer Key for Multiple Choice

1. C. Walking
2. B. Catching
3. C. Kicking
4. D. Galloping
5. A. Striking

Answer Key for True/False

1. True
2. False, Jumping
3. True
4. True
5. False, Sliding