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Teaching Fundamental Movement Activities
October 26, 2007
Written Test

Fundamental Movement Test (Grades 5-6)
Answer sheet

Directions for numbers 1-5: Circle the letter of the right answer.

1. A step-together movement pattern in a sideward direction, with the same foot always leading is _____

- A. walking
- B. sliding**
- C. running
- D. galloping

2. When you project your body upward and come back down landing on two feet your are _____

- A. skipping
- B. leaping
- C. sliding
- D. jumping**

3. While _____ there is a brief phase where both feet are not in contact with the ground.

- A. walking
- B. sliding
- C. running**
- D. galloping

4. A step-together movement pattern in a forward direction, with the same foot always leading is _____

- A. galloping**
- B. running
- C. skipping
- D. sliding

5. When you project your body upward with one foot and land on the same foot you are _
- A. walking
 - B. jumping
 - C. sliding
 - D. hopping

Directions for questions 6-10: Circle the correct answer. T is for true and F is for false.

- T F 6. Sliding is an important movement in basketball.
- T F 7. When galloping you should cross your feet.
- T F 8. When you are jumping, you land on one foot.
- T F 9. Skipping is a step then hop movement.
- T F 10. You learn how to run before you can leap.

Directions for question 11: Answer with sentences.

11. Which fundamental skill do you like the most and why?

Any answer that has what skill and why is correct.