

Fundamental Movements Test (5th Grade)

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Name: _____

Directions: For each of the following questions, circle the letter that best answers the question.

1. All of the following are categories of fundamental movements except:
 - a. Locomotion
 - b. Manipulation
 - c. Stability (Nonlocomotor)
 - d. Developmental
2. Which of the following are examples of locomotor skills?
 - a. Walking and running
 - b. Throwing and catching
 - c. Hopping and bouncing
 - d. Bending and twisting
3. When walking, each foot moves alternately, _____.
 - a. With one foot always in contact with the ground or floor
 - b. With both feet briefly off the ground or floor
 - c. With both feet always in contact with the ground or floor
 - d. While the arms are swung forward as fast as possible
4. When running, your arms should:
 - a. Not swing at all
 - b. Swing sideways
 - c. Swing forward and backward
 - d. Move in any direction you want
5. When leaping you should:
 - a. Push off and reach
 - b. Land lightly
 - c. Use your arms to help you gain height
 - d. All the above
6. Which of the following is a false statement about jumping?
 - a. The knees should be bent before takeoff
 - b. The arms should swing forward and upward at takeoff
 - c. The legs should not be bent after takeoff
 - d. The landing should be on the balls of your feet
7. Which of the following should you **NOT** do when hopping?

- a. Stay on your toes
 - b. Use your arms for balance
 - c. Land heavily
 - d. Hop with good forward motion
8. Galloping is most similar to?
- a. Running
 - b. Sliding
 - c. Walking
 - d. Leaping
9. What is sliding?
- a. A step-together movement done to the side, with the same foot always leading
 - b. A step-together movement pattern in a forward direction, with the same foot always leading
 - c. A series of step-hops done with alternating feet
 - d. Bending as far as possible to increase flexibility
10. Which of the following is true about skipping?
- a. The arms do not swing in opposition to the legs
 - b. Speed and distance are the goals in skipping
 - c. Skipping is a series of step-hop done with alternate feet
 - d. All the above

Written Test Answer Key:

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