

## Fundamental Movements Test (5<sup>th</sup> 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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