

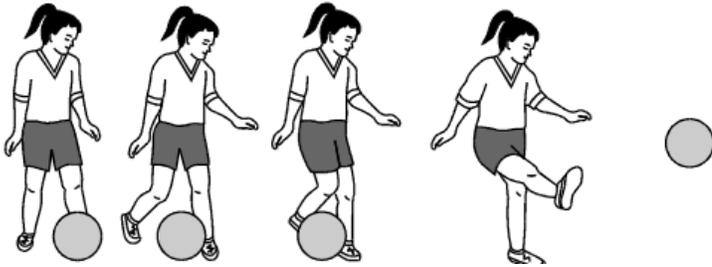
[Home](#) [Tests](#) [Physical Education \(Grades K–12\)](#) [Preparation Materials](#) [MTLE Elements:](#)  
[Physical Education \(Grades K–12\)](#) [Subtest 1: Sample Items](#)

## Physical Education (Grades K–12)

### Subtest 1 Sample Items

Use the information and the diagram below to answer the questions that follow.

In a first-grade physical education class, students are practicing kicking balls from stationary positions. The diagram below shows one student's movement pattern for the placekick.



1. Which of the following elements of this movement pattern represents a mature aspect of kicking?

- A. There is adequate knee extension in the kicking leg.
- B. There is adequate follow-through in the kicking leg.
- C. The arms are in the correct position for kicking.
- D. The kicking leg is sufficiently flexed in the precontact stage.

2. Which of the following statements best summarizes the immature nature of the student's kicking form?

- A. The follow-through is exaggerated and the knee of the supporting leg is flexed too much.
- B. The support foot is placed to the side and slightly behind the ball.
- C. There is minimal backswing and limited flexion of the hip of the kicking leg.
- D. There is a forward swing of the arm opposite the kicking leg.

3. Which of the following actions best describes the herringbone movement in cross-country skiing?

- A. alternately pushing off and kicking with one leg and gliding with the other
- B. widening the ski tips to form a "V" and planting the inside edge hard
- C. turning the ski tips so they are pointing toward each other and putting weight on the inside edges
- D. stepping with the skis into a turn with the knees bent and weight forward

4. Which of the following elements are characteristic of modern dance?

- A. improvisation and inventiveness of compositions
- B. syncopated rhythms and intricate footwork
- C. simple, repetitive, and precise step patterns
- D. turns and formations performed with partners

5. Which of the following movement activities would most likely provide students with feelings of satisfaction derived from working with others to achieve a common goal?

- A. running in and completing a marathon
- B. participating in line dancing
- C. playing on a volleyball team
- D. hiking in the woods with friends

### Answer Key

Item Number	Correct Response	Subarea	Objective
-------------	------------------	---------	-----------

Item Number	Correct Response	Subarea	Objective
1	B	I. Development of Motor Skills	0001
2	C	I. Development of Motor Skills	0002
3	B	II. Movement Activities	0006
4	A	II. Movement Activities	0007
5	C	II. Movement Activities	0008

[↑ Top of Page](#)

Copyright © 2012 Pearson Education, Inc. or its affiliate(s). All rights reserved.  
Evaluation Systems, Pearson, P.O. Box 226, Amherst, MA 01004