Spanish

Follow directions and complete the worksheet in both sides.

Any questions email me at:

hlee@paterson.k12.nj.us
Mamá

Mi mami me mima.
Mamá me ama a mí.
Mimí ama a Meme.
Meme ama a mami.
Amo a mi mamá.
Pinto y escribo la letra M
Spanish

Follow directions and complete the worksheet on both sides.

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4 It's the first day of school, and Ángela is still confused about her classes. Look at her schedule, then write sí or no for each of her statements below.

<table>
<thead>
<tr>
<th>Horario</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 Inglés</td>
</tr>
<tr>
<td>9:00 matemáticas</td>
</tr>
<tr>
<td>10:00 biología</td>
</tr>
<tr>
<td>11:00 educación física</td>
</tr>
<tr>
<td>12:00 almuerzo</td>
</tr>
<tr>
<td>1:00 computación</td>
</tr>
<tr>
<td>2:00 arte</td>
</tr>
</tbody>
</table>

1. Por la mañana tengo cuatro materias.
2. Primero tengo matemáticas y después tengo inglés.
3. Esta tarde tengo biología.
4. Después del almuerzo tengo educación física.
5. Por la tarde tengo arte.

5 What are Pietro and Karina talking about? Unscramble their sentences and write them on the lines provided. Remember to provide the correct punctuation.

MODELO después / historia / almuerzo / del / tengo
Después del almuerzo tengo historia.

1. Karina: clases / esta / tienes / qué / tarde


5. Pietro: de inglés / la clase / no / porque / difícil / es / me gusta
6 Clara's mom is asking her about her school supplies. Write an appropriate question for each answer Clara gives, using the cues below.

**MODELO** Sí, necesito una mochila. (una mochila) ¿Necesitas una mochila?

1. Sí, necesito muchas cosas para el colegio. (algo)

2. Sí, tengo un montón. (lápices)

3. No, no tengo. (una regla)

4. Sí, tengo dos. (bolígrafos)

5. No, no necesito. (un reloj)

7 Alejandro needs to organize his school supplies for each class. Write what he says to himself about each item below, naming the thing pictured and what class he has it for.

**MODELO** Tengo un lápiz para la clase de arte.
Spanish

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4 Mónica and her brother Antonio are packing for their vacation. Look at their suitcases and then list in Spanish what each of them is taking.

1. Mónica: 

2. Antonio: 

5 Édgar y Marcia van de compras. Lee sus descripciones de cada cosa y escribe sí si te parece que van a comprarla, o no si te parece que no van a comprarla.

1. Los pantalones cuestan $50. ¡Qué caros!
2. Te queda muy bien el sombrero.
3. El abrigo está a la última moda.
4. ¡La bolsa es una ganga!
5. Los pantalones vaqueros cuestan mucho.
6. ¡La chaqueta es para niños!
7. Me gustan las botas pero estoy mirando, nomás.

6 Osvaldo está en una tienda. Indica con una X quién hace cada pregunta.

<table>
<thead>
<tr>
<th>1. ¿En qué le puedo servir?</th>
<th>Osvaldo</th>
<th>el dependiente</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. ¿Busca una camisa?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. ¿Qué talla usa?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. ¿Tiene pantalones vaqueros de talla grande para hombres?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. ¿Cómo le quedan los zapatos de tenis?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. ¿A qué hora cierra la tienda?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Holt Spanish 1B

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1. Marca con una X la parte o partes del cuerpo que corresponde(n) con cada cosa.

<table>
<thead>
<tr>
<th>Ropa</th>
<th>Cabeza</th>
<th>Espalda</th>
<th>Brazos</th>
<th>Piernas</th>
<th>Pies</th>
</tr>
</thead>
<tbody>
<tr>
<td>abrigo</td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>sombrero</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>calcetines</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>saco</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>falda</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>botas</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>vestido</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>suéter</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>pantalones</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>chaqueta</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>zapatos de tenis</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2. Choose the color described by each statement on the left. Use each color only once.

   1. un par de zapatos del color de una manzana
   2. una bolsa del color del maíz
   3. un saco del color de las uvas (grapes)
   4. un vestido del color del cielo (sky)
   5. unos calcetines del color de una planta
   6. una blusa del color de las zanahorias
   7. unos pantalones del color de la nieve (snow)

   a. anaranjada
   b. morado
   c. blancos
   d. verdes
   e. azul
   f. amarilla
   g. rojos

3. Completa cada oración con la palabra correcta.

   1. Cuando hace calor, me gusta llevar ropa de ___.
      a. lana           b. algodón
   2. Cuando llueve, uso ___.
      a. un par de sandalias   b. un par de botas
   3. Me gustan las ___ de seda.
      a. blusas          b. botas
   4. Esta camisa está grande; necesito una ___ más pequeña.
      a. talla          b. ganga
Spanish

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VOCABULARIO 1

4 After each of the following statements say whether you agree (sí) or disagree (no).

1. Primero voy a acostarme y luego voy a ponerme el pijama.
2. Antes de bañarme voy a quitarme la ropa.
3. Primero voy a ponerme los zapatos y después voy a bañarme.
4. Después de maquillarme, voy a lavarme la cara.
5. Quiero entrenar la espalda. Voy a levantar pesas.

5 Match the following things people do with the parts of the body they use to do them.

  1. Yo patino todos los días.
  2. Yo casi siempre canto.
  3. Yo juego al tenis.
  4. Yo levanto pesas.

6 Escribe dos actividades en cada columna para decir qué haces antes de salir, para relajarte o para mantenerte en forma.

<table>
<thead>
<tr>
<th>antes de salir</th>
<th>para relajarte</th>
<th>para mantenerte en forma</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

7 For each of the items pictured below, write Toñita’s explanation of what she is going to do with it.

MODELO  Voy a lavarme los dientes con el cepillo de dientes.

1. 
2. 
3. 
1 Indica la palabra (word) que no pertenece a las listas.

1. el cepillo de dientes  el brazo  la espalda
2. los dientes  la boca  el pijama
3. la secadora de pelo  la nariz  la cara
4. la pierna  el peine  la pantorrilla
5. la navaja  los hombros  el pecho

2 Javier talks about his routine. Choose a logical ending for each of his sentences below.

   1. Antes del desayuno voy a ponerme __________
      a. la ropa  b. el brazo  c. la espalda

   2. Voy a afeitarme. Necesito __________
      a. el peine  b. el maquillaje  c. la navaja

   3. Hago ejercicio todos los días. Yo __________
      a. encuentro la toalla  b. me acuesto  c. levanto pesas

   4. Antes de entrenarme tengo que __________
      a. estirarme  b. lavarme la cara  c. afeitarme

   5. Me gusta montar en bicicleta. Es buen ejercicio para __________
      a. la cara  b. la nariz  c. las pantorrillas

   6. También entreno mucho las piernas. Todos los días __________
      a. escucho música  b. corro  c. duermo la siesta

   7. Quiero dormir. Voy a __________
      a. peinarme  b. acostarme  c. secarme el pelo

3 Frida quiere saber qué va a hacer su hermana menor por la mañana. Escribe las palabras correctas para completar la respuesta (answer).

Por la mañana voy a (1)________________________ temprano. Luego voy a
(2)________________________ y voy a secarme con una (3)________________________.
Ah, también voy a secarme el pelo con una (4)________________________. Voy a
(5)________________________ con un peine y por último voy a lavarme los
dientes con un (6)________________________ y con (7)________________________.
Spanish

Follow directions and complete the worksheet on both sides.

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Vocabulario A

¡AVANZA! Goal: Describe food, places and events in town.

1. You’re going out with friends. Place the related words from the box in the columns.
   
el cine
   | 1.   | 2.   | 3.   |
   
el restaurante
   | 4.   | 5.   | 6.   |
   
   la película
   el camarero
   la ventanilla
   las entradas
   el plato principal

2. This is what people are eating in a restaurant. Write the name of the food you see.
   
   1.   2.   3.   4.   5.   6.
   
3. Answer the following question in a complete sentence.
   Cuando vas al cine, ¿vas a pie, en coche o en autobús?
   
   _____________________________________________
Vocabulario B

Goal: Describe food, places and events in town.

1. Underline the word that does not belong in each series.
   1. pollo / bistec / pescado / ensalada
   2. cuenta / camarero / propina / parque
   3. teatro / cine / frijoles / concierto
   4. tomate / brócoli / patatas / autobús
   5. pastel / cine / entradas / ventanilla

2. Alejandro and Manuel are friends but they like doing different things. Complete the sentences with the correct word.
   1. A Alejandro no le gusta ir al teatro; prefiere ir al _____________ a ver películas.
   2. El brócoli es verdura y el bistec es ________________.
   3. Alejandro no va al centro en coche. Siempre va a ________________, pero Manuel siempre va en ________________ o en autobús.
   4. Manuel siempre ________________ la comida cuando van a un restaurante a almorzar.
   5. Alejandro piensa que ir al restaurante ________________ mucho dinero.

3. Write two complete sentences stating the means of transportation your friends use to get to school.
   1. __________________________________________________________________________
   2. __________________________________________________________________________
Spanish

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Gramática A  *Ser and estar*

**Goal:** Describe people and locations using *ser* or *estar*.

1. Julieta's friends all have different personal traits. Complete the sentences below using the verb in parenthesis.
   1. María ___________ inteligente. (*ser*)
   2. Julio y Marcos ___________ en Ecuador. (*estar*)
   3. Norma y yo ___________ cansadas. (*estar*)
   4. Tú ___________ un estudiante de español. (*ser*)
   5. Hoy ___________ el tres de agosto. (*ser*)

2. There's a lot to say about the students below. Complete the following sentences using the words from the word box.

<table>
<thead>
<tr>
<th>están</th>
<th>estás</th>
<th>soy</th>
<th>son</th>
</tr>
</thead>
<tbody>
<tr>
<td>somos</td>
<td>estoy</td>
<td>están</td>
<td>está</td>
</tr>
</tbody>
</table>

   1. Yo ___________ de Ecuador.
   2. Rafael ___________ contento.
   4. María y tú ___________ bien.
   5. Ellos ___________ mis maestros.
   6. Señora y Señor Perdomo, ¿ustedes ___________ en casa hoy?
   7. ¡Hola, María Fernanda! ¿Cómo ___________ tú?
   8. ¡Hola, Mario! Yo ___________ bien.

3. Describe yourself and your friends by answering the following questions with a complete sentence.

1. ¿Cómo estás?

2. ¿Cómo son tus amigos o tus amigas?
Vocabulario C

¿AVANZAI? Goal: Describe a house and household items.

1. Look at the words in the vocabulary box and write them in the appropriate column. Items in the word bank may be used more than once.

<table>
<thead>
<tr>
<th>las cortinas</th>
<th>el televisor</th>
<th>la cama</th>
</tr>
</thead>
<tbody>
<tr>
<td>el armario</td>
<td>el comedor</td>
<td>el sofá</td>
</tr>
<tr>
<td>el espejo</td>
<td>la cómoda</td>
<td>la lámpara</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>el comedor</th>
<th>el cuarto</th>
<th>la sala</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</tbody>
</table>

2. Ana has a big house. In complete sentences, describe what she does in each of the places below.

modelo: Escalera: Ana sube la escalera para ir a su cuarto.

1. comedor:

2. sala:

3. cocina:

4. cuarto:

5. jardín:

3. In two complete sentences, describe what you do in your room.

1. 

2. 
Spanish

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Vocabulario B

Goal: Discuss where you like to go with your friends.

1. Laura and her friends want to have fun. List related words from the box in the appropriate columns of the table.

<table>
<thead>
<tr>
<th>parque de diversiones</th>
<th>biblioteca</th>
<th>acuario</th>
</tr>
</thead>
<tbody>
<tr>
<td>museo</td>
<td>autitos chocadores</td>
<td>zoológico</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Para pasar un rato divertido</th>
<th>Para aprender de animales</th>
<th>Para aprender otras cosas</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2. Laura wants to ask Tomás to go to the amusement park. She calls him on the phone. Complete their conversation with an appropriate expression.

Laura: 1. ¿__________? 2. ¿__________ hablar con Tomás?

Madre de Tomás: ¿Laura? ¿Cómo estás? Un momento, a ver... no, él no.

3. ________ Quieres dejar un mensaje?


Quiero saber si 5. ________ ir al parque de diversiones.

Madre de Tomás: ¡Claro que sí! Él invitó a su hermano Diego, pero Diego no puede ir.

Yo pienso que 6. ________

3. ¿Qué prefieres? Complete the first part of the following sentences with something each person does not want to do and the second part with what each person prefers instead.

1. A Lucas no le gustaría ir a __________, prefiere __________.

2. Carina tiene miedo de __________, le gustaría más __________.

3. Norma no quiere subir a __________, pero le encantaría __________.
**Vocabulario C**

**Goal:** Discuss where you like to go with your friends.

1. My friends do many fun things. Draw a line between the activity they want and the place for it.
   1. Los chicos quieren ver animales.  
   a. Van al parque de diversiones.
   2. Los chicos quieren ver animales del mar.
   b. Van al zoológico.
   3. Los chicos quieren subir a la vuelta al mundo.
   c. Van al museo.
   4. Los chicos quieren ver el arte.
   d. Van al acuario.

2. I went to the amusement park and other fun places with Gastón. Complete the following sentences with what you think happened.
   1. Gastón subió a los autitos chocadores pero primero

   ______________________________________

   2. Gastón y yo vimos todo el parque de diversiones cuando

   ______________________________________

   3. A Gastón no le gustan los lugares peligrosos, entonces

   ______________________________________

   4. También, en el zoológico

   ______________________________________

   5. "¡Qué aburrido!" dice Gastón cuando

   ______________________________________

3. Write three complete sentences describing fun activities that you would like to do with your friends this weekend.

   ______________________________________

   ______________________________________

   ______________________________________
Finish the Drawing

Complete the figure.

To the Teacher: Ask children to complete the drawing. Have them point to the head, neck, chest, arm, hand, leg, and foot on their completed drawings. Then allow time for children to color their pictures.
Show Respect

Color the pictures. Label the ones that show respect.
Name That Habit

What healthful habit is shown in each picture? Write a word or phrase to tell.

Draw and label a healthful habit of your own.
3rd Grade Instructions

Assignment 1

Show Respect

Color the pictures and label the ones that show Respect

Assignment 2

There are 4 pictures that shows healthful habits. Write a word or phrase about each one.

P.Kleindorfs @ Paterson, K12, NJ, US
Good Speaking and Good Listening

Directions: Use the picture to answer the questions on the lines provided.

Two kids talking, one is looking off into space thinking about a snack (apple and peanut butter)

1. How do you know that the person in the picture is not listening to the speaker?

2. What does the speaker's body language say?

3. Use the back of this sheet, draw a picture of two people who are using good communication.
Effects of Stress

Directions: Stress causes changes in the body. These changes can help you get ready for quick action. The diagram shows these changes. Use it to answer the questions.

Effects of Stress

Your hands may get sweaty.

Your heart may beat faster to pump blood to your muscles.

You may breathe faster to get more oxygen.

Sugar stored in your body enters the blood to give you more energy.

Your knees may feel shaky.

1. Name two ways that stress causes a change in your bloodstream.

2. How does stress affect your breathing?

3. How does stress affect your hands and knees?
Here is your Health Assignment  

4 + 6

Using your Health textbook do the following in your Health notebook

Assignment 1

Lesson 3 When Conflict Occurs

Read pages A58, A63

Do Lesson Review on page A63

- Review Concepts (1,2,3)
- Critical Thinking (4,5)

Assignment 2

Lesson 7: Facing Challenges in Relationships.

Read pages A80, A83

Do Lesson Review on page A83

- Review Questions (1 and 2)
- Critical thinking (3,4 and 5)

Please restate the questions.

pklumendorf@paterson.k12.nj.us
Here is the Health assignments

Assignment 1

Lesson 3: Responsible Decisions

Read pages A16 to A21

Do Lesson Review

- Review Concepts (questions 1, 2 and 3)
- Critical Thinking (4 discuss, 5 Analyze what influences your Health)

Please restate the questions

Assignment 2

Lesson 5: Expressing Emotions

Read pages A26 to A3

Do Lesson Review

- Review Concepts (questions 1, 2 and 3)
- Critical Thinking (4. Apply, 5. Use communication skills)

Please restate the questions

[Signature]

Lesson 3

When Conflict Occurs

You will learn . . .
- why and how conflict develops.
- what steps to take to resolve conflict.
- how a responsible adult can help mediate a conflict.

Vocabulary
- conflict, A59
- prejudice, A59
- stereotype, A59
- peace, A60
- violence, A60
- mediation, A62

No two people agree on everything. Conflict will creep into your relationships with your family and friends. You can find ways to resolve conflict peacefully.
How Conflict Develops

Conflict is a strong disagreement or fight. Inner conflict is a conflict within a person. You’ve probably felt inner conflict when you had to make a tough choice. Feeling jealous or hurt can cause inner conflict.

Conflict between people is called interpersonal conflict. Maybe you disagreed with a friend about what movie to see. Maybe you and your sister argue about who has to take out the trash.

Conflict can also occur because of cultural differences and prejudice. Prejudice (PRÉ-duhdis) is an opinion formed before all the facts are known. It can lead to stereotypes. A stereotype (STAY-rëe-oh-tightp) is an overly simple opinion or attitude about a group of people.

Stereotypes and prejudice can cause conflict because they are not based on reality. They may lead a person to say or do harmful things to another person for no good reason.

What are some causes of conflict between friends and family members?

Understanding and accepting differences can help you avoid conflict with others.
When Conflict Mounts

Unresolved conflict can cause stress. It can damage relationships. It's better to resolve the conflict and make peace. Peace is being free of unsettled conflict within yourself or with others. Unresolved conflict can also lead to violence. Violence is an act that harms yourself, others, or property. You can avoid some conflicts. You can keep other conflicts from getting to a point where someone uses violence. For example, if you feel that someone is angry with you, calmly ask the person what is wrong. The other person may have misunderstood something you said or did.

Remember to use I-messages and active listening skills. Sometimes a conflict builds because people do not understand each other. You may think that a friend disagreed with you. You worry about the disagreement. A conflict builds with your friend. But your friend may not disagree with you at all. Instead of worrying, try doing something to ease the conflict. Use good communication skills to talk about the situation.

There are other ways to keep a conflict from getting out of control. The chart below gives some ways to stop a conflict from building.

<table>
<thead>
<tr>
<th>Instead of</th>
<th>Try</th>
</tr>
</thead>
<tbody>
<tr>
<td>letting a situation get too serious</td>
<td>using communication skills to keep the situation calm</td>
</tr>
<tr>
<td>punching someone</td>
<td>talking about the situation</td>
</tr>
<tr>
<td>hiding what you feel</td>
<td>expressing how you feel in a healthful way</td>
</tr>
<tr>
<td>teasing people who are different from you</td>
<td>getting to know them so that you can understand them better</td>
</tr>
</tbody>
</table>
When to Get Help

Sometimes it is hard to arrive at a solution with which everyone agrees. Two people may be so angry that they have trouble talking to each other without fighting. When this happens, mediation might be helpful. **Mediation** (mee•dee•AY•shun) is intervention to resolve conflict.

A person who helps with mediation is a *mediator*. A parent or guardian or another responsible adult is the best choice for a mediator. The mediator helps the people in conflict find a responsible solution.

If you are involved in a conflict that requires mediation, be respectful. Work together. Be prepared to give and take until you reach a responsible solution.

▲ A mediator must be a good communicator and problem-solver.
How Mediators Mediate

A mediator must listen to all sides of a conflict. Then he or she can help resolve it. Here are five steps that mediators take to resolve conflict.

1. Ask each person to explain what caused the conflict. Then ask each person how he or she feels. Then have each person restate what he or she heard.

2. Ask each person what solution he or she wants. Restate what each person says.

3. Ask each person what he or she can do to resolve the problem. Each person involved may have to give and take a little to reach a responsible solution.

4. Ask each person to agree on a solution. Make sure the solution follows family guidelines.

5. Write out the agreement and have each person sign it.

What is a mediator?

Critical Thinking

4. Generalize Explain why conflict happens even among close friends.

5. Resolve Conflicts You are working on a group project in school. You disagree with another member of your group about who should write the report. What is the first step you should take to resolve the conflict?
Primary Colors and Basic Shapes

- square (blue)
- circle (red)
- triangle (yellow)

Color the squares blue, the circles red, and the triangles yellow.
Color by Sight words

red = best  yellow = cold  blue = many  purple = tell
while = their  brown = use  green = would

their  many  their  many  their  many  their  many  their  many
their  many  their  many  their  many  their  many  their  many
many  best  many  best  many  best  many  best
best  many  best  many  best  many  best  many  best

best  best  best  best  many  best  many  best

many  cold  their  many  cold  their  many  cold  their
many  cold  their  many  cold  their  many  cold  their
tell  tell  tell  tell  tell  tell  tell  tell

would  use  use  use  use  use  use  use
Books Have the Power to Heal!
Superhero Poster Contest

Art Due April 5th
Must be Present to Win
Art Drop Off
April 4th-5th
Police Substation
S. Paterson
930 Main Street

May 2nd 2020
12PM
Art Awards & Prizes

Students
Grades 3-12
Paterson, NJ Residents
Celebrate Mental Health Month

Mental Health Bibliotherapy,
& Black Ink Festival featuring
Black & Hispanic Comic Book Expo
“Books have the Power to Heal”
Superhero Poster Contest

WHO?
Students
Grades 3-12
Paterson, NJ residents.

WHAT?

WHEN?
Art due - April 5th,
Art Awards & Prize -
May 2nd, 2020, 12pm
“Must be present to win.

WHERE?
Art drop off:
- April 5th at
  Police Substation
  S. Paterson Library, 220 Main St.

Art Awards & Prize:
- Paterson Mall
  301 Main St.

WHY?
Celebrate Mental Health
Month,
mental health bibliotherapy,
& Black Ink Festival featuring
Black & Hispanic Comic Book Expo

HOW? • See back for details.

• THANK YOU SPONSORS!
2020 Mental Health Month & Black Ink Festival
"Books have the Power to Heal" Superhero Poster Contest

WHO: Any student grade 3-12 Paterson, NJ resident.

POSTER RULES:

Contest Award Certificates, Prizes® and Exhibition:

• Award Certificates will be given to top 20 finalists. *Top 20 finalists will be notified by mail that their art will be displayed at Black Ink Festival.

• Prizes will be given for overall 1st, 2nd and 3rd Place and "MUST be present at Black Ink Festival, Paterson Center City Mall, 301 Main St., Paterson, NJ Saturday May 2nd, 12pm. The Comic Festival runs 10am-5pm.

PRIZES: 1st Place SD Studio Design with desk and chair, etc. + $50 gift card, 2nd Place Deluxe Art Set + $75 gift card, 3rd Place Deluxe Art Set + $50 gift card.

Poster Specifications: - Poster must include an original unique superhero and the words: Books have the Power to Heal - Completed poster size must be 11"x17" or 12"x18". - Artwork must be original and the exclusive work of the student in idea, design and execution. - Any type of media, such as drawing, painting, printmaking, etc. - No copyrighted characters (like tv or comic). - No copyrighted newspaper, magazine, collage, photo or other copyrighted materials. - Entry form or 3" x 5" card must be attached with name, age, grade, teacher's name, school name and school address. Please print clearly.

Deadline Date: Completed poster designs must be dropped off by 5pm, April 5th, 2020. All entries become the property of Growing in Grace and will not be returned. Completed entry form must be attached to the back of art. Drop off locations: Police Substation, South Paterson Library, 930 Main Street, Paterson, NJ.

Judging: A panel of judges from GrowinginGraceNJ.org, RebuildingDreamzThroughHoopz.com, Tonia Addison, Lewis Coles, and Tawnya Stojakovic will evaluate posters.

"Books have the Power to Heal" Poster Contest ENTRY FORM

Name: ____________________________________________

Age: _______________ Grade: _______________________

Teacher: _________________________________________

School: __________________________________________

School Address: __________________________________

We thank our sponsors for their time, donations, and support!
BALANCE
Circle the Pictures that show good balance

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9.
ROLLING ASSESSMENT

- Put an “X” beside the names of the objects that don’t **roll**.

<p>| | | | | | | | | | | | | |</p>
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<td>__8. Boy</td>
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<td>__7. Flat basketball</td>
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What's Your Level?

Directions:
What part of the body is at a low level? Color it red.
What part of the body is at a medium level? Color it blue.
What part of the body is at a high level? Color it green
Catch Me If You Can!

Which of these pictures show skills you use when you chase, flee, or dodge?
Circle them. Then, put an X on the skills you *don't* use.

- Running
- Twisting
- Ducking
- Changing pathways
- Standing still

Name one game that uses chasing, fleeing, or dodging.___________
Student’s Name: __________________________ Class __________________________

Draw a line from the locomotor movement in the picture to the word.

Jump

Walk

Hop

Run
Physical Activity Log

_________________
Sunday

_________________
Monday

_________________
Tuesday

_________________
Wednesday

_________________
Thursday

_________________
Friday

_________________
Saturday

_________________
Total Hours
Multiple Choice (6 points each)

1. How many hands should you use when holding a bat?
   a. none
   b. one
   c. two

2. Which is a piece of equipment used in badminton?
   a. glove
   b. racquet
   c. puck

3. When kicking a soccer ball you should:
   a. jump
   b. step and kick
   c. sit on the ball

4. When throwing a ball you should:
   a. close your eyes
   b. point at your target, step and throw
   c. jump up and down

5. Which exercise makes your body stronger?
   a. running
   b. sleeping
   c. watching TV

6. You should grab a tennis/badminton racquet like you are:
   a. shaking someone’s hand
   b. holding a broom
   c. holding a baseball bat
7. An example of good stretching is:
   a. doing a push-up
   b. putting your hands on your head
   c. touching your toes without bending your knees

8. How many strikes are you allowed before you are called out in baseball?
   a. 1
   b. 2
   c. 3

9. When bumping a volleyball you should use your:
   a. forearms
   b. feet
   c. fingers

10. The piece of equipment you hit when playing badminton is called a:
    a. birdie
    b. ball
    c. bat

11. Which of the following is a type of pass in basketball?
    a. foot pass
    b. bounce pass
    c. nose pass

12. Which of the following is a type of roll?
    a. forward
    b. backward
    c. both a and b

13. Running can help which of the following?
    a. heart and lungs
    b. fingers and toes
    c. eyes and nose
Open Ended (10 points each)

14. Explain the safety procedures when using two types of equipment that can be used in baseball. (Example a bat)

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Critical Thinking (10 points each)

15. During physical education class you are participating in many different activities and learning many different skills. Name one activity you have played and describe one rule you have learned from that sport.

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
# OPEN-ENDED SCORING RUBRIC
For Reading, Listening, and Viewing
(Modifield)

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GRADE 3
FINAL EXAM
PHYSICAL EDUCATION
ANSWER SHEET

Multiple Choice

1. __________
2. __________
3. __________
4. __________
5. __________
6. __________
7. __________
8. __________
9. __________
10. __________
11. __________
12. __________
13. __________

Open Ended

14. ______________________________________________________
    ______________________________________________________
    ______________________________________________________
    ______________________________________________________
    ______________________________________________________
    ______________________________________________________

Critical Thinking

15. ______________________________________________________
    ______________________________________________________
    ______________________________________________________
    ______________________________________________________
    ______________________________________________________
    ______________________________________________________
Racquet Sports Multiple Choice (5 points each)

1. The height of badminton net is ____ feet ____ inches high.
   - a. 5 feet 1 inches
   - b. 8 feet 6 inches
   - c. 2 feet 2 inches
   - d. 10 feet 5 inches

2. Any stroke made on the racket side of the body is called a ____________.
   - a. backhand stroke
   - b. easy stroke
   - c. forehand stroke
   - d. proper stroke

3. In doubles play of badminton ____ points are needed to win a game.
   - a. 10
   - b. 15
   - c. 20
   - d. 25

4. In Pickleball the ball is served ____________________.
   - a. overhand
   - b. underhand
   - c. side arm
   - d. any way you want

5. In Pickleball you need ______ points to win the game.
   - a. 9
   - b. 16
   - c. 11
   - d. 21
6. The dimension of a Pickleball court are ____________.
   a. 20 feet by 20 feet
   b. 10 feet by 10 feet
   c. 44 feet by 20 feet
   d. 40 feet by 40 feet

**T-Ball/WhiffleBall Multiple Choice (5 points each)**

7. When holding the bat in your hands you should grip it ____________.
   a. as tight as you can
   b. with only one hand
   c. in the middle of the bat
   d. loosely in your fingers

8. If the batter throws his/her bat after they swing they ____________.
   a. are out
   b. get another chance
   c. say sorry
   d. have no consequence

9. The teams switch from offense to defense after ____ outs.
   a. 5
   b. 10
   c. 1
   d. 3

10. If a runner is on first base and the ball is hit on the ground the first base runner ____________.
    a. runs only if he thinks he can make it to second
    b. must run
    c. doesn’t run
    d. is automatically out
11. To get an out a fielder must ________________.
   a. step on a base before the runner gets there on a force play
   b. tag a player off base
   c. catch a fly ball
   d. all of the above

12. After you hit the ball you run to ________________.
   a. second base
   b. third base
   c. first base
   d. home plate

Fitness Multiple Choice (5 points each)

13. How many components of physical fitness are there?
   a. 2
   b. 3
   c. 4
   d. 5

14. ________________ are cardiovascular exercises.
   a. arm stretches
   b. jumping jacks
   c. push ups
   d. butterfly stretches

15. What component of physical fitness does the shuttle run test?
   a. muscular strength
   b. muscular endurance
   c. agility
   d. body composition

16. When talking about heart rate, RHR stand for ________________.
   a. red heart rate
   b. real heart rate
   c. regular heart rate
   d. resting heart rate
17. When talking about heart rate, THR stands for ______________.
   a. target heart rate
   b. test heart rate
   c. tiny heart rate
   d. twitter heart rate

Critical Thinking/Problem Solving (5 points each)

18. List one exercise for each component of physical fitness.

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

19. List the nine defensive positions on the baseball field.

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

20. Draw a badminton racquet and label it.
# OPEN-ENDED SCORING RUBRIC

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Grade 4
Final Exam
Physical Education Assessment

ANSWER SHEET

Multiple Choice

1. __________
2. __________
3. __________
4. __________
5. __________
6. __________
7. __________
8. __________
9. __________
10. __________
11. __________
12. __________
13. __________
14. __________
15. __________
16. __________

Critical Thinking/Problem Solving

17.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

18.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Critical Thinking/Problem Solving

19.

20.
MULTIPLE CHOICE: (3 points each)
Circle the best answer to each question.

1. Which of these are activities associated with Physical Fitness tests:
   a. curl-ups
   b. shuttle run
   c. pull-ups
   d. all of the above

2. What exercise will help develop arm strength?
   a. lunges
   b. jumping jacks
   c. push-ups
   d. sit-ups

3. Which of these is a benefit of physical fitness?
   a. increased flexibility
   b. strengthening of bones
   c. improving mental health
   d. all of the above

4. How many pins are in a regular bowling alley on one lane?
   a. 8
   b. 9
   c. 10
   d. 11

5. Where is one place to check your pulse?
   a. elbow
   b. wrist
   c. thigh
   d. knee
6. What is it called when you knock down all the bowling pins with one ball?
   a. a spare  
   b. a strike  
   c. a plus  
   d. a minus

7. When catching a football, your hands should form a:
   a. Circle  
   b. Triangle  
   c. Square  
   d. Line

8. Which of these is a skill used in basketball?
   a. Curling  
   b. Kicking  
   c. Dribbling  
   d. Slapping

9. How many points is a foul shot worth in basketball?
   a. 4  
   b. 3  
   c. 2  
   d. 1

10. How many players are on the field at one time, for one team in football?
    a. 8  
    b. 9  
    c. 10  
    d. 11

11. How many players are on a regulation volleyball court at one time, on one team?
    a. 7  
    b. 6  
    c. 5  
    d. 10

12. Which of these are skills used in volleyball?
    a. setting  
    b. bumping  
    c. serving  
    d. all of the above
13. When throwing a football, you must use this TYPE of throwing motion:
   a. overhand
   b. underhand
   c. sidearm
   d. two hands

14. The person who throws the ball on offense is called the:
   a. center
   b. quarterback
   c. running back
   d. punter

15. If you knock down all 10 bowling pins with two balls, it is called a ________.
   a. spare
   b. strike
   c. foul
   d. gutter ball

16. A field goal is worth how many points?
   a. 5
   b. 4
   c. 3
   d. 2

17. In Floor Hockey, the game begins with a:
   a. tip off
   b. slap shot
   c. face off
   d. kick off

18. A goal in Floor Hockey is worth how many points?
   a. 1
   b. 2
   c. 3
   d. 4

19. In Ice Hockey, there are these many players on the ice for one team:
   a. 8
   b. 7
   c. 6
   d. 4
20. Which of these is a type of shot used in Floor Hockey:
   a. flip shop
   b. sweeper shot
   c. slap shot
   d. kick shot

21. When dribbling a ball with your hands it is important to use your ________.
   a. finger tips
   b. palm
   c. finger pads
   d. whole hand

22. When dribbling in Floor Hockey, your dominant hand should be placed where on the stick?
   a. top of stick
   b. bottom of stick
   c. midway down the shaft of stick
   d. directly under your other hand.

23. When dribbling the soccer ball, you should use which part of your foot?
   a. toes
   b. inside
   c. outside
   d. bottom

24. In volleyball rally scoring, how many points do you need to win the game?
   a. 20
   b. 25
   c. 30
   d. 35

25. Which player on the soccer field is allowed to use their hands during the entire game?
   a. goalie
   b. forward
   c. halfback
   d. lineman

26. In softball, when catching a ball that is above your waist, you should ______.
   a. keep your glove fingers up
   b. keep your glove fingers down
   c. use your bare hands
   d. let someone else catch the ball
27. How many innings are in a regular baseball game?
   a. 7
   b. 8
   c. 9
   d. 10

28. Which of these is a position on the softball field?
   a. center field
   b. midfield
   c. halfback
   d. fullback

OPEN ENDED/CRITICAL THINKING: (8 points each)
Write a paragraph or paragraphs to answer each question.

29. Why is it important to warm-up before doing any physical activity?

   ____________________________________________
   ____________________________________________
   ____________________________________________
   ____________________________________________
   ____________________________________________
   ____________________________________________

30. How can Physical Education help you in the future? (8 points each)

   ____________________________________________
   ____________________________________________
   ____________________________________________
   ____________________________________________
   ____________________________________________
   ____________________________________________
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Multiple Choice (2 points each)

1. Physical fitness is important for:
   a. health
   b. physical performance
   c. mental well-being
   d. all of the above

2. Stretching exercises will help
   a. build strength
   b. avoid injuries
   c. burn calories
   d. none of the above

3. Joints and muscles are prepared for vigorous exercise by:
   a. jogging and weight training
   b. warm-ups and stretching
   c. rope climbing and sit-ups
   d. push-ups and jumping rope

4. Which of the following is not a modified game of football played in Physical Education class?
   a. flag football
   b. touch football
   c. tackle football
   d. none of the above

5. The game of football is started by a ________.
   a. kickoff
   b. jump off
   c. snap
   d. none of the above
6. A first down is obtained when the offensive team advances:
   a. 5 yards
   b. 10 yards
   c. 20 yards
   d. none of the above

7. In soccer, when a player passes the ball to another player they use their feet, that is called a _________.
   a. trapping
   b. heading
   c. throw-in
   d. none of the above

8. In soccer, only one player on the team may touch the ball with their hand stop it, they are called a _____________.
   a. defender
   b. goalie
   c. offense
   d. none of the above

9. Hockey is thought to have been dated as far back as ancient ____________.
   a. Greece
   b. Romans
   c. Russia
   d. none of the above

10. Tapping the ball or puck is called ____________.
    a. dribbling
    b. swinging
    c. throwing
    d. none of the above

11. It is important to warm-up before a workout because:
    a. it creates blood flow throughout the body and prepare it for strenuous activity
    b. it wastes time
    c. it is only for beginners
    d. it helps you think about your workout
12. A common throwing error in bowling opposite of side wheeling is called taking the ball:
   a. outside
   b. inside
   c. top
   d. all of the above

13. An excellent finger and wrist conditioner for bowling is squeezing a ______ ball.
   a. solid
   b. plastic
   c. rubber
   d. metal

14. When a pin is hidden behind another pin, this is called a ________.
   a. dreamer
   b. gutter ball
   c. spinner
   d. sleeper

15. When a ball curves into the 1-3 pocket, this is called a ________.
   a. book
   b. common error
   c. release
   d. concentration

16. A ________ is when a ball is thrown into the 1-2 pocket.
   a. swing
   b. middle
   c. crossover
   d. none of the above

17. The ability to maintain an upright and controlled position of the body, whether in movement or still is called:
   a. plie’
   b. balance
   c. posture
   d. slide
18. A complete turn of the body executed on one leg is called:
   a. step
   b. return
   c. glissade
   d. pirouette

19. The regular occurrence of accented beats that shape the character of music or dance is:
   a. choreography
   b. rhythm
   c. modern dance
   d. beats

20. A gliding step which usually connects two steps is called:
   a. glissade
   b. slide
   c. plie’
   d. turn

21. A form of dance that expresses complex emotions and abstract ideas is called:
   a. ballroom dance
   b. folk dance
   c. country
   d. modern dance

22. The transfer of weight from one foot to another is:
   a. step
   b. move
   c. glissade
   d. slide

23. The position of the limbs or the carriage of the body as a whole is called:
   a. form
   b. posture
   c. shoulder width
   d. balance
24. A creation or compilation of steps, patterns, and movements which make up a dance or dance routine is called _________.

a. choreography  
b. dance routine  
c. fast step  
d. quick step

25. To bring the foot slowly together to the weighted foot is called:

a. skip  
b. plie’  
c. slide  
d. hop

26. The dominant beat of the music measure, usually the first beat of the measure, is called _________.

a. first beat  
b. accent  
c. slide  
d. balance

27. Every time a team wins the serve, the players rotate in a ________ motion to the next position with a new player serving.

a. clockwise  
b. counter clockwise  
c. players don’t rotate  
d. none of the above

28. The act of hitting the ball downward with great force, usually from the top of a jump, into the opponent’s court is called _________.

a. set  
b. bump  
c. spike  
d. throw
29. A(n) _________ is a point scored as a result of the serve.
   a. love
   b. par
   c. ace
   d. spades

30. (Save) Contact of the ball below waist level with both forearms or heel of the hand is called a _________.
   a. bump
   b. spike
   c. slope
   d. dig

31. Each team may touch the ball up to _________ times before sending it over the net.
   a. 4
   b. 3
   c. 1
   d. 2

32. Points can be scored by which team(s) in a volleyball game?
   a. serving and receiving
   b. serving only
   c. receiving only
   d. the team that has the highest score

33. A team must score _______ points in order to win a volleyball game.
   a. 15
   b. 25
   c. 30
   d. 20

34. The score should be announced before each serve with the _______ team’s score given first.
   a. receiving
   b. serving
   c. losing
   d. winning
35. When a player serves, from what side of the service box does the player serve the shuttle?
   a. left side
   b. right side
   c. middle
   d. back

36. When the shuttle goes back and forth over the net, it is called a ________.
   a. rally
   b. good game
   c. shot
   d. smash

37. How many times is the shuttle allowed to be hit on one side before it goes over the net?
   a. 2
   b. 3
   c. 1
   d. 4

38. If a server completely misses the shuttle, they ________.
   a. lose a turn
   b. are out of the game
   c. may serve again
   d. none of the above

39. When a player serves the shuttle, in which direction must the shuttle go?
   a. straight over the net
   b. far back
   c. to the left
   d. diagonally over the net

40. Any stroke that is made from the side of the body, opposite the racket side, is called a ________.
   a. forehand
   b. smash
   c. drop shot
   d. backhand stroke
41. A ________ stroke is nay stroke made on the racket side of the body.
   a. forehand
   b. backhand
   c. smash
   d. drop

42. A short clear shot should be returned with a _________.
   a. backhand
   b. forehand
   c. serve
   d. smash or drop shot

43. A ________ is gained when a smash is played by the server and the shuttle hit the outside of the line.
   a. point
   b. loss of a point
   c. loss of a serve
   d. turn

44. Any time a player argues a call with an official judge or linesman, that player is exhibiting _________.
   a. team work
   b. communication
   c. poor sportsmanship
   d. none of the above

45. A ________ is a ball that is returned to the front wall and rebounds so low that it is impossible to return.
   a. short
   b. long
   c. kill
   d. point

46. A run by a receiver to shake his defender is called a _________.
   a. hammer
   b. cut
   c. hack
   d. forearm
47. A ________ is an overhead throw with a forehand grip in which the Frisbee is released at an angle so that it flattens out and flies upside down.
   a. hammer
   b. skying
   c. swill
   d. hack

48. A ________ is a series of quick passes to well-timed cuts.
   a. pivot
   b. backhand
   c. swill
   d. flow

Open-Ended Questions (5 points each)

49. Explain the different options the goalie has in defending the goal.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

50. How is a goal scored in team Handball?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
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Grade 8
Final Exam
Physical Education Assessment
Answer Sheet

Multiple-Choice
1. __________
2. __________
3. __________
4. __________
5. __________
6. __________
7. __________
8. __________
9. __________
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36. __________
37. __________
38. __________
39. __________
40. __________
41. __________
42. __________
43. __________
44. __________
45. __________
46. __________
47. __________
48. __________
Open Ended

49. __________________________________________

50. __________________________________________
PHYSICAL FITNESS (Multiple Choice 2 points each)

1. Joints and muscles are prepared for vigorous exercise by:
   a. jogging and weight training
   b. warm-ups and stretching
   c. rope climbing and sit-ups
   d. push-ups and jumping rope

2. Stretching exercises will help:
   a. build strength
   b. avoid injuries
   c. burn calories
   d. none of these

3. Muscle endurance is:
   a. the ability to move a heavy weight once
   b. the ability to stretch
   c. the ability to move something many times
   d. run fast

FOOTBALL

4. A football team consists of _____ players.
   a. 12
   b. 5
   c. 11
   d. 10
5. Which of the following scoring methods is worth 2 points?
   a. touchdown
   b. safety
   c. field goal
   d. fumble

6. The game of football originated from:
   a. Britain
   b. United States
   c. Mexico
   d. France

7. A player obtains a “first down” in football every _____ yards.
   a. 5
   b. 20
   c. 15
   d. 10

**SOCCER**

8. When you are on defense and the offensive player is dribbling straight towards you, what type of tackle should you use?
   a. block tackle
   b. poke tackle
   c. slide tackle
   d. sack

9. If the defense kicks the ball over the goal line, what is the call?
   a. goal kick
   b. corner kick
   c. throw in
   d. out-of-bounds
10. Short Answer: Explain the purpose of cooling down after a workout. (Multiple Choice 15 points)


HOKEY (Multiple Choice 2 points each)

11. Hockey is thought to have dated as far back as Ancient ____________.
   a. Rome
   b. Greece
   c. England
   d. Mesopotamia

12. Grabbing the opponent’s stick with yours is an illegal move called
   a. scooping
   b. safety
   c. hooking
   d. wrapping

13. Which part is NOT on the Hockey Stick?
   a. heel
   b. shaft
   c. blade
   d. sole

BOWLING

14. Knocking down all tenpins within one attempt is called a:
   a. a spare
   b. a strike
   c. a turkey
   d. a gutter ball
15. Knocking down all tenpins within two attempts is called:
   a. spare
   b. strike
   c. turkey
   d. gutter ball

**BASKETBALL**

16. A technique in rebounding to keep an opponent from grabbing a missed shot is called ___________ out.
   a. fouling
   b. pushing
   c. boxing
   d. blocking

17. A shot taken behind the arc is worth ______ point(s).
   a. 3
   b. 2
   c. 1
   d. 4

18. **Short Answer:** Briefly describe how to properly execute a foul shot (Be certain to use specific cues). (Multiple Choice 15 points)

   ____________________________________________
   ____________________________________________
   ____________________________________________
   ____________________________________________

**VOLLEYBALL**

19. Every time a team wins the serve, the players rotate in a ________ motion to the next position with a new player serving.
   a. counter-clockwise
   b. clockwise
   c. diagonal
   d. rotational
20. Contact with the ball below waist level with both forearms or heel of the hand is called a:

a. set
b. spike
c. dig
d. bump

**RACQUET SPORTS**

21. When a person who has yet to score serves a ball in tennis, their score is:

a. zero
b. love
c. none
d. nada

22. When serving in Badminton, you must first serve from which service box?

a. right
b. left
c. center
d. front

**ULTIMATE FRISBEE**

23. The __________ is the area at either end of the field in which a point is scored:

a. goal line
b. back line
c. end zone
d. mid field
LACROSSE

24. Who typically scores the most in a Lacrosse game?
   a. defensemen
   b. mid-fielders
   c. attackers
   d. goalies

SOFTWARE/WIFFLEBALL

25. In a game of softball/wiffleball/baseball, the _______ team bats last.
   a. away
   b. left
   c. home
   d. visiting

26. When catching a ball above the waist, the fingers should be pointing ______.
   a. downward
   b. sideways
   c. diagonal
   d. upward

HANDBALL

27. A ball that is returned to the front wall and rebounds so low that it is impossible to return is a ________.
   a. fumble
   b. kill
   c. pass
   d. fail
TRACK AND FIELD

28. The three verbal commands for starting a race are:
   a. on your mark, set, go
   b. ready, set, move
   c. on your mark, up, move
   d. take your mark, up, go

29. The act of leaving the starting line before the command sounds is called a:
   a. dead heat
   b. staggered start
   c. late start
   d. false start

30. Short Answer: Define fitness and why it is important.
    (Multiple Choice 15 points)
# OPEN-ENDED SCORING RUBRIC

For Reading, Listening, and Viewing

*(Modified)*

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Paterson Public Schools

Physical Education/Health Department

Final Examination

OPEN-ENDED QUESTIONS/CONSTRUCTIVE RESPONSES

TEACHER:__________________________

STUDENT NAME:______________________ DATE:______________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

Total Score Earned:__
MULTIPLE CHOICE:

1) ___  
2) ___  
3) ___  
4) ___  
5) ___  
6) ___  
7) ___  
8) ___  
9) ___  
10) ANSWER ON OPEN ENDED SHEET  

11) ___  
12) ___  
13) ___  
14) ___  
15) ___  

16) ___  
17) ___  
18) ANSWER ON OPEN ENDED SHEET  
19) ___  
20) ___  
21) ___  
22) ___  
23) ___  
24) ___  

25) ___  
26) ___  
27) ___  
28) ___  
29) ___  

30) ANSWER ON OPEN ENDED SHEET
OPEN ENDED/CRIITICAL THINKING:

10) 

18) 

30) 

Part 1: Multiple Choice: (4 points each)
Circle the letter that represents the correct answer.

1. (Ultimate Frisbee) A bad throw is referred to as:
   a. cut
   b. hammer
   c. pivot
   d. swill

2. (Ultimate Frisbee) Jumping to catch the Frisbee is called:
   a. skying
   b. hammer
   c. pivot
   d. swill

3. (Bowling) The most important part of the bowling delivery is a bowler’s
   a. stance
   b. following through
   c. attitude
   d. release

4. (Dance) A gliding step which usually connects two steps is called:
   a. balance
   b. glissade
   c. posture
   d. accent
5. **(Dance)** The dominant beat of music measure, usually the first beat of the measure is called:
   
   a. accent  
   b. glissade  
   c. posture  
   d. release  

6. **(Fitness)** Joints and muscles are prepared for vigorous exercise by:
   
   a. jogging and weight training  
   b. warm-ups and stretching  
   c. rope climbing and sit ups  
   d. pushups and jumping rope  

7. **(Fitness)** Jogging for 20 minutes will improve:
   
   a. flexibility  
   b. muscle strength  
   c. heart/lung endurance  
   d. none of the above  

8. **(Football)** The game of football is started by a:
   
   a. kickoff  
   b. jump off  
   c. snap  
   d. release  

9. **(Football)** How many downs does a team have to score a touchdown:
   
   a. 1  
   b. 3  
   c. 4  
   d. 2
10. (Hockey) Hockey is thought to have dated back as far as:
   a. early
   b. Greek
   c. 200 BC
   d. 3000 BC

Matching: Match the definitions numbered 11-20 with the terms lettered a-j. Place answers in the space provided. (3 pts each)
   a. ace
   b. anchor
   c. hooking
   d. love
   e. game
   f. dribbling
   g. coin
   h. two (2)
   i. backhand
   j. double

11. (Hockey) __________ is grabbing the opponents stick with yours.

12. (Hockey) Tapping the ball or puck is called __________.

13. (Lacrosse) The game starts with a __________ toss.

14. (Wiffle Ball) Two outs resulting from one continuous play is called a __________ play.

15. (Lacrosse) Women’s lacrosse games consist of __________ 30 minute periods.

16. (Badminton) Any stroke that is made from the side of the body, opposite the racquet side is called a __________ stroke.

17. (Badminton) A __________ is gained when a smash is played by server and the shuttle hits the outside of the line.

18. (Tennis) The four points in a tennis game are 15, 30, 40 and __________.

19. (Tennis) A score of zero, (no score) is referred to as __________.

20. (Track and Field) The last leg on a relay team is called __________.
Open Ended: (5pts each)
Answer each question using complete sentences.

21. **(Fitness)** Define strength and explain why it is important to overall physical fitness.

22. **(Fitness)** Why is it important to ‘cool down’ after a workout?

23. **(Football)** List the positions on a football team and describe the role of each position.

24. **(Handball)** Explain the game of handball.

25. **(Track and Field)** List the three (3) basic rules that must be followed when hurdles.
26. **(Wiffle Ball)** Explain what is different about catching a ball above the waist from catching a ball below the waist.
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Multiple Choice Answers: Please write the letter answer for each question on the line provided.

1. ______
2. ______
3. ______
4. ______
5. ______
6. ______
7. ______
8. ______
9. ______
10. ______

Matching: Write the correct answer in the space provided.

11. _______________________
12. _______________________
13. _______________________
14. _______________________
15. _______________________
16. _______________________
17. _______________________
18. _______________________
19. _______________________
20. _______________________
21. _______________________

Open Ended Questions: Write your answers to each open ended question on the lines provided.

22. 

23. 

24. 

25. 
