

Physical Education Knowledge

(Canadian Assessment of Physical Literacy)

Name: _____ Age: _____

I am in grade: 4 5 6 (please circle one)

I am a: boy girl (please circle one)

In this project, when we talk about physical activity, we mean things that you do for at least 20 minutes that make you breathe harder.

Why are we asking you these questions? We want to know what kids like you know about physical activity, sports and exercise.

Please remember:

- There are no right or wrong answers. If you do not know the answer, please give your best guess.
- There is no time limit, so please take all the time you need.
- Please use the space under each question to write your answer.

1. Name 3 things you like about playing sports or being physically active.

2. Name 3 things you don't like about playing sports or being physically active.

CHERO Research Ethics Board

APPROVAL

Chair's Signature: [Signature]
Date: September 2, 2009

3. Running, throwing, jumping, catching and kicking are skills we use all the time in physical activities. **Why do you think that they are important?**
- _____

4. **Cardiorespiratory fitness is... (circle the right answer)**

- a) The muscle's ability to contract.
- b) The hearts ability to pump blood and the lungs ability to provide oxygen.
- c) Our heart rate.
- d) Our ability to run and do sports that we like.

5. Do you think it is important to be physically fit? **Yes** **No**
(please circle one)

Why? _____

6. How long should you and other Canadian children engage in physical activity every day?
_____ minutes.

7. Can you name 2 reasons why some children don't/can't participate in sports or physical activity?

- 1. _____
- 2. _____

8. Draw a line to all the words you think describes what "Healthy" is.

Exercising
Being free from disease
looking good

Good nutrition

feeling good

Being skinny

Being flexible

Being attractive

Being happy

Strong muscles
Having endurance
Being popular



9. All of the athletes in the photos below are doing the same action.
Which sport skill are they doing? _____



10. When you are not at school what sports or activities do you do in the spring/summer?

1. _____

4. _____

2. _____

5. _____

3. _____

11. When you are not at school what sports or activities do you do in the fall/winter?

1. _____

4. _____

2. _____

5. _____

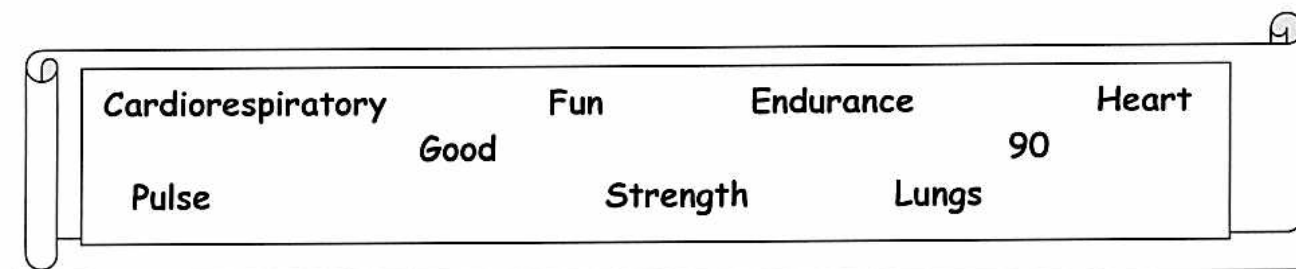
3. _____

12. Do you play on any sports teams at school?

Yes No (please circle one)

If **yes**, which teams do you play on?

13. Fill in the blanks with the words shown below.



Sally goes for a 30 minute jog each day which increases her _____ fitness.

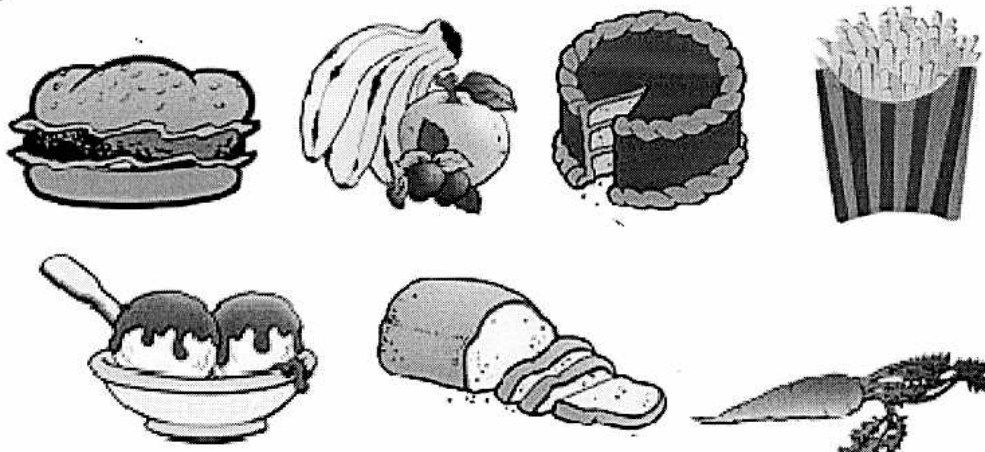
Running every day is good for her _____ and _____.

Sally thinks that physical activity is _____ and is also _____ for her so she participates in at least _____ minutes a day.

When she goes to her sport team's practice she does exercises like push-ups and sit-ups that increase her _____ and _____.

Afterwards she checks her heart rate which is also called a _____.

14. Please circle all of the healthy foods. Put an X through the foods that are not good for you.



17. Do your brothers, sisters or parents participate in sports or physical activities? (play or coach).

Yes No (please circle one)

If yes, which sports do they participate in?

15. Please circle how you get to school most of the time in the fall/winter (during cold or snowy weather)

bus	walk	skate board	bike
car / truck	rollerblade	scooter	dog sled

How long does it take you to get to school in the fall/winter? _____

16. Please circle how you get to school most of the time in the spring/summer (during nice weather)

bus	walk	skate board	bike
car / truck	rollerblade	scooter	dog sled

How long does it take you to get to school in the spring/summer? _____

18. If you were allowed to pick what you do after school, which activity would you pick?

Play video/computer games

Read

Do homework

Play with my friends at the playground

Go to my sports team's practice

Walk my dog

Chat with friends online

Watch television

19. What do you think it means to be physically fit? What makes a person "fit" or "unfit"?

17. How much TV do you watch:

- | | | |
|----------------------|----------------------|----------------------|
| i. After school? | ii. After dinner? | iii. On weekends? |
| a. Less than 1 hour | a. Less than 1 hour | a. Less than 1 hour |
| b. 1 to 2 hours | b. 1 to 2 hours | b. 1 to 2 hours |
| c. 3 to 4 hours | c. 3 to 4 hours | c. 3 to 4 hours |
| d. More than 5 hours | d. More than 5 hours | d. More than 5 hours |
| e. None | e. None | e. None |

18. How much time do you spend on the computer:

- | | | |
|----------------------|----------------------|----------------------|
| i. After school? | ii. After dinner? | iii. On weekends? |
| a. Less than 1 hour | a. Less than 1 hour | a. Less than 1 hour |
| b. 1 to 2 hours | b. 1 to 2 hours | b. 1 to 2 hours |
| c. 3 to 4 hours | c. 3 to 4 hours | c. 3 to 4 hours |
| d. More than 5 hours | d. More than 5 hours | d. More than 5 hours |
| e. None | e. None | e. None |

☺ Thank you for your help! ☺