

TeachME Professional Development

Building Lifelong Wellness Through Physical Education

1. Which physical literacy component is being displayed?"

- A. Physical competence
 - B. Knowledge and understanding
 - C. Motivation and confidence
 - D. Social connection
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2. Which of the following describes a social benefit commonly associated with physical education participation?

- A. Improved skill in independent study and test taking
 - B. Enhanced communication, teamwork, and empathy
 - C. Increased focus on competitive ranking in the classroom
 - D. More opportunities for extracurricular activities
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3. A PE teacher presents directions verbally, visually, and through physical modeling to ensure all students understand the task. Which strategy does this describe?

- A. Structured Competition
 - B. Universal Design for Learning
 - C. Goal-Based Performance Testing
 - D. Fitness Benchmarking
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4. This component reflects a student's enjoyment of movement, belief in their ability to be successful, and internal motivation to participate in physical activity throughout life. Which component is being described?

- A. Motivation and confidence
 - B. Physical competence
 - C. Social connection
 - D. Knowledge and understanding
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5. Which of the following is NOT an effect associated with physically inactive lifestyles in children and adolescents?

- A. Increased vulnerability to anxiety, depression, and low self-esteem
 - B. Higher risk for chronic liver disease, prediabetes, and kidney conditions
 - C. Decreased severity of obesity among youth across recent decades
 - D. Greater long-term economic burden due to healthcare needs and reduced productivity
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6. A teacher allows students to choose between different activities that all support cardiovascular endurance. This reflects the use of:

- A. Tiered Competitive Ranking
 - B. Standardized Activity Rotation
 - C. Standardized Activity Rotation
 - D. Voice and Choice
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7. One long-term benefit of consistent physical education is that students are more likely to:

- A. Prefer sedentary activities over active recreation
 - B. Maintain active lifestyles into adulthood
 - C. View movement as optional rather than essential
 - D. Become less aware of their personal strengths
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8. Which physical literacy component is being demonstrated when a student understands how movement supports health, applies safety principles, and can explain why certain activities benefit their well-being?

- A. Motivation and confidence
 - B. Physical competence
 - C. Knowledge and understanding
 - D. Social connection
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9. Which of the following is NOT a documented benefit of physical education?

- A. Increased risk of chronic illness due to reduced activity
 - B. Greater resilience and persistence during challenging tasks
 - C. Improved sleep quality and stress management
 - D. Strengthened cardiovascular health through regular activity
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10. This component of physical literacy involves fundamental movement skills, coordination, balance, agility, and overall fitness that allow a student to participate confidently in a variety of activities. Which component does this describe?

- A. Social connection
 - B. Motivation and confidence
 - C. Knowledge and understanding
 - D. Physical competence
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