TeachME Professional Development

Building Lifelong Wellness Through Physical Education

1. During a cooperative game, a student communicates respectfully, includes peers, and demonstrates empathy and teamwork. Which physical literacy component is being displayed?

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

---

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

---

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

---

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

---

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

---

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. Using Technology to Support Accessibility
D. Voice and Choice

---

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

---

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

---

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

---

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

Copyright © 2026 TeachME Professional Development

Visit us at https://www.teachmeceus.com