

Check For Understanding

HS SPARKacademy On-Demand Course 2

- 1) Which character trait was demonstrated during the Alphabet Line-up activity?
respect
communication
cooperation
initiative
- 2) The introductory unit of the high school curriculum is called High School PE 101.
True
False
- 3) Which of the following activities was used to get everyone into partners?
Team Up
Line Fold
Get the Signal
All of the Above
- 4) Which of the following is not found in the introductory unit of the high school curriculum?
Fitness ASAPs
Not So Routine
Character Matters
Get the Signal
- 5) The first Character Matters trait shared in the module was encouragement.
True
False
- 6) How many minutes should it take to complete a Fitness ASAP activity?
3
5
6
10
- 7) It is important to use co-ed groups during activities.
True
False
- 8) Which activity was used to demonstrate how to move in open space?
Knee Tag
Team Up
Get the Signal
Tri Tri Tri Again
- 9) Task Cards are used in the Fitness ASAP activity.
True
False
- 10) The team wearing the Pinnies always starts the game on offense.
True
False