

MIAMI-DADE COUNTY PUBLIC SCHOOLS

ELEMENTARY PHYSICAL EDUCATION



FCAT QUESTIONS AND ANSWER KEY

READING, WRITING, AND MATHEMATICS

DIVISION OF LIFE SKILLS AND SPECIAL PROJECTS



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PHYSICAL EDUCATION

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INTRODUCTION

The Elementary Physical Education Florida Comprehensive Assessment Test (FCAT) Manual was designed as a resource guide to assist physical education teachers in providing classroom or home learning assignments. This manual consist of sample questions for reading comprehension, writing communication and mathematics computation skills. Each question was formatted to include the areas of health, fitness, sports and physical education.

ACKNOWLEDGMENT

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READING

SELECTED READING WITH QUESTIONS

MARLIN'S - WORLD CHAMPIONS

The Florida Marlins were the 2003 World Champions in the sport of baseball. This is the second time that they have earned the title “World Champions,” and had claim to being the best team in professional baseball. Although the Marlins had such players as Ivan Rodriguez, Josh Becket, and Mike Lowell, they stressed and practiced teamwork, during the season, playoffs and World Series. Teamwork is shown in its highest form, when each team member considers the success of the team, more important than their personal success. It will be interesting, and fun to see just how successful the Marlins will be in the up-coming seasons after beating the New York Yankees in the 2003 “World Series”.

- 1) What team was the 2003 World Champions of baseball?
- 2) What might of happened if the Marlins would not of stressed and practiced teamwork?
- 3) What does the title “World Champions” of baseball mean?
- 4) Who did the Marlins beat in the 2003 “World Series?”
- 5) When considering teamwork what is the main focus of each team member?

READING

SELECTED READING WITH QUESTIONS

MIAMI DOLPHINS

The Miami Dolphins are a professional football team who practice in Davie, Florida. The goal of every football team is to win the Superbowl. The last time the Miami Dolphins won the Superbowl was in 1972. That year they not only won the Superbowl but they were undefeated with a 17 - 0 record. It is very difficult to make it to the Superbowl, but many players feel that if your team works hard, has limited injuries, a great coach and some luck it can happen.

- 1) What city do the Miami Dolphins football team practice in?

- 2) What year did the Dolphins win the Superbowl?

- 3) What did the author mean when he/she writes it is very difficult to make it to the Superbowl?

- 4) How is having a record of 17-0 different from 0-17?

- 5) What is the goal of every professional football team?

READING

SELECTED READING WITH QUESTIONS

MARLIN'S - NEW SEASON

Each year the Florida Marlin fans are excited about the prospects for the new season. The Marlin players will have to deal with their rivals, the Atlanta Braves, while stiff competition should also come from the Chicago Cubs who have an outstanding pitching staff.

The question the Marlins will have to answer each season is, can they once again own the title " World Champions of Baseball" as they did in 1997 and 2003 and thrill their fans one more time.

Unfortunately the Marlins were unable to make the playoffs each year following their championship seasons and therefore had no chance to repeat as World Champions of Baseball.

- 1) What team is the Marlins National League rival?
- 2) What team has an outstanding pitching staff?
- 3) What is another good title for this passage?
- 4) What do you think might of happened if the Marlins made the playoffs in 1998 or in 2004?
- 5) What title did the Florida Marlins hold in 1997 and 2003?

READING

SELECTED READING WITH QUESTIONS

JEFFERSON ELEMENTARY

The boys and girls at Jefferson Elementary School are working on improving their cardiovascular endurance. One of the activities they will be participating in is rope jumping. Some boys and girls can do 200 jumps in one minute. The best score is held by a 10 year old, Sue Smith who did 310 jumps. Sue has been jumping rope since she was three years old. Sue tells her friends that in order to get better at something you must practice every day.

- 1) What are the boys and girls at Jefferson Elementary School working on improving?
- 2) How many jumps did Sue Smith do in one minute?
- 3) How is Sue Smith different from other boys and girls?
- 4) According to Sue what must you do to improve at something?
- 5) What is another good title for this passage?

READING

SELECTED READING WITH QUESTIONS

BASEBALL - SIGNALS

In baseball the catcher gives signals to the pitcher in order to determine what pitch will be thrown. One finger is a fast ball, two fingers is a curve ball, and three fingers is a change-up. When the pitcher likes the signal the catcher gives him, he will throw that pitch. A strike out occurs when the batter swings and misses three times, the umpire calls three strikes or a combination of the two occurs. The goal of every pitcher is to strike out each batter.

- 1) How is playing the position of a catcher different than being a pitcher?

- 2) Who gives the signals to the pitcher?

- 3) What are three ways a batter can strike out?

- 4) What is the goal of each pitcher?

- 5) If the catcher shows the pitcher three fingers what pitch will be thrown?

READING

SELECTED READING WITH QUESTIONS

GYMNASTICS

Gymnastics is one of many body building activities sometimes performed with a special apparatus. A person who performs gymnastic skills and routines is called a gymnast. The gymnast is usually very flexible and has a lot of strength and endurance. Activities performed that demonstrate a gymnasts' flexibility are floor routines (tumbling), ribbon routines, and ball routines. Activities performed that demonstrate a gymnasts' strength and endurance are floor routines (tumbling), high beam routines, and parallel bar routines. A gymnast must spend many hours of practice each day in order to compete at a high level.

- 1) What is a gymnast?

- 2) According to the story what are three activities that demonstrate a gymnasts' flexibility?

- 3) Why does a gymnasts need strength and endurance?

- 4) Why did the author write this story?

- 5) Name three apparatus that can be used by a gymnast.

READING

SELECTED READING WITH QUESTIONS

BOWLING

Bowling is a popular sport that is played at two levels, professional and recreational. At the professional level men and women compete in tournaments for cash prizes, and sometimes these tournaments are televised. On the recreational level, men, women, and youth, participate primarily for fun. The recreational level has two groups; those who participate in "Open Bowling" and those who participate in "Leagues". Open bowling is when a person or group of people come out to bowl just for fun. Leagues consists of several teams with four or five people who bowl against each other weekly. The teams in a league can have men only, women only, or men and women which is called co-ed. The team with the most wins at the end of the competition period wins first place for that league. The adult leagues win trophies or cash prizes. The youth leagues win trophies and scholarships. They are not allowed to receive money as gifts for winning. Regardless of the level, a person can have a lot of fun bowling.

- 1) Why do so many people enjoy bowling?

- 2) What is the difference between a recreational bowler and a professional bowler?

- 3) How many people can be on a team in "League" bowling?

- 4) How often do the league teams compete against each other?"

- 5) What does it mean when a team is co-ed?

READING

SELECTED READING WITH QUESTIONS

BASEBALL - DOUBLE PLAY

One of the most exciting plays in baseball is the double play. The majority of double plays take place with a runner on first base. The batter hits a grounder to the short stop or third baseman who flips or throws the ball to the second baseman. The second baseman steps on the bag for the first out and throws to the first baseman for the second out. The double play is undoubtedly one of the most exciting plays in baseball, however it may only occur 2 or 3 times each game.

- 1) What is the main idea of the story?

- 2) The majority of double plays take place with a runner on what base?

- 3) Who is a grounder hit to at the start of a double play?

- 4) Retell your favorite part of the story.

- 5) After the second baseman steps on the bag for the first out where does he throw the ball next?

READING

SELECTED READING WITH QUESTIONS

GIBBS - REDSKINS

Joe Gibbs in 2004, returned to coach the Washington Redskins professional football team, after retiring from a successful career coaching many years ago. During his time away from football he led a NASCAR professional racing team. He reaped great success with team work, persistence, and job expertise. He came back to a team in need of discipline, confidence, and better talent. We wish him much success in his return to coaching.

- 1) In 2004 who returned to football after a long retirement from coaching?

- 2) What is the main idea of the story?

- 3) How is coaching a professional racing team like coaching a professional football team?

- 4) What is another good title for this passage?

- 5) Name three areas Gibbs will have to improve to make the Redskins a championship team again.

READING

SELECTED READING WITH QUESTIONS

THE HEART

The heart is one of the most important muscles in the body. There are several factors that can increase the risk of heart attacks and strokes. Four of these factors are smoking, high cholesterol, high blood pressure , and lack of physical activity. High cholesterol and high blood pressure are two factors that can be controlled by eating properly. There are many ways to keep your heart healthy. If you eat healthy low-fat foods, exercise at least 30 minutes daily, and do not smoke your heart will remain strong for a long time.

- 1) What is the authors purpose for this story?

- 2) List four factors that can increase your chance of heart attacks or strokes.

- 3) What two factors can be controlled by eating properly?

- 4) How often should you exercise to keep your heart healthy?

- 5) What types of foods should be eaten to keep your heart strong and healthy?

READING

SELECTED READING WITH QUESTIONS

SWIMMING

Swimming is an excellent activity for young and old alike. Many parents teach their children to swim as early as a year old and some adults are still swimming at age eighty. It is a physical activity that is non-stressful on your ligaments and tendons. Many people who have been injured are sometimes instructed to use aquatic skills to help restore their injury back to normal. Swimming is not only for exercise and rehabilitation but many do it just for fun. Swimming is a great exercise; however, children should always swim under adult supervision.

- 1) At what age do many children begin swimming?

- 2) List three reasons why many people swim.

- 3) What physical activity is non-stressful on your ligaments and tendons?

- 4) Why do you think some adults are still swimming at age 80?

- 5) According to the story what is one reason many people are instructed to use aquatic skills?

COMMUNICATION SKILLS

Writing - Sample #1

Boys and girls enjoy playing games. Some games require the use of equipment.

Think about your favorite game and write one or two paragraphs to explain to your friend how to play your favorite game.

COMMUNICATION SKILLS

Writing - Sample #2

Soccer and football are two sports that are very popular in the United States. In other parts of the world soccer is also called fútbol.

Write about the similarities and differences concerning these two sports.

COMMUNICATION SKILLS

Writing - Sample #3

Mark and Tim ate lunch together yesterday. Tim had a turkey sandwich on whole wheat bread with mustard, an apple, pretzels and a glass of skim milk. Mark had a hamburger on a bun with mustard and ketchup, a bag of potato chips, ice cream and a glass of regular milk.

Now write who's lunch was healthier and why? Also, explain why or why not eating healthy is important to you.

COMMUNICATION SKILLS

Writing - Sample #4

You have just been notified that you made the final cut to be a participant on your favorite sports team. Write down your thoughts about how this made you feel.

COMMUNICATION SKILLS

Writing - Sample #5

The game of basketball is very popular world wide. Each team consist of 5 players. When a player makes a basket it is worth two or three points depending on where he/she shoots from. Basketball rules and regulations have changed throughout the years. Write about how you think the game will be played in the future.

COMMUNICATION SKILLS

Writing - Sample #6

Many boys and girls enjoy having their parents take them to the local park where they may watch a neighborhood sports team or enjoy playing. Write about your favorite experience, at your local park.

COMMUNICATION SKILLS

Writing - Sample #7

Eating healthy by following the proper nutritional guidelines and doing exercises that will increase your heart rate are very important for daily living. Write about ways you would eat healthy and exercise on a daily basis.

COMMUNICATION SKILLS

Writing -- Sample #8

Many sports are played with more than one person on a team but many sports are performed placing one competitor against another. Examples of these sports are golf, boxing, race car driving, wrestling and tennis singles.

Choose one of the above mentioned non-team sports, and write about the aspects of this sport you enjoy the most.

COMMUNICATION SKILLS

Writing - Sample #9

People spend many hours a day watching television and getting very little exercise or activity. The obesity level is very high, yet many people continue to neglect exercise at the risk of heart disease and stroke.

Write about your favorite exercise or activity, why you enjoy it, and how it benefits your body.

COMMUNICATION SKILLS

Writing - Sample #10

There are many sports magazines and newspapers which contain in depth sports articles. There are also many sports shows on television that show highlights of sports.

When you are interested in a special athlete or a favorite team, would you prefer to read about them in a magazine, a newspaper, or would you rather watch their highlights on television? Give reasons to support your answer.

MATHEMATIC SKILLS

- 1) Bill and John competed in the "Shot Put" event in their school's track meet. Bill threw the shot 21 feet and 6 inches, while John threw the shot 17 feet and 4 inches. How much greater was Bill's throw than John's?

- 2) Mike went to the doctor and was found to be 20 pounds overweight. The doctor discovered that Mike ate an average of 2000 calories per day. He said for Mike to lose weight and meet his goal, the maximum amount of calories he could eat per day was 1750. How many calories will Mike be cutting out each week (7 days)?

- 3) Maria's mother told her to go to the health food store and buy 10 pounds of apples. Each bag weighed 5 pounds and contained 15 apples. How many apples would she have if she bought the 10 pounds her mother instructed her to buy?

- 4) In the high jump event, at the city track meet, Ronald successfully jumped 4 feet and 6 inches. Luis successfully jumped 3 feet and 9 inches. Who had the higher jump and by how much?

- 5) David ran the 50 yard dash in 7.2 seconds, and won the event. Justin came in second with a time of 8.1 seconds. How much better was David's time than Justin's?

- 6) One lap around the school's track area is 440 yards. Steve can run 440 yards in 2 minutes. How many minutes would it take Steve to run 8 laps?
- 7) Washington Elementary School has a jump rope club of 100 students that are in grades two through five. There are 18 second graders, 22 third graders and 26 fourth graders. How many students are in fifth grade?
- 8) Jasmine and Natasha have registered to run in a mile-long race. To prepare for this event they each run $\frac{1}{2}$ mile every day for 7 days. At the end of the week what are the total number of miles they ran altogether?
- 9) Brian wants to play for the Optimist football team. He presently weighs 102 pounds and plans to play for the 95 pound team. How much weight would Brian need to lose in order to play for the 95 pound team?
- 10) Sally plays forward on her elementary school's basketball team. During the first five games she scored 15, 18, 11, 9 and 12 points. What is her **average** score for the first five games?

ELEMENTARY PHYSICAL EDUCATION

ANSWER KEY

READING:

MARLIN'S WORLD CHAMPIONS

- 1) The 2003 World Champions of baseball was the Florida Marlins.**
- 2) Answers may vary (Higher order of thinking question).**
- 3) The title "World Champions of Baseball" means they are the best team in professional baseball.**
- 4) The Marlins beat the New York Yankees in the 2003 World Series.**
- 5) The main focus of each team member is to consider the success of the team more important than their personal success.**

READING:

MIAMI DOLPHINS

- 1) The city where the Miami Dolphins football team practices is Davie, Florida.**
- 2) The Dolphins won the Superbowl in 1972.**
- 3) Answers may vary (Higher order of thinking question).**
- 4) Answers may vary (Higher order of thinking question).**
- 5) The goal of every professional football team is to win the Superbowl.**

READING:

Marlin's New Season

- 1) The Florida Marlins National League rival is the Atlanta Braves.**

- 2) The Chicago Cubs have an outstanding pitching staff.**

- 3) Answers may vary (Higher order of thinking questions).**

- 4) Answers may vary (Higher order of thinking questions).**

- 5) The title the Marlins held in 1997 and 2003 was World Champions of baseball.**

READING:

JEFFERSON ELEMENTARY

- 1) The boys and girls at Jefferson Elementary School are working on improving cardiovascular endurance.**

- 2) Sue Smith did 310 jumps in one minute.**

- 3) Answers may vary (Higher order of thinking question).**

- 4) According to Sue in order to improve at something you must practice every day.**

- 5) Answers may vary (Higher order of thinking question).**

READING:

BASEBALL - SIGNALS

- 1) Answers may vary (Higher order of thinking question).**

- 2) The catcher gives the signals to the batter.**

- 3) Three ways a batter can strike out are if he swings and misses three times, an umpire calls three strikes, or a combination of the two.**

- 4) The goal of each pitcher is to strike out each batter.**

- 5) When the catcher shows the pitcher three fingers a change up will be thrown.**

READING:

GYMNASTICS

- 1) A gymnast is a person who performs gymnastic skills and routines.**

- 2) Three activities that demonstrate a gymnasts' flexibility are floor routines, ribbon routines and ball routines.**

- 3) A gymnasts' needs strength and endurance in order to perform floor routines, high beam routines and parallel bar routines.**

- 4) Answers may vary (Higher order of thinking question).**

- 5) Three apparatus that can be used by a gymnast are mats, ribbons, balls, high beam and parallel bars.**

READING:

BOWLING

- 1) Answers may vary (Higher order of thinking question).**

- 2) The different between a recreational bowler and a professional bowler is a recreational bowler participates primarily for fun and a professional bowler participates to play in tournaments for cash prizes.**

- 3) In league bowling you may have 4 -5 people on a team.**

- 4) League teams compete against each other on a weekly basis.**

- 5) A team that consist of men and women is co-ed.**

READING:

BASEBALL - DOUBLE PLAY

- 1) The main idea of the story is how a double play is executed.**

- 2) The majority of double plays take place with a runner on first base.**

- 3) A grounder is hit to either the short stop or third baseman at the start of a double play.**

- 4) Answers may vary (Higher order of thinking question).**

- 5) After the second baseman steps on the bag for the first out he then throws the ball to the first baseman.**

READING:

GIBBS - REDSKINS

- 1) Joe Gibbs recently returned to football after a long retirement from coaching.**

- 2) The main idea of the story is Joe Gibbs ability to be successful in whatever sport he is coaching.**

- 3) Answers may vary (Higher order of thinking question).**

- 4) Answers may vary (Higher order of thinking question).**

- 5) Three areas Gibbs will have to improve to make the Redskins a championship team again are discipline, confidence and talent.**

READING:

THE HEART

- 1) Answers may vary (Higher order of thinking question).**

- 2) Four factors that can increase your chances of a heart attack or stroke are smoking, high cholesterol, high blood pressure and not exercising.**

- 3) The two factors that can be controlled by eating properly are high cholesterol and high blood pressure.**

- 4) You should exercise 30 minutes per day to keep your heart healthy.**

- 5) You should eat low fat foods to keep your heart healthy.**

READING:

SWIMMING

- 1) Many children began swimming at age one.**

- 2) Three reasons many people swim are exercise, rehabilitation and for fun.**

- 3) Swimming is the physical activity that is non-stressful on your ligaments and tendons.**

- 4) Answers may vary (Higher order of thinking question).**

- 5) Many people are instructed to use aquatic skills to help restore their injury back to normal.**

MATHEMATIC SKILLS:

$$\begin{array}{r} 1) \quad 21 \frac{1}{2} = 21' \frac{2}{4}'' \\ \quad - 17 \frac{1}{4} = \frac{17' \frac{1}{4}}{} \\ \hline \text{Answer:} \quad 4' \frac{1}{4}'' \end{array}$$

$$\begin{array}{r} 2) \quad 2000 \\ \quad - 1750 \\ \hline \quad 250 \\ \quad \times 7 \\ \hline \end{array}$$

Answer: 1750 Calories per week

$$\begin{array}{r} 3) \quad 15 \text{ (apples per bag)} \\ \quad \times 2 \text{ Bags} = 10 \text{ lbs} \\ \hline \text{Answer:} \quad 30 \text{ Apples} \end{array}$$

$$\begin{array}{r} 4) \quad 4' 6'' = 3' 18'' \\ \quad 3' 9'' = - 3' 9'' \\ \hline \end{array}$$

Answer: 9" Ronald had the higher jump

$$\begin{array}{r} 5) \quad 8.1 \\ \quad - 7.2 \\ \hline \end{array}$$

Answer: 9 Tenth's of a Second

$$\begin{array}{r} 6) \quad 440 \text{ yards} = 1 \text{ laps (in 2 minutes)} \\ \text{Answer: } 8 \text{ Laps} \times 2 \text{ mins.} = 16 \text{ mins.} \end{array}$$

$$\begin{array}{r} 7) \quad 18 \\ \quad 22 \\ \quad + 26 \\ \hline \quad 66 \end{array}$$

Answer: 34 Fifth Graders

$$\begin{array}{r} 8) \quad 7 \times .5 = 3.5 \text{ miles} \\ \quad 3.5 \times 2 \end{array}$$

Answer: 7.0 miles

$$\begin{array}{r} 9) \quad 102 \\ \quad - 95 \\ \hline \text{Answer:} \quad 7 \text{ Pounds} \end{array}$$

$$\begin{array}{r} 10) \quad 15 \\ \quad 18 \\ \quad 11 \\ \quad 9 \end{array}$$

$$\begin{array}{r} \quad + 12 \\ \hline \quad 65 \div 5 \end{array}$$

Answer: 13 Average Score