**Quizzes – Term 3**

**Dangerous Situations – circle the most appropriate response**

Top of Form

If you find some sharp glass while walking to the community center to skate, you should pick it up and dispose of it at the community center.

true

false

When walking along the paths, if you fall a bit behind your group of friends and a stranger comes up to chat and asks you questions and you feel uncomfortable, you should speed up and walk with your friends.

true

false

When throwing a frisbee in the back field, if your frisbee flies onto the street, you should run on the street immediately before a car runs over the frisbee. The cars will stop for you.

true

false

If you want to go skating in the winter, skating anywhere where there is ice is perfectly fine. All ice is safe to skate on.

true

false

When you are outdoors in Phys Ed class and feel uncomfortable or uncertain as to how to react to a situation, you should find a teacher.

true

false

**Environmental Factors – circle the most appropriate answer**

You are more likely to ski and skate if you live in a cold climate.

true

false

If it is rainy, it's a great day to play soccer!

true

false

When the sun shines, there are no environmental concerns to worry about!

true

false

You should continue swimming if there is lightning. It's the thunder you need to worry about.

true

false

If it's cold outside, you need to make sure to warm up well prior to starting exercise.

true

false

**External Factors that Affect Participations – Please circle the most appropriate response.**

The cost of activities can affect participation.

True

False

The activities your parents did growing up can affect the activities you do.

True

False

The climate in which you live can affect the activities you engage in.

True

False

Whether or not you see a sport advertised in the media can affect your participation.

True

False

Whether or not your friends play a sport can affect your participation.

True

False

**Personal Preferences -please circle the most appropriate response**

People choose activities because they see themselves represented in them on tv.

true

false

People choose activities because their parents like the activities.

true

false

People like to play sports that their friends play.

true

false

People like to play sports that take place far from their homes.

true

false

People don't generally want to play for the same team year after year.

true

false

**The Effects of Inactivity on Your Body-Please circle the most appropriate response**

When you don't exercise often, your muscles get smaller.

true

false

When you exercise regularly, your flexibility increases.

true

false

When you exercise regularly, your risk of injury decreases.

true

false

When you exercise regularly, your mental health gets worse.

true

false

When you exercise regularly, your self confidence improves.

True

false