

# Movement Skills and Healthy Relationships Quiz

Time: 20 min. 6 questions.

## Instructions

Answer all six questions using what you have learned about movement patterns, conflict resolution, and healthy relationships. Read each question carefully. For multiple choice questions, circle the letter of the best answer. For short answer questions, write your response in one or two complete sentences.

## Questions

- Which statement best describes the difference between controlled and dynamic physical activities?  
A) Controlled activities are always played outdoors, while dynamic activities are always played indoors.  
B) Controlled activities are structured and allow repeated practice, while dynamic activities are fluid and require quick decisions.  
C) Controlled activities involve no rules, while dynamic activities always have rules.  
D) Controlled activities are only for individuals, while dynamic activities are only for large groups.  
([Outcome](#))
- Name one practice that a team can use to manage conflict during a game or activity.  
([Details](#))
- True or false: Being honest, respecting others, and acknowledging diversity are examples of positive social behaviours that support healthy relationships.  
([Details](#))
- A class practises 4 different controlled movement patterns during each PE lesson. If they have 3 lessons this week, how many total movement patterns will they practise?  
([Details](#))
- Which idea best explains why understanding another person's perspective matters in a healthy relationship?  
A) A person's perspective should be assumed based on how they look.  
B) Perspectives should be clarified rather than assumed, and empathy involves trying to understand another person's feelings.  
C) Only one person's perspective matters in a relationship.  
D) Perspectives never change, so there is no need to discuss them.  
([Outcome](#))
- Think of a time you and a partner or teammate disagreed during a physical activity. Describe one thing you did (or could do) to resolve the conflict.  
([Outcome](#))

## Curriculum coverage

| Question | Outcome alias |
|----------|---------------|
| 1        | Outcome       |
| 2        | Details       |
| 3        | Details       |

|   |         |
|---|---------|
| 4 | Details |
| 5 | Outcome |
| 6 | Outcome |

## Answer key

1. B) Controlled activities are structured and allow repeated practice, while dynamic activities are fluid and require quick decisions. Controlled physical activities are structured or individual and allow repeated practice, while dynamic activities are limited in structure and require immediate decision making ([Outcome](#)).
2. Any one of: acknowledging emotions, clarifying facts and understanding, listening to understand, discussing possible outcomes, or proposing solutions. These are the practices used to manage conflict during physical activity ([Details](#)).
3. True. Respecting others, helping others, being honest, and acknowledging diversity are all listed as positive social behaviours ([Details](#)).
4. 12. Four movement patterns per lesson multiplied by 3 lessons equals 12 total movement patterns practised ([Details](#)).
5. B) Perspectives should be clarified rather than assumed, and empathy involves trying to understand another person's feelings. Healthy relationships require considering others' perspectives rather than assuming them, and empathy means trying to understand or share someone else's feelings ([Outcome](#)).
6. Answers will vary. A strong answer names a specific conflict resolution practice, such as listening to understand or proposing a solution, and reflects on how it helped resolve the disagreement ([Outcome](#)).