

TE_xES Physical Education (258) Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which mental strategy is most effective for a student managing conflict during a physical game?**
 - A. Pausing to self-talk a mental lay-by-play of what is happening**
 - B. Yelling at teammates to stop**
 - C. Pushing through the dispute without reflection**
 - D. Walking away and not re-engaging**

- 2. In motor learning, the cognitive stage is primarily characterized by which of the following?**
 - A. Relying on verbal recall of movements**
 - B. Performing with automaticity**
 - C. Minimal variation in performance**
 - D. Little to no conscious effort**

- 3. To support body composition goals, why should fats be included from fish and plant-based foods?**
 - A. They help the body absorb vitamins and nutrients.**
 - B. They are the sole source of energy.**
 - C. They slow down recovery.**
 - D. They cause dehydration.**

- 4. Which strategy assigned to physical education students is most likely to promote overall positive student growth and skill building?**
 - A. Conducting a daily self-assessment regarding individual learning, behavior, and participation levels in class**
 - B. Taking a one-time end-of-unit test**
 - C. Peer grading without guidance**
 - D. Watching videos instead of participating**

- 5. In flag football, prohibiting holding on to a player while detaching a flag primarily serves which purpose?**
 - A. maintaining player safety.**
 - B. speeding up the game.**
 - C. encouraging aggressive play.**
 - D. reducing equipment wear.**

- 6. When introducing throwing to kindergarten students, which aspect should be addressed first?**
- A. Learning the basics of the movement**
 - B. Throwing for distance**
 - C. Spin and fancy grips**
 - D. Precise target scoring**
- 7. Torque during running is produced by which type of motion?**
- A. Rotary Motion**
 - B. Linear Motion**
 - C. Gravitational Influence**
 - D. Translational Energy**
- 8. After a dance lesson, exit tickets typically involve how many questions, and what is their purpose?**
- A. Three questions; informal formative assessment to reflect on progress and plan adjustments**
 - B. One question; immediate grading**
 - C. Five questions; formal evaluation**
 - D. Seven questions; verification of attendance**
- 9. Which component of SHAPE America's standards describes responsible personal and social behavior in physical education?**
- A. The physically literate individual exhibits responsible personal and social behavior that respects self and others**
 - B. The physically literate individual demonstrates advanced cardiovascular endurance**
 - C. The physically literate individual excels at sport-specific skills**
 - D. The physically literate individual uses technology in fitness tracking**

10. In a first-grade lesson on catching a ball, which strategy would best support all students at an appropriate level for individual success?

- A. Emphasizing the number of successful catches**
- B. Asking students to think about the movements they use to catch the ball**
- C. Focusing on how many trials each student completes**
- D. Providing identical tasks to every student**

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Answers

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1. A
2. A
3. A
4. A
5. A
6. A
7. A
8. A
9. A
10. B

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Explanations

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1. Which mental strategy is most effective for a student managing conflict during a physical game?

- A. Pausing to self-talk a mental lay-by-play of what is happening**
- B. Yelling at teammates to stop**
- C. Pushing through the dispute without reflection**
- D. Walking away and not re-engaging**

Managing conflict in a game benefits from quick, internal self-regulation through self-talk. Pausing to run a mental lay-by-play of what's happening lets the player name feelings, assess the situation, and plan a constructive response before reacting. This approach helps keep emotions in check, clarifies goals (play safely, keep the team on track, communicate effectively), and guides actions such as signaling for a timeout, requesting a pause, or using calm, clear words with teammates. Because it happens in real time, this strategy reduces impulsive or aggressive responses and supports the smooth, safe flow of play. Yelling tends to escalate tension and miscommunication, so it's less effective for resolving disputes. Pushing through without reflection ignores rising tension and can increase the risk of injury or a bigger breakdown in teamwork. Walking away can be useful in some situations, but it doesn't actively teach a student how to resolve the conflict and re-engage constructively when appropriate.

2. In motor learning, the cognitive stage is primarily characterized by which of the following?

- A. Relying on verbal recall of movements**
- B. Performing with automaticity**
- C. Minimal variation in performance**
- D. Little to no conscious effort**

In motor learning, the cognitive stage is defined by heavy mental processing as the learner develops an understanding of the movement. Relying on verbal recall of movements captures this stage well because beginners use explicit instructions, rules, and verbal cues to plan and perform the skill. They often describe the steps aloud or think through the sequence before executing, relying on conscious thought rather than automatic patterns. As practice continues, performance tends to become more consistent and efficient, and the other stages involve more automatic control. Performing with automaticity is a hallmark of later stages, when the movement can be carried out with little conscious effort. Minimal variation in performance is not typical at this stage, since beginners experiment with different strategies and make noticeable errors while exploring what works. And there is not little to no conscious effort; the cognitive stage is all about conscious processing, attention, and problem-solving as the learner builds a foundation for the skill.

3. To support body composition goals, why should fats be included from fish and plant-based foods?

- A. They help the body absorb vitamins and nutrients.**
- B. They are the sole source of energy.**
- C. They slow down recovery.**
- D. They cause dehydration.**

The main idea is that fats from fish and plant-based foods help you absorb vitamins and nutrients more effectively. Many vitamins are fat-soluble, so consuming healthy fats with your meals makes it easier for the body to take up vitamins A, D, E, and K and other fat-soluble nutrients. This improved absorption supports metabolism, energy use, and recovery, all of which influence body composition. In addition, these fats provide essential fatty acids that support cell function, hormone production, and inflammation control, further aiding the body's ability to build lean tissue and manage energy. While fats do contribute calories and can aid satiety, the point here is their role in nutrient absorption. The other statements aren't accurate—fats aren't the sole energy source, they don't inherently slow recovery, and they don't cause dehydration.

4. Which strategy assigned to physical education students is most likely to promote overall positive student growth and skill building?

- A. Conducting a daily self-assessment regarding individual learning, behavior, and participation levels in class**
- B. Taking a one-time end-of-unit test**
- C. Peer grading without guidance**
- D. Watching videos instead of participating**

Regular, ongoing self-assessment of learning, behavior, and participation drives continuous growth by helping students become aware of what they're doing well and what needs adjustment. In physical education this builds a habit of metacognition: students set specific, measurable goals, monitor their progress over time, and adapt their practice strategies to improve technique, effort, and engagement. That reflective loop with feedback from themselves and the instructor supports steady skill development and positive growth across activities, rather than waiting for a single grade to measure success. A one-time end-of-unit test captures performance only at one moment and doesn't encourage ongoing improvement or reflect how a student's abilities change with practice. Peer grading without guidance can be inconsistent and may lack clear criteria or constructive feedback, limiting its effectiveness for skill building. Watching videos in lieu of participating misses the crucial hands-on practice needed to develop motor patterns and apply techniques in real situations. So, daily self-assessment best supports long-term growth and skill development in physical education.

5. In flag football, prohibiting holding on to a player while detaching a flag primarily serves which purpose?

- A. maintaining player safety.**
- B. speeding up the game.**
- C. encouraging aggressive play.**
- D. reducing equipment wear.**

Safety during the moment a flag is pulled is the key idea. If a defender grabs and holds onto a runner while detaching the flag, the pull can become a rough, uncontrolled tug that increases the risk of falls, twists, or collisions. Prohibiting that hold keeps the contact in the realm of pulling the flag, not grabbing or tackling, which protects players from injury and keeps the play safer and more predictable. While this rule can help the game run smoothly, it isn't about speeding up play, encouraging aggressive behavior, or protecting equipment.

6. When introducing throwing to kindergarten students, which aspect should be addressed first?

- A. Learning the basics of the movement**
- B. Throwing for distance**
- C. Spin and fancy grips**
- D. Precise target scoring**

Introducing throwing to kindergarten students should start with the basic movement pattern. At this age, building a solid, easy-to-execute throwing action lays the foundation for all future throwing skills. Focus on a simple, controlled motion that connects the whole body: a comfortable weight transfer from back foot to front foot, a relaxed arm swing, and releasing toward a nearby, clearly defined target. Using a soft ball or beanbag and keeping distances short helps kids feel the motion and gain coordination without strain. This approach emphasizes safety, confidence, and enjoyment, while the more advanced elements—throwing for distance, complex grips, or precise scoring—are best saved for later when motor skills and understanding have developed further.

7. Torque during running is produced by which type of motion?

- A. Rotary Motion**
- B. Linear Motion**
- C. Gravitational Influence**
- D. Translational Energy**

Torque is the rotational effect of a force about a joint axis, so it comes from rotary (angular) motion of the limb segments. In running, the leg doesn't move only in a straight line; it rotates about the hip, knee, and ankle as muscles pull on tendons at a distance from these joints. That force creates a twisting moment that drives the limb through its arc and propels the body forward. Linear motion would be pure translation with no rotation about a joint axis, and translational energy describes energy from that straight-line movement rather than the rotation produced at the joints. Gravitational influence acts as an external force affecting posture and effort, but it isn't the source of the rotational motion driving propulsion.

8. After a dance lesson, exit tickets typically involve how many questions, and what is their purpose?

- A. Three questions; informal formative assessment to reflect on progress and plan adjustments**
- B. One question; immediate grading**
- C. Five questions; formal evaluation**
- D. Seven questions; verification of attendance**

Exit tickets are short, informal checks at the end of a lesson to quickly gauge how well students understood what they practiced and to guide the next steps. Three questions strike a balance: they give a concise snapshot of progress, invite students to reflect on what they learned, identify what still needs clarification, and indicate how they will apply the new skill or idea in future practice. This supports informal formative assessment, where the focus is on feedback to adjust instruction and help students move forward, not on grading. Why the other options don't fit: one question is usually not enough to capture a usable picture of progress or next steps; five questions would be more time-consuming and resemble a formal quiz rather than a quick check; seven questions aimed at attendance doesn't align with the purpose of exit tickets, which is learning feedback rather than attendance verification.

9. Which component of SHAPE America's standards describes responsible personal and social behavior in physical education?

- A. The physically literate individual exhibits responsible personal and social behavior that respects self and others**
- B. The physically literate individual demonstrates advanced cardiovascular endurance**
- C. The physically literate individual excels at sport-specific skills**
- D. The physically literate individual uses technology in fitness tracking**

SHAPE America's standards include a component that focuses on how individuals behave in physical activity—exhibiting responsible personal and social behavior and respecting self and others. The statement that a physically literate individual demonstrates this kind of behavior matches that focus exactly, highlighting safety, sportsmanship, cooperation, and respect in PE settings. The other options point to fitness performance, skill proficiency, or use of technology, which pertain to different aspects of being physically literate, not the behavior-focused component described here.

10. In a first-grade lesson on catching a ball, which strategy would best support all students at an appropriate level for individual success?

A. Emphasizing the number of successful catches

B. Asking students to think about the movements they use to catch the ball

C. Focusing on how many trials each student completes

D. Providing identical tasks to every student

When teaching a first-grade ball catch, focusing on the movements a student uses to catch the ball supports success at an individual level. By having students think about and discuss how they position their hands, track the ball, and prepare their body, you provide targeted feedback on specific aspects of the skill. This lets you tailor cues and practice steps to each learner's current ability, so they can gradually refine technique rather than simply trying to achieve a certain number of catches. Counting successful catches centers on outcomes, which can be discouraging for beginners who improve their form but haven't yet achieved many catches. Focusing on how many trials a student completes emphasizes quantity over quality and may reinforce repetition without correcting technique. Providing identical tasks to every student ignores differences in readiness and does not offer the necessary supports or progressions for diverse learners.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://texaspe258.examzify.com>

We wish you the very best on your exam journey. You've got this!

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