

Name: _____

Date: _____

Answer Key: Supercharge Your Body: A 2nd Grade Exercise Engine Quiz

Heart rates, lung power, and muscle fuel — students identify how their internal systems act like a high-performance race car during play.

1. When you start playing tag, what does your heart do to help your muscles move fast?

Answer: C) It beats faster to pump more blood

Your heart is like a pump; when you move, it works harder to send oxygen and energy to your legs and arms.

2. Your body needs more oxygen when you are running than when you are sitting still.

Answer: A) True

Active muscles use up oxygen quickly, so you breathe harder to bring more air into your body.

3. When you practice a sport like gymnastics every week, your muscles get _____ over time.

Answer: B) Stronger

Regular exercise tells your body to build more muscle so you can do the activity easier next time.

4. Why do you sometimes feel sweaty after playing outside in the sun?

Answer: B) Your body is cooling itself down

Sweating is your body's built-in air conditioner; as the sweat dries, it pulls heat away from your skin.

5. Drinking water helps your body recover and work better during exercise.

Answer: A) True

Water is essential for blood flow and keeping your 'engine' from overheating during physical activity.

6. After a long bike ride, your body needs _____ to fix your muscles and get energy back.

Answer: D) Rest and food

Rest and healthy food provide the building blocks your body uses to repair itself after being active.

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7. Which body part helps you take in the air you need for a long swim?

Answer: B) Lungs

Lungs are the organs that bring oxygen into the body and get rid of the air your body is finished with.

8. If you can jump higher after practicing for a month, your body has _____ to the exercise.

Answer: A) Adapted

Adaptation means your body changed its shape or strength to get better at the work you were doing.

9. Your breathing gets faster immediately when you start a fast dance.

Answer: A) True

This is an 'acute response,' which is a fancy way of saying your body reacts right away to the movement.

10. What is the 'fuel' our bodies use from food to help us play and move?

Answer: B) Energy

Our bodies break down the food we eat into energy that works like a battery for our movements.