

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.

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**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.