

Name: _____

Date: _____

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?

- A. It beats slower to save energy
- B. It stops for a short rest
- C. It beats faster to pump more blood
- D. It turns blue

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

- A. True
- B. False

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

- A. Smaller
- B. Stronger
- C. Sleepy
- D. Slower

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

- A. Your body is trying to stay warm
- B. Your body is cooling itself down
- C. You are turning into water
- D. To make your skin sticky

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

- A. True
- B. False

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

- A. To run more
- B. Loud music
- C. Cold shoes
- D. Rest and food

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

- A. Stomach
- B. Lungs
- C. Elbows

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D. Knees

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

- A. Adapted
- B. Forgotten
- C. Shrunk
- D. Broken

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

- A. True
- B. False

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

- A. Gasoline
- B. Energy
- C. Dirt
- D. Gravity