

Name: _____ Date: _____

Answer Key: Solo Sport Safari: A First Grade Fitness Quest

Moving beyond group games, students identify personal movements and safe solo play to build foundational motor skills and self-reliance.

1. Which animal moves like a solo sport star by hopping on its own?

Answer: A) A kangaroo

Individual sports often involve jumping and hopping on your own, just like a kangaroo does to move around.

2. True or False: Moving your body every day helps make your heart and muscles strong.

Answer: A) True

Daily physical activity is a key part of fitness that builds a healthy heart and stronger muscles.

3. When you are _____, you are moving your body quickly on your own two feet.

Answer: B) Running

Running is a basic locomotor skill used in many individual fitness activities.

4. What should you wear on your head to stay safe when riding a scooter or bike?

Answer: C) A helmet

Safety gear like helmets protects your brain while you practice individual sports like cycling or scooting.

5. True or False: You need a big team of ten people to practice jumping rope.

Answer: B) False

Jumping rope is an individual activity you can do all by yourself to improve coordination.

6. Stretching your arms up high like a tall tree helps you become more _____.

Answer: A) Flexible

Flexibility is the ability to move your joints through a full range of motion, which we practice by stretching.

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7. Which of these is a solo activity you can do at a park?

Answer: B) Playing on the monkey bars

Using monkey bars is an individual fitness activity that builds upper body strength.

8. True or False: Drinking water is important when you are being active.

Answer: A) True

Staying hydrated is a basic health concept necessary for safe physical activity.

9. To stay upright while walking on a low beam, you must use your _____.

Answer: B) Balance

Balance is the skill of staying steady while moving or standing still.

10. What is the best way to get better at a new solo skill, like hula-hooping?

Answer: C) Practice

Practice is the repetition of an action to improve your ability and mastery of a skill.