

Name: _____ **Date:** _____

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?

- A. A kangaroo
- B. A fish
- C. A turtle
- D. A worm

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

- A. True
- B. False

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

- A. Sleeping
- B. Running
- C. Sitting
- D. Reading

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

- A. A party hat
- B. A sun cap
- C. A helmet
- D. A headband

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

- A. True
- B. False

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

- A. Flexible
- B. Sleepy
- C. Loud
- D. Cold

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

- A. A giant game of tag
- B. Playing on the monkey bars
- C. A soccer match

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D. A game of catch

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

- A. True
- B. False

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

- A. Voice
- B. Balance
- C. Ears
- D. Hair

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

- A. Watching TV
- B. Giving up
- C. Practice
- D. Taking a nap