

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## **Fast Muscles and Fit Hearts 4th Grade Quiz**

Oxygen transport, muscle fuel, and sweat production. This quiz helps students identify how their organs coordinate during active play and sports.

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**1. When you start playing a game of tag, why does your heart start beating faster?**

- A. To talk to your brain more quickly
- B. To move oxygen and energy to your working muscles
- C. To store extra water in your stomach
- D. To make your bones grow stronger instantly

**2. Sweating is the body's way of cooling itself down so your internal temperature doesn't get too high.**

- A. True
- B. False

**3. To get more oxygen into your blood while you run, your \_\_\_\_\_ rate increases naturally.**

- A. blinking
- B. growing
- C. breathing
- D. sleeping

**4. Which of these is a long-term benefit for someone who practices soccer every day for a year?**

- A. Their heart becomes a stronger and more efficient pump
- B. Their hair grows much faster than before
- C. Their skin changes color to match their jersey
- D. Their sense of smell becomes twice as strong

**5. After a long bike ride, the body needs \_\_\_\_\_ and nutrients to help repair tired muscles.**

- A. sunlight
- B. dirt
- C. loud music
- D. rest

**6. What happens to your face when your blood vessels expand to release heat during exercise?**

- A. It turns slightly yellow
- B. It becomes very pale
- C. It looks flushed or red
- D. It stays exactly the same

**7. Your muscles use a type of sugar called glucose as a fuel source to help you move.**

- A. True

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B. False

**8. If you lift a heavy backpack many times a week, your muscles will grow \_\_\_\_\_ to make the job easier.**

- A. softer
- B. stronger
- C. shorter
- D. weaker

**9. Only professional athletes have a heart rate that changes when they run.**

- A. True
- B. False

**10. Which of the following is a sign that your body is working hard during physical activity?**

- A. Deeper and faster breathing
- B. Feeling very sleepy immediately
- C. Your fingernails growing longer
- D. Your ears getting colder