

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.

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