

Name: _____ Date: _____

Answer Key: How Does Your Body Move? Kindergarten Exercise Science Quiz

Identify how your heart, lungs, and muscles work together to help you run, jump, and play your favorite games.

1. When you run fast during a game of tag, what happens to your heart?

Answer: B) It beats faster

When we move our bodies quickly, our heart beats faster to pump blood to our legs and arms.

2. Your body needs to breathe in more air when you are resting than when you are jumping.

Answer: B) False

We actually breathe more air when we are active like jumping because our bodies need more energy.

3. After playing outside, you might feel ____ on your skin to help you cool down.

Answer: C) Sweat

Sweating is the body's way of cooling itself off after we exercise and get warm.

4. Which body part does a soccer player use to push the ball across the grass?

Answer: C) Muscles

Muscles are the parts of the body that help us move, pull, and kick.

5. To give your body energy to play, you should eat healthy ____.

Answer: B) Food

Food acts like fuel for our bodies, giving us the power to move and grow.

6. Your heart is a very strong muscle.

Answer: A) True

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The heart is a special muscle that works all day and night to keep us healthy.

7. Why do we stretch our bodies before we practice gymnastics or dance?

Answer: C) To help our bodies get ready

Stretching helps our muscles wake up and get ready for big movements.

8. If you exercise every day, your body becomes ____.

Answer: A) Stronger

Regular exercise helps our muscles and bones get stronger over time.

9. Water is the best thing to drink when you feel thirsty after playing.

Answer: A) True

Water helps keep our bodies hydrated and ready to keep moving.

10. What should you do after you finish a long race to help your body rest?

Answer: B) Do a slow cool-down walk

Walking slowly after exercise helps your heart rate return to normal gently.