

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

## 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.

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

- A. It stops beating
- B. It beats faster
- C. It goes to sleep
- D. It beats slower

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

- A. True
- B. False

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

- A. Ice cubes
- B. Paint
- C. Sweat
- D. Fur

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

- A. Hair
- B. Ears
- C. Muscles
- D. Eyelashes

**5. To give your body energy to play, you should eat healthy \_\_\_\_\_.**

- A. Toys
- B. Food
- C. Rocks
- D. Soap

**6. Your heart is a very strong muscle.**

- A. True
- B. False

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

- A. To get to sleep
- B. To get dirty
- C. To help our bodies get ready

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D. To shrink our toes

**8. If you exercise every day, your body becomes \_\_\_\_.**

- A. Stronger
- B. Slower
- C. Purple
- D. Smaller

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

- A. True
- B. False

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

- A. Start screaming
- B. Do a slow cool-down walk
- C. Hide under a rug
- D. Eat a giant rock