

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.

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