

Name: _____

Date: _____

Answer Key: What's Your Engine Doing? 1st Grade Heart and Lungs Quiz

First graders identify how their bodies change during playground games to understand heart rate and breathing for a quick PE warm-up or health review.

1. When you play a fast game of tag, what does your heart do?

Answer: A) It beats faster

When we move our bodies quickly, our heart pumps faster to send blood to our muscles.

2. True or False: Your body needs more air when you are running than when you are sitting.

Answer: A) True

Our lungs work harder to bring in extra oxygen when we are active.

3. If you touch your chest after a race, you can feel your heart _____.

Answer: B) thumping

A 'thumping' feeling in your chest is your heart pumping blood very strongly.

4. What parts of your body help you breathe in air?

Answer: C) Your lungs

Lungs are the special organs that hold the air we breathe.

5. True or False: Sweating is a way for your body to stay cool while you exercise.

Answer: A) True

When we get hot from playing, our body makes sweat to help us cool down.

6. Exercise helps make your muscles _____.

Answer: C) stronger

Moving and playing every day trains our muscles to be strong.

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7. Why does your face sometimes turn red when you jump around?

Answer: B) Blood is moving near your skin

Your body sends blood closer to the skin to help release heat and keep you safe.

8. To give your body energy to move, you need to eat healthy food and _____ air.

Answer: A) breathe

Our bodies use oxygen from the air and fuel from food to keep us moving.

9. True or False: Your heart rate is slower when you are taking a nap.

Answer: A) True

When your body rests, your heart does not need to pump as fast.

10. What happens to your breathing after you dance for a long time?

Answer: A) You take very deep or fast breaths

Dancing is exercise, which makes your body demand more oxygen through faster breathing.