

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

## 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.

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

- A. It beats faster
- B. It stops moving
- C. It falls asleep
- D. It beats slower

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

- A. True
- B. False

**3. If you touch your chest after a race, you can feel your heart \_\_\_\_\_.**

- A. singing
- B. thumping
- C. freezing
- D. hiding

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

- A. Your toes
- B. Your elbows
- C. Your lungs
- D. Your hair

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

- A. True
- B. False

**6. Exercise helps make your muscles \_\_\_\_\_.**

- A. smaller
- B. softer
- C. stronger
- D. sleepier

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

- A. You are eating a strawberry
- B. Blood is moving near your skin
- C. You are wearing a red hat

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D. The sun went down

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

- A. breathe
- B. color
- C. paint
- D. throw

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

- A. True
- B. False

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

- A. You take very deep or fast breaths
- B. You stop breathing
- C. You breathe through your ears
- D. Nothing changes