

Name: _____

Date: _____

My Super Engine: A Kindergarten Exercise Physiology Challenge

Young learners analyze how their bodies work like machines by comparing heart speeds and breathing patterns during different playground activities.

1. If you are playing 'Freeze Dance' and you stop moving, what should happen to your heart beating against your chest?

- A. It starts beating much faster
- B. It slowly begins to slow down
- C. It stops beating entirely
- D. It turns into a different sound

2. When you run a very fast race, your lungs have to work extra hard to pull in more ____.

- A. Water
- B. Food
- C. Air
- D. Sleep

3. True or False: If you practice balancing on one foot every day, your brain and muscles learn to work together better.

- A. True
- B. False

4. Look at these four friends. Who is using the MOST energy right now?

- A. Leo is sitting and reading a book.
- B. Maya is taking a nap on a rug.
- C. Sam is climbing the tall monkey bars.
- D. Tina is standing still in line.

5. True or False: Your face might get red or sweaty when you run because your body is trying to cool its 'engine' down.

- A. True
- B. False

6. After you do a big jump, your muscles feel tired because they used up their ____.

- A. Power
- B. Colors
- C. Shoes
- D. Bones

7. Why do you think an athlete drinks water and rests after a long game?

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- A. To make their hair grow longer
- B. To help their body repair and get stronger
- C. To forget how to play the game
- D. To make their heart beat faster again

8. True or False: If you lift a heavy backpack every day, your muscles stay exactly the same size.

- A. True
- B. False

9. Imagine your body is a car. To make the car go fast, you need to push the pedal. In your body, your _____ is the pedal that pushes the blood faster.

- A. Toes
- B. Heart
- C. Hair
- D. Ears

10. Which activity would make it the HARD-EST to talk to a friend while you are doing it?

- A. Walking slowly to the cafeteria
- B. Drawing a picture with crayons
- C. Sprinting as fast as you can to a cone
- D. Sitting in a circle for story time