

Name: _____ Date: _____

Answer Key: Hyper Heartbeats: Helping Kindergarten Heroes Understand Exercise

Compare rapid heart rates and heavy breathing after hopping and spinning to realize how bodies work harder during play.

1. Imagine you are pretending to be a slow, sleepy turtle. Then, you pretend to be a fast, zooming race car. Which one makes your heart beat like a loud drum?

Answer: B) Zooming fast like a car

Moving fast like a race car is exercise, which makes our heart pump faster to help our bodies move.

2. True or False: When you run very fast on the playground, your body needs to take more breaths of air.

Answer: A) True

Exercise makes our bodies work hard, so we breathe faster to get the air we need to keep moving.

3. After jumping up and down ten times, my skin feels ____ because my body is working hard.

Answer: B) Warm or hot

Exercise creates heat inside our bodies, which makes our skin feel warm when we move a lot.

4. If you want to make your leg muscles strong like a superhero, which activity should you do every day?

Answer: B) Play a hopping game

Hopping is a type of exercise that helps the muscles in our legs grow stronger over time.

5. True or False: Your heart is a muscle that gets stronger when you play tag or dance.

Answer: A) True

Just like your arms, your heart is a muscle that needs exercise to stay healthy and strong.

6. When we stop running and sit down to rest, our fast breathing starts to ____.

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Answer: C) Slow down

When we rest, our bodies don't need as much air, so our breathing returns to normal.

7. Which of these is a sign that your body is working hard during a game of soccer?

Answer: B) Your face looks a little red

When we exercise, more blood flows near our skin to help us cool down, which can make our faces look pink or red.

8. True or False: Exercise is only good for your legs, not the rest of your body.

Answer: B) False

Exercise helps your whole body, including your heart, lungs, and even your brain!

9. If you practice balancing on one foot every day, your body will learn to be ____.

Answer: B) Better at balancing

Our bodies adapt, or change, to get better at things we practice often.

10. Why do we drink water after we run and play in the sun?

Answer: B) To help our body cool down and recover

When we exercise, we sweat to stay cool. Drinking water helps our body recover and feel good again.