Name: _____ **Date:** _____

Blueprint Your Body: Sparking 3rd Grade Fitness Engineering Quiz

Functional range, power bursts, and aerobic stamina—connect biological systems to peak athletic performance through complex problem-solving scenarios.

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1. Imagine you are an engineer designing a robot that needs to reach high shelves and squeeze through tight pipes. Which component of fitness is most important for this robot's design?

A. Cardiovascular Endurance
B. Flexibility
C. Muscular Strength
D. Body Composition

2. To evaluate a climber's muscular strength, you should measure how many hours they can hang onto a wall rather than how heavy a backpack they can carry up.

A. True
B. False

3. A marathon skater must keep their heart beating efficiently for a long time. This ability to deliver oxygen to the muscles is called ___.

A. Body Composition
B. Flexibility
C. Cardiovascular Endurance
D. Sprinting Speed

4. If an athlete has a high percentage of lean muscle mass and a low percentage of body fat, which component are they managing?

A. Body Composition
B. Muscular Strength
C. Flexibility
D. Speed

5. Performing a single, powerful 'Clean and Press' with a heavy sandbag is a primary test of ___.

A. Agility
B. Cardiovascular Endurance
C. Flexibility
D. Muscular Strength

6. Improving your flexibility through dynamic stretching can help prevent your muscles from pulling or tearing during a soccer game.

A. True
B. False

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7. Analyze this scenario: Sarah can touch her toes easily, but she gets tired after walking for only five minutes. Which fitness component does she need to analyze and improve?

A. Flexibility
B. Cardiovascular Endurance
C. Muscular Strength
D. Balance

8. A diver needs to fold their body into a tight 'tuck' position to spin quickly. This requires a high level of ___.

A. Flexibility
B. Body Composition
C. Cardiovascular Endurance
D. Weightlifting

9. Body composition is only about how much a person weighs on a scale.

A. True
B. False

10. Which of these activities would be the most effective 'formative assessment' for a teacher to check a student's cardiovascular endurance level?

A. Measuring how far a student can stretch towards their shins
B. Timing how long a student can maintain a steady jog without stopping
C. Counting how many heavy books a student can carry at once
D. Checking a student's height and weight on a chart