

Name: _____

Date: _____

Answer Key: The Body's Engine Room: 4th Grade Fitness Components Quiz

Assess how well young athletes identify the physical traits needed for common playground games and healthy daily movement during your next PE health unit.

1. Which component of fitness are you using when you can reach down past your toes to tie your shoelaces without bending your knees?

Answer: B) Flexibility

Flexibility is the ability of your joints to move through a full range of motion, which helps you reach and stretch.

2. Cardiovascular endurance describes how well your heart and lungs work together to give your body oxygen during exercise.

Answer: A) True

True. The cardiovascular system includes the heart and blood vessels, which transport oxygen while the lungs take it in.

3. When a person practices much harder and gets stronger, they are changing their _____ by building more muscle and having less fat.

Answer: A) Body Composition

Body composition is the ratio of fat to non-fat tissue (like muscle and bone) in your body.

4. If you are playing a long game of 'Capture the Flag' and running for 20 minutes without getting tired, which fitness component are you using most?

Answer: C) Cardiovascular Endurance

Cardiovascular endurance allows you to perform physical activity for a long period of time without stopping.

5. To perform a 'handstand' or 'bridge' in gymnastics, you need to have a great range of motion in your shoulders and back. This is called:

Answer: D) Flexibility

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Gymnastics relies heavily on flexibility so that athletes can move their limbs into difficult positions safely.

6. Muscular strength is the ability to lift a heavy object, like a big box of books, just one time.

Answer: A) True

True. Muscular strength is the maximum force a muscle can exert in a single effort.

7. To push a heavy stalled car or lift a very heavy weight, you must use your _____.

Answer: B) Muscular Strength

Muscular strength is needed for high-power tasks that require a lot of force at once.

8. Which of these is the best example of Cardiovascular Endurance in a 4th grader?

Answer: C) Jumping rope for 5 minutes straight

Activities that keep the heart rate up for a steady amount of time build cardiovascular endurance.

9. Stretching after a physical education class is a great way to improve your _____.

Answer: C) Flexibility

Stretching helps lengthen the muscles and increases the range of motion in your joints.

10. Body composition only refers to how much a person weighs on a scale.

Answer: B) False

False. Body composition is about what the weight is made of (fat vs. muscle), not just the total number on the scale.