

Name: _____ **Date:** _____

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?

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

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

- A. True
- B. False

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

- A. Body Composition
- B. Flexibility
- C. Heart Rate
- D. Lung Capacity

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?

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

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:

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

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

- A. True
- B. False

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

- A. Cardiovascular Endurance
- B. Muscular Strength
- C. Flexibility
- D. Body Movement

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

- A. Doing one very fast push-up
- B. Touching your toes for 10 seconds
- C. Jumping rope for 5 minutes straight
- D. Holding a heavy backpack

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

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

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

- A. True
- B. False