

## 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

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**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