

Name: _____ Date: _____

Answer Key: Super Mario Speed: 2nd Grade Heart Rate Power-Up Quiz

Kids identify how their bodies use 'fuel' and oxygen to keep moving while learning to measure heart rate changes after physical activity.

1. Imagine you are playing tag and your heart starts beating very fast. Why is your heart pumping so hard?

Answer: B) To move oxygen to your hard-working muscles

During exercise, muscles need more oxygen to keep moving, so the heart pumps faster to deliver it through the blood.

2. When you exercise every day for a long time, your heart actually becomes a stronger muscle.

Answer: A) True

The heart is a muscle, and just like your arms, it gets stronger and more efficient when you use it regularly.

3. After running a race, you might feel very hot and start to sweat. Sweating is your body's way of ____.

Answer: C) cooling your body down

Exercise creates heat in the body; sweating is a physiological response that helps release heat to prevent overheating.

4. If you are 'powering up' for a long soccer game, which part of your body helps you breathe in the air you need?

Answer: B) Your lungs

The lungs are responsible for bringing oxygen into the body and removing carbon dioxide while you exercise.

5. When you do a very fast 10-second dash, your body uses its 'quick energy' storage. This type of movement is ____.

Answer: B) an anaerobic burst

Short, powerful bursts of energy are called anaerobic because the body uses energy stores already in the muscles for a quick start.

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6. Your breathing rate stays exactly the same whether you are sitting at your desk or jumping on a trampoline.

Answer: B) False

Your breathing rate increases during exercise to get more oxygen into your system to power your movements.

7. Think about a car needs gas to go. What does your body need as 'fuel' to make your muscles move?

Answer: C) Food and oxygen

The body breaks down food for energy and uses oxygen to turn that energy into movement.

8. If you practice balancing on one foot every day for a month, you will get better at it because your _____ are learning.

Answer: B) brain and muscles

Physical exercise involves neuromuscular adaptation, where the brain and muscles work together more effectively through practice.

9. Stretching after you play helps your muscles stay flexible and helps your body recover.

Answer: A) True

Recovery mechanisms, like stretching and cooling down, help return the body to its resting state and prevent injury.

10. Which of these is a sign that your body is working hard during a game of basketball?

Answer: B) Your face gets a little red

A red face during exercise is an acute response where small blood vessels open up to help release heat from the body.