

Name: _____ Date: _____

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?

- A. To help you stop and take a nap
- B. To move oxygen to your hard-working muscles
- C. To make your shoes feel tighter
- D. To change the color of your eyes

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

- A. True
- B. False

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

- A. getting extra energy
- B. making you run faster
- C. cooling your body down
- D. helping you grow taller

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

- A. Your stomach
- B. Your lungs
- C. Your elbows
- D. Your knees

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

- A. slow and steady
- B. an anaerobic burst
- C. a long-distance nap
- D. only for sleeping

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

- A. True
- B. False

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

- A. Toys and games
- B. Pencils and paper
- C. Food and oxygen
- D. Sunshine and shadows

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

- A. hair and nails
- B. brain and muscles
- C. shoes and socks
- D. ears and nose

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

- A. True
- B. False

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

- A. Your heart rate gets slower
- B. Your face gets a little red
- C. You feel like falling asleep
- D. Your breathing stops