

Name: _____ Date: _____

Answer Key: Which Fitness Power Will You Choose? 1st Grade Advanced Quiz

Synthesize knowledge of heart power, muscle strength, and movement range through creative problem-solving scenarios designed for high-achieving young learners.

1. Imagine you are a slow-moving turtle who wants to become a fast cheetah. To help your heart beat fast for a long time while you hunt, which fitness power do you need to practice?

Answer: B) Cardiovascular endurance

Cardiovascular endurance is the special power that helps your heart and lungs stay strong and keep going during long activities like running.

2. To reach the top shelf to help a friend, Sarah uses her _____ to stretch her arms and legs as far as they can go without hurting.

Answer: C) Flexibility

Flexibility is the ability to move your joints and stretch your muscles through a full range of motion.

3. True or False: If you can lift a very heavy backpack only one time, you are showing your muscular strength.

Answer: A) True

Muscular strength is the maximum force your muscles can use for one big, powerful movement.

4. A superhero is building a new secret base! They need to carry a giant steel beam across the room. Which component of fitness is the most important for this one big job?

Answer: C) Muscular strength

Muscular strength is required to move or lift heavy objects using one big burst of energy.

5. Our bodies are made of different things like muscle, bone, and fat. The balance of these things is called _____.

Answer: A) Body composition

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Body composition describes the different parts that make up our bodies, including muscles and bones.

6. True or False: To have cardiovascular endurance, your heart and lungs must work together to send oxygen to your muscles.

Answer: A) True

Endurance happens when your heart (the pump) and lungs (the breather) provide energy for a long time.

7. You are designing an obstacle course. If you want people to practice flexibility, which obstacle should you add?

Answer: B) A very low tunnel to crawl through

Crawling through a low tunnel requires you to bend your knees and hips, which uses your flexibility.

8. If an athlete eats healthy food and exercises to build muscle, they are improving their _____ and making their body healthier.

Answer: C) Body composition

Healthy eating and exercise change the balance of muscle and tissues in the body, which is body composition.

9. Which of these is a way to prove you have high cardiovascular endurance?

Answer: C) Playing a full game of soccer without getting tired

Playing a long game shows your heart can keep working for a long duration, which is endurance.

10. True or False: Doing a 'bridge' or a 'split' is a way to show that your muscles have great strength.

Answer: B) False

Actually, bridges and splits show flexibility (stretching), not just strength (power).