

Name: _____ **Date:** _____

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?

- A. Stretching your legs
- B. Cardiovascular endurance
- C. Lifting a heavy rock
- D. Taking a long nap

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.

- A. Muscular strength
- B. Heart beats
- C. Flexibility
- D. Body composition

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

- A. True
- B. False

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?

- A. Touching their toes
- B. Body composition
- C. Muscular strength
- D. Dancing to music

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

- A. Body composition
- B. Bending power
- C. Lung capacity
- D. Strong bones

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

- A. True

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B. False

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

- A. A heavy box to push
- B. A very low tunnel to crawl through
- C. A long track to run on
- D. A chair to sit on

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

- A. Running speed
- B. Arm length
- C. Body composition
- D. Hearing

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

- A. Touching your nose with your toe
- B. Squeezing a ball very hard once
- C. Playing a full game of soccer without getting tired
- D. Holding your breath for five seconds

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

- A. True
- B. False