

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

## Answer Key: Stamina and Precision: Ace 4th Grade Individual Sports

Proprioception, cardiovascular pacing, and self-assessment skills. This formative assessment reinforces foundational habits for lifelong physical health and athletic mastery.

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**1. In sports like archery or bowling, what is the term for how well you can hit your target exactly where you want to?**

**Answer:** B) Accuracy

Accuracy is the ability to direct an object toward a specific target with control.

**2. Personal fitness goals are only for professional athletes.**

**Answer:** B) False

Anyone can set personal fitness goals to improve their health and track their own progress.

**3. A \_\_\_\_ is a short period of exercise done before a sport to get your muscles ready and prevent injury.**

**Answer:** C) Warm-up

A warm-up increases blood flow and prepares the body for more intense physical activity.

**4. Which of these is an example of an individual sport where you compete against your own best time?**

**Answer:** C) Cycling

Cycling is an individual sport where athletes focus on their own pace and endurance.

**5. Yoga is an activity that mostly focuses on improving flexibility and balance.**

**Answer:** A) True

Yoga uses various poses to stretch muscles and improve the body's ability to stay steady.

**6. Maintaining good \_\_\_\_ means keeping your head, back, and shoulders in the right position while moving.**

**Answer:** A) Posture

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Proper posture helps you move more efficiently and protects your spine during exercise.

**7. If you are practicing a sport by yourself, what is the best way to see if you are getting better?**

**Answer:** B) Tracking your personal records

Keeping track of your times or scores (personal records) shows your growth over time.

**8. To build strong muscles, people often use \_\_\_\_, which are heavy objects held in the hands.**

**Answer:** B) Dumbbells

Dumbbells are a common tool used in resistance training to increase muscle strength.

**9. Checking your pulse is a way to see how fast your heart is beating after exercise.**

**Answer:** A) True

Your pulse represents your heart rate, which increases when you are active.

**10. Which of these activities focuses the most on mental focus and precision aim?**

**Answer:** B) Golf

Golf requires significant mental concentration and fine motor control to hit the ball toward a target.