

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.

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.