

Name: _____

Date: _____

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?

- A. Speed
- B. Accuracy
- C. Flexibility
- D. Power

2. Personal fitness goals are only for professional athletes.

- A. True
- B. False

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

- A. Cool-down
- B. Nap
- C. Warm-up
- D. Sprint

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

- A. Basketball
- B. Soccer
- C. Cycling
- D. Volleyball

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

- A. True
- B. False

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

- A. Posture
- B. Speed
- C. Weight
- D. Equipment

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

- A. Watching TV

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- B. Tracking your personal records
- C. Buying new shoes
- D. Asking a friend to play a team game

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

- A. Balloons
- B. Dumbbells
- C. Whistles
- D. Stopwatches

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

- A. True
- B. False

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

- A. High jump
- B. Golf
- C. Dash sprinting
- D. Powerlifting