

Name: _____

Date: _____

Answer Key: Yoga and Tennis Hero Challenge: Kindergarten PE Skills

Balance, hand-eye coordination, and spatial awareness focus. This 10-question set challenges young movers to identify peak athletic form in individual play.

1. When playing tennis, what is the best way to look at the ball to make sure you hit it?

Answer: B) Watch the ball all the way to your racket

To hit the ball accurately (hand-eye coordination), you must keep your eyes tracked on the target until contact is made.

2. In a yoga balance pose, like the Tree Pose, it is easier to stay still if you wiggle your arms quickly.

Answer: B) False

Balance requires focus and a stable center of gravity; moving your arms quickly would likely make you fall over.

3. To hit a golf ball or a tennis ball further, you should stand with your feet _____.

Answer: C) spread apart for a strong base

A wide base of support helps with stability and allows you to use your whole body to generate power.

4. Imagine you are bowling. Which movement helps the ball go straight toward the pins?

Answer: C) Swinging your arm straight back and straight forward

A straight 'pendulum' swing ensures the ball follows a path directly toward the target.

5. Using a short, quick breath helps you stay calm while stretching your muscles.

Answer: B) False

Deep, slow breathing helps relax the body and mind, which is essential for flexibility and focus in individual fitness.

6. When you are practicing a 'tuck' shape in gymnastics, you pull your ____ close to your chest.

Answer: B) knees

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A tuck position involves making your body into a small, round ball by pulling your knees in tight.

7. If you want to jump over a small hurdle during a track run, what is the best way to land?

Answer: C) Softly on your feet with bent knees

Landing with 'soft' (bent) knees acts like a shock absorber to protect your body and keep you moving.

8. In karate or martial arts, 'focus' means looking at your friends in the audience while you practice.

Answer: B) False

Focus means keeping your eyes and mind on your movement and your goal, not on distractions.

9. To throw a beanbag into a target hoop far away, you need to use more ____.

Answer: A) force (power)

Adjusting the amount of force you use is a key skill in sports like shot put or any tossing game.

10. When you are ice skating or rollerblading, where should your nose be to help you stay balanced?

Answer: B) Over your toes

Keeping your nose over your toes helps align your weight over your center of gravity so you don't fall backward.