

Name: _____ **Date:** _____

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?

- A. Close your eyes and swing hard
- B. Watch the ball all the way to your racket
- C. Look at your shoes
- D. Turn your back to the net

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

- A. True
- B. False

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

- A. crossed over each other
- B. glued together
- C. spread apart for a strong base
- D. touching the wall

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

- A. Spinning in a circle before letting go
- B. Throwing it over your head like a kite
- C. Swinging your arm straight back and straight forward
- D. Dropping the ball on your toes

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

- A. True
- B. False

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

- A. fingers
- B. knees
- C. elbows
- D. hat

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

- A. On your heels with straight legs
- B. On your knees
- C. Softly on your feet with bent knees

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D. Lying down flat

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

- A. True
- B. False

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

- A. force (power)
- B. sleep
- C. water
- D. whistling

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

- A. Tipped way back to see the clouds
- B. Over your toes
- C. Under your arm
- D. Touching the ground