

Name: _____ **Date:** _____

Feel the Burn! 3rd Grade Body Power Quiz

Kids gain a better understanding of their own physical limits by identifying how muscles and breath adapt during high-energy play.

1. Imagine you are playing a fast-paced game of Tag. Why does your heart start thumping faster and harder against your chest?

- A. To cool down your skin
- B. To move oxygen to your hard-working muscles
- C. To help you hear the other players better
- D. To make your bones grow taller instantly

2. If you practice gymnastics every day for a year, your brain and muscles learn to work together better to keep you balanced.

- A. True
- B. False

3. Which of these is an immediate (acute) change that happens the moment you start a heavy hike uphill?

- A. Your hair grows faster
- B. Your resting heart rate stays the same
- C. You start taking deeper and more frequent breaths
- D. Your muscles get larger immediately

4. After a long afternoon of soccer, your body needs a _____ period to help your heart rate slowly return to normal.

- A. Nap time
- B. Cool-down
- C. Sprinting
- D. Sugar rush

5. Why might a swimmer feel a 'tingle' or 'heaviness' in their arms after racing across the pool?

- A. Their muscles are falling asleep
- B. They aren't drinking enough water
- C. Waste products like lactate are building up in the muscles
- D. The water is too cold for their skin

6. Sweating is the body's way of trying to stay warm during a cold winter walk.

- A. True
- B. False

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7. When you do a very quick, powerful move like a single standing long jump, your body uses _____ energy.

- A. Solar
- B. Immediate stored
- C. Long-distance
- D. Wind

8. If you lift a heavy backpack every day, your muscles will eventually undergo a 'chronic adaptation' and become stronger.

- A. True
- B. False

9. Which of these is the best way to help your muscles 'recover' and repair after a big day of bike riding?

- A. Eating healthy food and getting a good night's sleep
- B. Watching five hours of television
- C. Running another race immediately
- D. Drinking only soda for the rest of the day

10. Exercise physiology is the study of how our _____ reacts to physical activity.

- A. Clothes
- B. Bicycle
- C. Body
- D. Friend