

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Answer Key: Tiny Triumphs: PK Moving My Body Solo Quiz

Can you wiggle like a worm or balance like a tree? Use this interactive check-in to identify fundamental movement skills and personal space awareness.

### 1. Which animal shows us how to jump high into the air all by ourselves?

**Answer:** B) A hopping kangaroo

Kangaroos are famous for using their strong legs to jump, which is a fun individual movement skill for children to mimic.

### 2. Moving your body helps your heart stay happy and strong.

**Answer:** A) True

Exercise and movement are essential for cardiovascular health, even at a young age.

### 3. When I stand on one leg without falling, I am practicing my \_\_\_\_\_.

**Answer:** C) Balance

Balance is a foundational gross motor skill developed through individual activities like standing on one foot.

### 4. If you want to move fast like a race car, what should your legs do?

**Answer:** B) Run very quickly

Running is a basic locomotor skill used to increase speed and improve fitness.

### 5. You can practice yoga or stretching all by yourself.

**Answer:** A) True

Yoga and stretching are individual fitness activities that can be done independently to improve flexibility.

### 6. Twirling in a circle is a way to move your \_\_\_\_\_.

**Answer:** B) Body

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Twirling is a non-locomotor movement that helps children understand how their body moves in space.

**7. Which of these is a way to move your body at home or in the yard?**

**Answer:** C) Doing a bear crawl

A bear crawl is a fun, individual fitness exercise that builds strength in the arms and legs.

**8. Only big kids can be active and healthy.**

**Answer:** B) False

Everyone, including Pre-K students, can participate in fitness activities to stay healthy.

**9. When we reach for the stars, we are \_\_\_\_\_ our arms.**

**Answer:** B) Stretching

Stretching is a key component of fitness that improves flexibility and range of motion.

**10. How do you feel after you play and move for a long time?**

**Answer:** A) Energetic and warm

Physical activity increases body temperature and often leads to a feeling of being 'pumped up' or energetic.