

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

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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.