

Name: _____ Date: _____

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?

- A. A sleepy snail
- B. A hopping kangaroo
- C. A swimming fish
- D. A quiet rock

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

- A. True
- B. False

3. When I stand on one leg without falling, I am practicing my _____.

- A. Sleeping
- B. Shouting
- C. Balance
- D. Eating

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

- A. Sit down
- B. Run very quickly
- C. Move in slow motion
- D. Stay very still

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

- A. True
- B. False

6. Twirling in a circle is a way to move your _____.

- A. Pencil
- B. Body
- C. Chair
- D. Bed

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

- A. Watching a screen
- B. Taking a nap
- C. Doing a bear crawl

Name: _____ Date: _____

D. Waiting in a chair

8. Only big kids can be active and healthy.

- A. True
- B. False

9. When we reach for the stars, we are _____ our arms.

- A. Hiding
- B. Stretching
- C. Folding
- D. Closing

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

- A. Energetic and warm
- B. Bored
- C. Cold and shivery
- D. Like a statue