

Name: _____ Date: _____

Answer Key: Strong Hearts and Bendy Bodies: 1st Grade Fitness Quiz

Foundational assessment identifying how different movements help our hearts, muscles, and flexibility during playground play.

1. Which activity makes your heart beat fast and helps your cardiovascular endurance?

Answer: A) Playing a game of tag

Running around in a game of tag makes your heart and lungs work hard, which builds endurance.

2. Reaching up high to touch your toes helps your body become more flexible.

Answer: A) True

Stretching your muscles by reaching for your toes improves your flexibility, or how well you can bend.

3. When you use your muscles to push a heavy swing, you are using muscular ____.

Answer: B) Strength

Muscular strength is the power your muscles use to push or pull things.

4. If you can do a 'bridge' or a 'butterfly stretch,' which fitness component are you showing?

Answer: B) Flexibility

Flexibility is the ability to bend and move your joints in different ways.

5. Which of these is a name for what our bodies are made of, like muscle and bone?

Answer: A) Body Composition

Body composition describes the different parts that make up our total body weight.

6. Jumping rope for a long time without getting tired is a sign of good ____ endurance.

Answer: B) Cardiovascular

Cardiovascular endurance helps your heart stay strong while you move for a long time.

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7. Lifting your heavy backpack onto your shoulders uses muscular strength.

Answer: A) True

You use the strength in your arms and back to lift and carry heavy objects.

8. What is the best way to improve your flexibility?

Answer: B) Stretching every day

Stretching often makes your muscles more limber and increases your range of motion.

9. Pushing yourself up on the monkey bars is an example of using _____.

Answer: B) Strength

Climbing and pushing your body weight requires strength in your arm muscles.

10. Everyone has the same body composition regardless of how much they exercise.

Answer: B) False

Exercise and healthy eating change our body composition by building more muscle.