

Name: _____

Date: _____

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?

- A. Playing a game of tag
- B. Sitting on a bench
- C. Reading a book
- D. Taking a nap

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

- A. True
- B. False

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

- A. Naptime
- B. Strength
- C. Sleep
- D. Wiggling

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

- A. Loudness
- B. Flexibility
- C. Hunger
- D. Speed

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

- A. Body Composition
- B. Lunch Box
- C. Backpack
- D. Shoelace

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

- A. Tiptoe
- B. Cardiovascular
- C. Quiet
- D. Silly

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

- A. True

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B. False

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

- A. Eating a snack
- B. Stretching every day
- C. Watching TV
- D. Wearing a hat

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

- A. Gravity
- B. Strength
- C. Sleep
- D. Pajamas

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

- A. True
- B. False