

Name: _____

Date: _____

Answer Key: Nail Your Heart Power: 3rd Grade Exercise Science Quiz

Imagine your body is a high-tech engine while you identify the basic facts and recall the immediate ways your heart and lungs respond to movement.

1. When you start playing a fast game of tag, what does your heart do right away?

Answer: C) It beats faster

Your heart beats faster during exercise to pump more blood and oxygen to your working muscles.

2. Your body needs more oxygen when you are running than when you are sitting still.

Answer: A) True

Moving uses more energy, and oxygen helps your body create that energy.

3. The tiny pumps in your chest that help you get air when you play soccer are your _____.

Answer: B) Lungs

Your lungs are responsible for taking in oxygen from the air as you breathe harder during exercise.

4. Why do you sometimes feel warm and start to sweat when you jump on a trampoline?

Answer: A) Your body is cooling itself down

Sweating is the body's natural way of cooling down when exercise makes your internal temperature rise.

5. To help your muscles recover after a big race, it is a good idea to _____.

Answer: C) Drink water and rest

Resting and drinking water gives your body time to fix any 'microtears' and get ready for the next move.

6. Exercise makes your heart muscle stronger over time.

Answer: A) True

The heart is a muscle, and just like your arms or legs, it gets stronger when you use it regularly.

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7. Which of these is a sign that your body is working hard?

Answer: B) Heavy breathing

Heavy breathing is an acute response to exercise, showing that your body is working to get more oxygen.

8. If you practice gymnastics every day for a year, your body will _____.

Answer: B) Get more flexible

Regular practice leads to chronic adaptations, such as becoming more flexible and balanced.

9. Your pulse is the beat of your heart that you can feel on your wrist.

Answer: A) True

You can feel your pulse when your heart pumps blood through your body.

10. Walking the dog for 20 minutes is an example of what kind of activity?

Answer: C) Physical activity

Any movement that uses your muscles and energy is considered physical activity.