

Name: _____ **Date:** _____

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?

- A. It beats slower
- B. It stops for a second
- C. It beats faster
- D. It stays exactly the same

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

- A. True
- B. False

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

- A. Stomach
- B. Lungs
- C. Elbows
- D. Knees

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

- A. Your body is cooling itself down
- B. The sun is always out
- C. Sweat gives you extra energy
- D. Your skin is getting stronger

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

- A. Eat only candy
- B. Stop breathing
- C. Drink water and rest
- D. Loudly scream

6. Exercise makes your heart muscle stronger over time.

- A. True
- B. False

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

- A. Feeling sleepy
- B. Heavy breathing
- C. Cold hands

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D. Change in hair color

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

- A. Stay the same
- B. Get more flexible
- C. Become more tired
- D. Grow fewer muscles

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

- A. True
- B. False

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

- A. Sleeping
- B. Mental math
- C. Physical activity
- D. Reading