

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Answer Key: Master Your Solo Moves: 1st Grade Individual Sports Quiz

Assess physical literacy with 10 questions on self-paced activities like karate, archery, and yoga to build coordination and personal focus.

**1. In karate, what does a person do to show they are ready and respectful before they start?**

**Answer:** B) Take a deep bow

In individual martial arts like karate, bowing is a specific technique used to show respect and focus before beginning.

**2. When you are practicing yoga, taking a deep \_\_\_ helps your muscles relax and keeps your body still.**

**Answer:** B) Breath

Rhythmic breathing is a core fitness component of yoga that helps with focus and flexibility.

**3. In an individual sport like archery, you have to use your eyes and hands together to hit the target.**

**Answer:** A) True

This is called hand-eye coordination, which is a vital skill for precision sports where you aim at a target.

**4. Which of these is a 'solo' activity where you try to beat your own best time?**

**Answer:** B) Riding a bicycle

Cycling is an individual fitness activity focused on personal skill development and endurance.

**5. To get better at an individual sport, like jumping rope, you need to \_\_\_ many times.**

**Answer:** A) Practice

Repetition and practice are key training methods for mastering the timing and coordination of individual skills.

**6. Individual sports are only for winning trophies and are not good for your health.**

**Answer:** B) False

Individual sports provide many fitness benefits, such as a stronger heart, better balance, and mental resilience.

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**7. If you are practicing a 'Tree Pose' to stay very still on one foot, which skill are you building?**

**Answer:** B) Balance

Balance is a specific motor skill developed through steady, controlled movements in sports like yoga or gymnastics.

**8. A person who practices indoor rock climbing builds strong \_\_\_ in their arms and legs.**

**Answer:** B) Muscles

Climbing is a strength-building activity that enhances muscle mass and physical endurance.

**9. Which of these is a safety rule for an individual sport like roller skating?**

**Answer:** A) Wearing a helmet

Proper form and safety equipment are essential techniques to prevent injury during fitness activities.

**10. In bowling, the main goal is to improve your own score by knocking down more pins than you did last time.**

**Answer:** A) True

Individual sports emphasize self-improvement and personal achievement rather than just beating an opponent.