

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.