

Name: _____ **Date:** _____

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?

- A. Sit down and nap
- B. Take a deep bow
- C. Run in circles
- D. Eat a snack

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

- A. Jump
- B. Breath
- C. Shout
- D. Step

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

- A. True
- B. False

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

- A. Playing Tag
- B. Riding a bicycle
- C. Musical Chairs
- D. Duck Duck Goose

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

- A. Practice
- B. Sleep
- C. Watch TV
- D. Stop

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

- A. True
- B. False

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

- A. Speed
- B. Balance
- C. Shouting

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D. Weight lifting

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

- A. Hair
- B. Muscles
- C. Teeth
- D. Toenails

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

- A. Wearing a helmet
- B. Closing your eyes
- C. Skating in the dark
- D. Leaving shoelaces untied

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

- A. True
- B. False