

Fitness Fun Quiz

Learning objective: Understand the importance of exercise and fitness for a healthy lifestyle.

Choose the correct answer for each question.

Regular exercise is essential for a healthy lifestyle. It helps us build strong muscles, improve our balance, and keep our hearts beating strong. Different types of exercise, such as cardio and pneumatics, can be fun and beneficial for our bodies. By incorporating fitness into our daily routines, we can stay healthy and happy!

Word bank: fitness · exercise · healthy · balance · strong · cardio · pneumatics

1. Which of the following sports is a great example of cardio exercise?* A) Table Tennis is not typically a cardio sport, B) Swimming, C) Reading a book, D) Playing Chess (1 mark)

2. True or False: Exercise is only for grown-ups. (1 mark)

3. What is the name of the part of our body that pumps blood throughout our body? (1 mark)

4. Why is regular exercise important for our hearts? (2 marks)

5. Which of the following is NOT a type of exercise? A) Yoga, B) Basketball, C) Puzzles, D) Reading a book (1 mark)

6. What is one benefit of regular exercise for our muscles? (1 mark)

7. How often should we do physical exercise to stay healthy? (1 mark)

8. True or False: We only need to exercise once a week to stay healthy. (1 mark)

9. What type of exercise helps us build strong muscles? (1 mark)

10. Why is balance an important part of exercise? (2 marks)

Draw: Draw a picture of yourself doing your favourite exercise!



Extension challenge: Can you think of three new exercises to try this week? Write them down and share with a friend!