

Year 4 PE Assessment: Staying Fit and Healthy

Learning objective: To understand the importance of physical activity and how it affects the body.

Read each question carefully. Use the word bank to help you with your answers. Write your answers in the boxes provided.

Max the monkey loves to move! Every morning, he jumps, runs, and swings to keep his body strong. When Max exercises, his heart beats faster and he breathes more quickly. This helps his body stay fit and gives him lots of energy for his adventures.

Word bank: Heart · Lungs · Energy · Exercise · Healthy · Rest · Muscles

1. 1. Max says that exercise is good for us. Name two things that happen to your body when you exercise. (2 marks)

2. 2. Why do we need to eat healthy food and do exercise? Complete the sentence: We need exercise to give our body _____ and keep our _____ strong. (2 marks)

3. 3. Tick the activities that make your heart beat faster:

☐ Reading a book

☐ Running a race

☐ Playing tag

☐ Sleeping (2 marks)

4. 4. Why is it important to have rest after you have been running or playing games? (Sentence starter: Rest is important because...) (4 marks)

5. 5. Max wants to plan a fun, healthy day. Write 5 sentences about what activities you would do to stay fit. Use the word bank to help you. (10 marks)

Draw: Draw a picture of yourself doing your favourite physical activity to stay healthy.

A large, empty rectangular box with a thin black border, intended for a student to draw a picture of themselves doing a physical activity.

Extension challenge: Total: /25. Challenge: Explain why it is important to drink water after you exercise.