

Max's Fitness Fun Quiz

Learning objective: To identify how exercise affects the body and how to stay healthy.

Max the monkey is getting ready for a big race! Read the questions carefully. Circle the right answer or write it on the line. Use the word bank to help you.

Answer Key: 1. A (Heart), 2. True, 3. Stronger, 4. B (Warm-up), 5. True, 6. Water, 7. B (Faster), 8. False, 9. Healthy, 10. Sweat.

Word bank: heart · energy · faster · stronger · sweat · healthy · warm-up · water

1. 1. Which part of your body beats faster when you run? A) Heart* B) Foot C) Ear (1 mark)

2. 2. True or False: Exercise helps you stay healthy. (Circle one) (1 mark)

3. 3. Exercise makes your muscles feel _____. (1 mark)

4. 4. What should you do before you start to run? A) Sit down B) Warm-up* C) Sleep (1 mark)

5. 5. True or False: You should drink water when you exercise. (1 mark)

6. 6. Fill in the blank: To stay hydrated, you should drink _____. (1 mark)

7. 7. How does your breathing change when you run? A) Slower B) Faster* C) Stops (1 mark)

8. 8. True or False: You never get hot when you exercise. (1 mark)

9. 9. Eating fruit and vegetables helps you stay _____. (1 mark)

10. 10. What appears on your skin when you get very hot from exercise? (1 mark)

Draw: Draw a picture of Max the monkey doing his favourite exercise in the park.



Extension challenge: Write one sentence about your favourite way to get active and have fun!