

Max's Outdoor Adventure Quiz

Learning objective: To understand how to stay safe and active during outdoor physical activities.

Hello! I am Max the monkey. I love solving puzzles about being active outside. Read each question carefully. Use the word bank to help you spell your answers. You can do it!

Answer Key: 1. A, 2. True, 3. True, 4. Water, 5. B, 6. False, 7. Stretches, 8. True, 9. Shoes, 10. True.

Word bank: water · sun · warm · safety · stretches · shoes · map · team · hat · rest

1. 1. What should you wear to protect your head on a bright, sunny day? A) A sun hat* B) A scarf C) A heavy coat D) Nothing (1 mark)

2. 2. True or False: You should always tell an adult where you are going before you play outside. (1 mark)

3. 3. True or False: Drinking plenty of water helps your body stay healthy while you run and play. (1 mark)

4. 4. What do you drink to keep your body cool when you are playing sports? (1 word) (1 mark)

5. 5. What should you do before you start a hard race? A) Sit down B) Do gentle stretches* C) Eat a big meal D) Go to sleep (1 mark)

6. 6. True or False: It is okay to walk away from your group without telling anyone. (1 mark)

7. 7. What do we call moving your muscles slowly to get ready for exercise? (1 word) (1 mark)

8. 8. True or False: You should wear comfortable trainers to keep your feet safe. (1 mark)

9. 9. What do you wear on your feet to run safely? (1 word) (1 mark)

10. 10. True or False: If you feel very tired, it is important to take a rest. (1 mark)

Draw: Draw yourself and Max the monkey wearing a sun hat and trainers, getting ready for a fun day of outdoor games.



Extension challenge: Imagine you are going on a hike. Write a list of 3 things you would pack in your backpack to stay safe and happy.