

Physical Education Basics Quiz

Physical Education Theory · Answer Key · 5 Questions

1. What is a primary benefit of regular physical activity for children?

- A) Improved academic performance**
- B) Increased screen time
- C) Reduced need for sleep
- D) Higher consumption of sugary drinks

2. Which component of fitness refers to the ability of the heart and lungs to supply oxygen to working muscles efficiently?

- A) Cardiovascular endurance**
- B) Muscular strength
- C) Flexibility
- D) Balance

3. What is the main purpose of performing a warm-up before physical activity?

- A) To prepare the body for exercise and prevent injury**
- B) To increase screen time
- C) To encourage sedentary behaviour
- D) To reduce muscle temperature

4. Why is it important to drink water regularly during physical activity?

- A) To prevent dehydration**
- B) To increase risk of injury
- C) To slow down heart rate
- D) To reduce energy levels

5. Activities like jogging, swimming, and cycling are examples of what type of exercise?

- A) Aerobic exercise**
- B) Anaerobic exercise
- C) Strength training
- D) Flexibility training