

Fun Facts About Moving Our Bodies

Physical Education · Practice Test · 20 Questions

1. What do we use to run and jump?

- A) Our hands
- B) Our ears
- C) Our legs
- D) Our nose

2. What do you need to do to stay healthy and strong?

- A) Eat only candy
- B) Play video games all day
- C) Move your body and play
- D) Sleep all the time

3. What helps your heart pump blood all around your body?

- A) Sitting still
- B) Running and playing
- C) Eating too much sugar
- D) Watching TV

4. What is a fun activity you can do with a ball?

- A) Reading a book
- B) Playing catch
- C) Doing math problems
- D) Sleeping

5. What body part helps you balance when you stand on one leg?

- A) Your toes
- B) Your ears
- C) Your knees
- D) Your feet

6. When you stretch your arms up high, what part of your body are you moving?

- A) Your legs
- B) Your head
- C) Your arms
- D) Your feet

7. What do you use your eyes for during a game of tag?

- A) To sleep
- B) To see where you are going
- C) To close them
- D) To eat

8. What does your body need to do after playing outside?

- A) Go to sleep immediately
- B) Drink lots of juice
- C) Drink water
- D) Eat a lot of snacks

9. What sound does your body make when you breathe in and out?

- A) A loud bang
- B) A gentle whoosh
- C) A loud roar
- D) A squeak

10. What helps your muscles get stronger?

- A) Sitting still
- B) Playing games that involve moving
- C) Eating only sweets
- D) Watching cartoons

11. What part of your body helps you hear the music when you dance?

- A) Your nose
- B) Your ears
- C) Your tongue
- D) Your eyes

12. What is it called when you move your body to music?

- A) Singing
- B) Drawing
- C) Dancing
- D) Reading

13. What do you use to clap your hands?

- A) Your feet
- B) Your head
- C) Your hands
- D) Your knees

14. What do you need to wear on your feet to play safely outside?

- A) Flippers
- B) Bare feet
- C) Shoes or sneakers
- D) Socks only

15. What helps you kick a ball?

- A) Your arms
- B) Your head
- C) Your feet
- D) Your hands

16. What part of your body helps you throw a ball?

- A) Your legs
- B) Your feet
- C) Your hands
- D) Your ears

17. What do you need to eat to have energy for playing?

- A) Only candy
- B) Healthy foods like fruits and vegetables
- C) A big nap
- D) Ice cream all day

18. What do you use to swing on a swing set?

- A) Your voice
- B) Your legs
- C) Your arms
- D) Your ears

19. What do you use to jump over a small hurdle?

- A) Your hands
- B) Your legs
- C) Your head
- D) Your nose

20. What helps your body feel good and happy?

- A) Sitting quietly all day
- B) Playing active games
- C) Eating only cake
- D) Watching screens for hours