

Exploring the World of Physical Education

Physical Education · Practice Test · 12 Questions

1. What is the main purpose of warming up before exercising?

- A) To make your muscles tired
- B) To prepare your body for physical activity
- C) To cool down after a workout
- D) To play a game with friends

2. Which of these is a good source of energy for your body?

- A) Candy wrappers
- B) Water
- C) Healthy foods like fruits and vegetables
- D) Old newspapers

3. What part of the body is the heart?

- A) A type of shoe
- B) A vital organ that pumps blood
- C) A piece of playground equipment
- D) A kind of fruit

4. Which sport uses a racket and a shuttlecock?

- A) Basketball
- B) Swimming
- C) Badminton
- D) Soccer

5. What does it mean to stay hydrated?

- A) To eat a lot of sugary snacks
- B) To drink enough water
- C) To avoid moving your body
- D) To sleep for many hours

6. What is the primary goal of stretching?

- A) To make your muscles shorter
- B) To increase flexibility and prevent injuries
- C) To become stronger very quickly
- D) To cool down your body

7. Which of these is an example of a team sport?

- A) Running on a treadmill
- B) Playing tag alone
- C) Playing soccer with friends
- D) Reading a book

8. What is important to do after playing sports to help your body recover?

- A) Eat a large meal immediately
- B) Go for a run
- C) Cool down and rehydrate
- D) Watch television

9. What are strong bones important for?

- A) Making you float in water
- B) Supporting your body and protecting organs
- C) Helping you run faster
- D) Making your hair grow

10. Which of these activities helps improve your cardiovascular health?

- A) Sitting and playing video games
- B) Running or swimming
- C) Watching a movie
- D) Doing puzzles

11. What is a common piece of equipment used in the sport of basketball?

- A) A net
- B) A ball and hoops
- C) A bat
- D) A helmet

12. Why is it important to have good sportsmanship?

- A) To win every game no matter what
- B) To show respect to others and play fairly
- C) To cheat when no one is looking
- D) To be selfish on the field