

Elementary Physical Education Basics

Physical Education · Practice Test · 15 Questions

1. Which of these activities is considered an aerobic exercise that increases your heart rate?

- A) Sleeping
- B) Reading
- C) Running
- D) Drawing

2. What is the main purpose of a warm-up before exercising?

- A) To get tired
- B) To prepare muscles
- C) To increase appetite
- D) To finish quickly

3. Which nutrient is most important to consume after exercise to stay hydrated?

- A) Water
- B) Soda
- C) Candy
- D) Chips

4. What is the primary function of the heart during physical activity?

- A) To digest food
- B) To pump blood
- C) To help us think
- D) To store energy

5. Which of these is a locomotor movement?

- A) Stretching
- B) Twisting
- C) Jumping
- D) Balancing

6. What does F.I.T.T. stand for in physical fitness planning?

- A) Fast, Intense, Tough, Training
- B) Frequency, Intensity, Time, Type
- C) Fun, Interesting, Technical, Test
- D) Fitness, Individual, Team, Total

7. Which piece of equipment is used in the game of basketball?

- A) Bat
- B) Racket
- C) Goalie gloves
- D) Hoop

8. What is the term for the ability to move a joint through its full range of motion?

- A) Flexibility
- B) Speed
- C) Strength
- D) Endurance

9. Which muscle group is primarily used when performing a sit-up?

- A) Biceps
- B) Abdominals
- C) Calves
- D) Triceps

10. How many players are on the court for one team in a standard game of netball?

- A) 5
- B) 7
- C) 9
- D) 11

11. What is the correct way to hold a cricket bat?

- A) With one hand
- B) With both hands
- C) With your feet
- D) With your chin

12. Which of these is an example of a non-locomotor movement?

- A) Galloping
- B) Skipping
- C) Bending
- D) Sliding

13. What is the primary benefit of muscular strength exercises?

- A) Building bone density
- B) Improving vocabulary
- C) Increasing height
- D) Reducing sleep

14. In athletics, what is the start of a race called?

- A) The finish line
- B) The block
- C) The start line
- D) The jump

15. Which game uses a shuttlecock?

- A) Tennis
- B) Badminton
- C) Table tennis
- D) Soccer