Physical Education Basics

Physical Education Theory · Answer Key · 10 Questions

1. Which organ in your body is responsible for pumping blood to your muscles while you exercise?

A) Lungs
B) Heart
C) Stomach
D) Brain

2. What is the term for the ability to keep your body steady while standing on one leg?

A) Flexibility
B) Strength
C) Balance
D) Speed

3. Which nutrient is most important to drink to stay hydrated during physical activity?

A) Water
B) Soda
C) Juice
D) Milk

4. What happens to your breathing rate when you participate in vigorous physical activity?

A) It stays the same
B) It slows down
C) It speeds up
D) It stops

5. Which type of exercise is best for improving your heart and lung health?

A) Stretching
B) Weightlifting
C) Aerobic activity
D) Meditation

6. What are the muscles in the front of your upper arm called?

A) Biceps
B) Triceps
C) Quads
D) Calves

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7. Which body part do you primarily use to perform a locomotor movement like skipping?

A) Hands
B) Legs
C) Eyes
D) Ears

8. What is the purpose of performing a warm-up before intense physical activity?

A) To get tired early
B) To prepare muscles and joints
C) To finish faster
D) To practice losing

9. Which physical activity component describes how far you can stretch your muscles and move your joints?

A) Speed
B) Power
C) Flexibility
D) Agility

10. What is the definition of a 'stationary' movement in physical education?

A) Running fast
B) Jumping forward
C) Moving in place without traveling
D) Throwing a ball

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