

Physical Education Basics

Physical Education Theory · Practice Test · 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

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