Physical Education Basics

Physical Education Theory · Practice Test · 8 Questions

1. Which organ pumps blood throughout your body during physical activity?

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

2. What is the main purpose of warming up before exercise?

A) To get tired
B) To prepare muscles
C) To eat lunch
D) To go to sleep

3. Which of these activities is a form of aerobic exercise?

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

4. What is the name for the ability to keep your body steady without falling?

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

5. Why is it important to drink water during sports?

A) To stay hydrated
B) To get cold
C) To run slower
D) To change clothes

6. Which part of the body helps you bend your arm at the elbow?

A) Joints
B) Hair
C) Fingernails
D) Ears

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7. What is the term for how fast you can move from one place to another?

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

8. Which physical activity involves moving your body to a rhythm or beat?

A) Stretching
B) Dancing
C) Weightlifting
D) Swimming

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