



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. List five things you can do to be a fit kid:

2. _____ exercise is a kind of activity that requires oxygen.

3. Which of the following is the part of the brain that controls body temperature?

- a. cerebrum
- b. cerebellum
- c. brain stem
- d. hypothalamus

4. Sweat leaves your skin through tiny holes called _____.

5. List three activities that can build strong muscles:

6. What does "full range of motion" mean? _____

7. List three signs of dehydration:

8. These muscles let you kick a soccer ball into a goal:

- a. smooth
- b. cardiac
- c. skeletal
- d. facial

9. List three individual sports:

10. _____ gear is anything you wear that helps you from getting hurt when being active.