

## KS1 Science Quiz - Staying Healthy - Exercise (Questions)

*This quiz addresses the requirements of the National Curriculum KS1 Science for children aged 5 and 6 in years 1 and 2. Specifically this quiz is aimed at the section dealing with staying healthy and the importance of exercise.*

Staying healthy can be lots of fun. Do you play lots of games and sports? Do you go for walks with your family? Or do you spend all your time in front of the telly? Or playing on the computer? It is important that we all get plenty of exercise if we want to stay healthy. That's why we have Games and PE at school. Let's find out a bit more about getting exercise, having fun and, more importantly, keeping fit.

1. Lots of people play football, rugby, hockey and cricket. These sports are called:



- Athletics
- Gymnastics
- Team Games
- School Games

2. Which one of these is the best way to keep fit?



- Watching telly
- Playing on a computer
- Going for a walk
- Reading a book

3. What game is this girl playing?



- Tig
- Hopscotch
- Hide and seek
- Oranges and lemons

4. What has the teacher asked the children to do?



- Run on the spot
- Do press-ups
- Stretch and bend
- Twist and spin

5. Dance is a good way to stay fit and healthy. Which one of these is a type of dance?



- Badminton
- Ballet
- Basketball
- Netball

6. At school you might have PE lessons. What does PE stand for?



- Personal Education
- Positive Education
- Popular Education
- Physical Education

7. What are the children using in their PE lesson?



- Rackets
- Bats
- Hula hoops
- Skipping ropes

8. What sort of exercise is this?



- Running
- Walking
- Gymnastics
- Volleyball

9. Swimming is a good way to keep fit. Which muscles is the boy using when he is swimming?



- His leg muscles
- His arm muscles
- His neck muscles
- All his muscles

10. Where can you go outside of school to have fun and keep fit?



- Shops
- Restaurants
- Cinemas
- Playgrounds

## KS1 Science Quiz - Staying Healthy - Exercise (Answers)

1. Lots of people play football, rugby, hockey and cricket. These sports are called:



- Athletics
- Gymnastics
- Team Games
- School Games

Are you a good team player? What makes a good team player?

2. Which one of these is the best way to keep fit?



- Watching telly
- Playing on a computer
- Going for a walk
- Reading a book

How many people are going for a walk in the picture?

3. What game is this girl playing?



- Tig
- Hopscotch
- Hide and seek
- Oranges and lemons

Which games do you play in the school playground?

4. What has the teacher asked the children to do?



- Run on the spot
- Do press-ups
- Stretch and bend
- Twist and spin

What is your favourite exercise?

5. Dance is a good way to stay fit and healthy. Which one of these is a type of dance?



- Badminton
- Ballet
- Basketball
- Netball

Do you do dance? What sort is it?

6. At school you might have PE lessons. What does PE stand for?



- Personal Education
- Positive Education
- Popular Education
- Physical Education

How often do you have PE at school?

7. What are the children using in their PE lesson?



- Rackets
- Bats
- Hula hoops
- Skipping ropes

Have you ever tried to hula hoop? How long could you keep the hula hoop spinning?

8. What sort of exercise is this?



- Running
- Walking
- Gymnastics
- Volleyball

Running uses up more energy than walking

9. Swimming is a good way to keep fit. Which muscles is the boy using when he is swimming?



- His leg muscles
- His arm muscles
- His neck muscles
- All his muscles

Do you like swimming?

10. Where can you go outside of school to have fun and keep fit?



- Shops
- Restaurants
- Cinemas
- Playgrounds

Where is your nearest playground?