

Q1 - Health - Movement Competence

What is balance in physical activities?

1. Maintaining stability in a position
2. Moving quickly
3. Jumping high
4. Throwing a ball

Q2 - Health - Movement Competence

Which of these is a locomotor movement?

1. Balancing on one foot
2. Catching a ball
3. Skipping
4. Stretching

Q3 - Health - Movement Competence

Why is catching an important skill in sports?

1. It helps in defending.
2. It improves balance.
3. It allows receiving passes.
4. It increases speed.

Q4 - Health - Movement Competence

What does 'transition' mean in movement?

1. Starting a movement
2. Changing from one movement to another
3. Stopping a movement
4. Repeating a movement

Q5 - Health - Movement Competence

Which activity best demonstrates balance?

1. Running a race
2. Standing on one foot
3. Throwing a ball

4. Jumping over a hurdle

Q6 - Health - Movement Competence

What is a key component of throwing accurately?

1. Strong muscles
2. Good balance
3. Proper aim
4. Fast movement

Q7 - Health - Movement Competence

What is balance in physical activities?

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Q8 - Health - Movement Competence

Which of these is a locomotor movement?

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Q9 - Health - Movement Competence

Why is catching an important skill in sports?

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Q10 - Health - Movement Competence

What does 'transition' mean in movement?

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Q11 - Health - Movement Competence

Which activity best demonstrates balance?

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Q12 - Health - Movement Competence

What is a key component of throwing accurately?

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3. Proper aim
4. Fast movement

Q13 - Health - Movement Competence

How can you improve your catching skills?

1. By practicing regularly
2. By running faster
3. By jumping higher
4. By lifting weights

Q14 - Health - Movement Competence

What is an example of a non-locomotor movement?

1. Twisting
2. Running
3. Skipping
4. Hopping

Q15 - Health - Movement Competence

Why is coordination important in sports?

1. It helps control movements smoothly.
2. It makes you taller.
3. It allows you to run faster.
4. It helps you memorize plays.

Q16 - Health - Healthy Living

Which of the following is a healthy snack choice?

1. An apple
2. A candy bar
3. A bag of chips
4. A soda

Q17 - Health - Healthy Living

What is one way to stay safe when using the internet?

1. Share your passwords with friends
2. Click on unknown links
3. Keep personal information private
4. Meet online friends in person without telling anyone

Q18 - Health - Healthy Living

How can you help prevent bullying at school?

1. Ignore it when it happens
2. Join in with the bully
3. Report it to a trusted adult
4. Laugh along with others

Q19 - Health - Healthy Living

Which of these substances is harmful and should be avoided?

1. Water
2. Fruits
3. Vegetables
4. Tobacco

Q20 - Health - Healthy Living

Why is it important to get enough sleep each night?

1. It helps you grow and stay healthy
2. It makes you more hungry
3. It causes you to be more tired
4. It makes you less active

Q21 - Health - Healthy Living

What should you do if someone offers you a substance you know is harmful?

1. Accept it to be polite
2. Take it and throw it away later
3. Say no and tell a trusted adult
4. Ignore them and walk away

Q22 - Health - Healthy Living

Which activity can help improve your mental health?

1. Watching TV all day
2. Playing outside with friends
3. Eating junk food
4. Staying up late playing video games

Q23 - Health - Healthy Living

What is a good way to keep your hands clean?

1. Wiping them on your clothes
2. Washing them with soap and water
3. Rinsing them quickly
4. Shaking them dry

Q24 - Health - Healthy Living

Why is exercise important for your health?

1. It makes you tired
2. It helps keep your body strong
3. It keeps you from sweating
4. It replaces the need for sleep

Q25 - Health - Healthy Living

What should you do if you feel sick?

1. Ignore it and keep playing
2. Tell a trusted adult
3. Go to school anyway
4. Share your food with others

Q26 - Health - Healthy Living

How can you take care of your teeth?

1. Eat lots of candy
2. Brush and floss daily
3. Never visit the dentist
4. Drink only soda

Q27 - Health - Healthy Living

What is an example of a healthy habit?

1. Eating vegetables
2. Watching TV all day
3. Skipping meals
4. Sleeping too little

Q28 - Health - Healthy Living

Why should we drink water every day?

1. It keeps us hydrated
2. It makes us sleepy
3. It adds extra sugar to our body
4. It slows us down

Q29 - Health - Healthy Living

Why is it important to wear sunscreen?

1. To protect the skin from the sun
2. To make your skin glow
3. To cool down your body

4. To make you tan faster

Q30 - Health - Healthy Living

What is one way to stay safe when using the internet?

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2. Click on unknown links
3. Keep personal information private
4. Meet online friends in person without telling anyone

Q31 - Health - Active Living

What is physical and health literacy?

1. Understanding how to read health books
2. Knowing how to perform physical activities correctly
3. Being aware of health information and engaging in physical activities
4. Memorizing health facts without application

Q32 - Health - Active Living

Why is it important to be physically active?

1. It helps in building strong muscles and bones.
2. It makes you taller.
3. It changes your eye color.
4. It makes you dislike vegetables.

Q33 - Health - Active Living

Which of the following is a good way to include physical activity in your daily routine?

1. Watching TV all day.
2. Playing video games without breaks.
3. Walking or biking to school.
4. Sleeping late every night.

Q34 - Health - Active Living

What is the purpose of warm-up activities before exercise?

1. To immediately start intense exercise.

2. To prepare the body for physical activity and prevent injuries.
3. To cool down the body.
4. To skip straight to the main workout.

Q35 - Health - Active Living

How does physical activity affect your heart rate?

1. It decreases your heart rate.
2. It has no effect on your heart rate.
3. It increases your heart rate.
4. It stops your heart temporarily.

Q36 - Health - Active Living

What is a simple way to assess your exertion level during physical activity?

1. Checking if you can sing loudly while exercising.
2. Monitoring how much you sweat.
3. Observing if you can talk but not sing during the activity.
4. Seeing if you feel no change in breathing.

Q37 - Health - Active Living

Why is setting personal fitness goals important?

1. It helps in tracking progress and staying motivated.
2. It guarantees immediate results.
3. It allows you to avoid exercise.
4. It makes workouts unnecessary.

Q38 - Health - Active Living

What is a good way to stay hydrated during physical activity?

1. Drinking plenty of water
2. Only drinking soda
3. Avoiding fluids
4. Waiting until you're very thirsty

Q39 - Health - Active Living

Which food provides the best energy for physical activities?

1. Candy and sugary snacks
2. Fruits and whole grains
3. Chips and fries
4. Ice cream and desserts

Q40 - Health - Active Living

What is the purpose of a cool-down after exercise?

1. To relax the body and bring heart rate down
2. To increase muscle tension
3. To avoid drinking water
4. To stop sweating immediately

Q41 - Health - Active Living

Which activity helps improve flexibility?

1. Stretching exercises
2. Lifting heavy weights
3. Sitting for long hours
4. Running without warming up

Q42 - Health - Active Living

How often should you engage in physical activity?

1. Once a month
2. Every day for at least an hour
3. Only when you feel tired
4. Never, it's not important

Q43 - Health - Active Living

Which of these is a good way to make exercise fun?

1. Playing sports with friends
2. Exercising alone in a dark room
3. Sitting and watching TV all day
4. Doing the same activity over and over

Q44 - Health - Active Living

Why is it important to wear the right shoes for physical activities?

1. To look stylish
2. To protect your feet and prevent injuries
3. To run faster than everyone else
4. To avoid getting tired

Q45 - Health - Social-Emotional Learning Skills

What is the first step in managing your emotions effectively?

1. Recognizing and naming your emotions
2. Ignoring your feelings
3. Acting out your emotions
4. Asking others how you should feel

Q46 - Health - Social-Emotional Learning Skills

What is one way to solve a conflict peacefully?

1. Yell louder than the other person
2. Listen and find a compromise
3. Ignore the person completely
4. Walk away without talking

Q47 - Health - Social-Emotional Learning Skills

Which of the following is a healthy way to cope with stress?

1. Taking deep breaths
2. Yelling at someone
3. Ignoring the problem
4. Keeping feelings bottled up

Q48 - Health - Social-Emotional Learning Skills

What does teamwork mean?

1. Doing all the work yourself
2. Listening and helping others
3. Letting others do all the work
4. Arguing over decisions

Q49 - Health - Social-Emotional Learning Skills

What does it mean to have a growth mindset?

1. Believing you can improve with effort
2. Thinking your abilities are fixed
3. Avoiding challenges
4. Giving up easily

Q50 - Health - Social-Emotional Learning Skills

Which ingredient is NOT part of the "Friendship Soup" recipe?

1. Kindness
2. Honesty
3. Rudeness
4. Sharing

Q51 - Health - Social-Emotional Learning Skills

Self-awareness helps you understand your...

1. Emotions and thoughts
2. Favorite foods
3. Friend's secrets
4. Daily schedule

Q52 - Health - Social-Emotional Learning Skills

Critical thinking involves...

1. Analyzing information carefully
2. Accepting information without question
3. Ignoring details
4. Making quick decisions without thought

Q53 - Health - Social-Emotional Learning Skills

Which of the following is a sign of positive motivation?

1. Setting goals and working towards them
2. Avoiding difficult tasks
3. Blaming others for mistakes

4. Giving up when challenged

Q54 - Health - Social-Emotional Learning Skills

What is an example of active listening?

1. Looking away while someone speaks
2. Nodding and asking questions
3. Interrupting to share your own story
4. Ignoring the speaker

Q55 - Health - Social-Emotional Learning Skills

Why is setting goals important?

1. It helps you stay focused and motivated
2. It makes life harder
3. It stops you from making mistakes
4. It lets others control your decisions

Q56 - Health - Social-Emotional Learning Skills

Why is it important to manage strong emotions?

1. To avoid getting into trouble
2. To express emotions in a healthy way
3. To make others like you
4. To stop feeling emotions completely

Q57 - Health - Social-Emotional Learning Skills

What should you do if you make a mistake?

1. Pretend it didnt happen
2. Blame someone else
3. Learn from it and try again
4. Get upset and quit

Q58 - Health - Social-Emotional Learning Skills

How can you show empathy to a friend?

1. Ignore their feelings

2. Listen and show you care
3. Tell them what to do
4. Laugh at their problems

Q59 - Health - Social-Emotional Learning Skills

What is one way to solve a conflict peacefully?

1. Yell louder than the other person
2. Listen and find a compromise
3. Ignore the person completely
4. Walk away without talking

Answer Key

- Q1: Maintaining stability in a position
- Q2: Skipping
- Q3: It allows receiving passes.
- Q4: Changing from one movement to another
- Q5: Standing on one foot
- Q6: Proper aim
- Q7: Maintaining stability in a position
- Q8: Skipping
- Q9: It allows receiving passes.
- Q10: Changing from one movement to another
- Q11: Standing on one foot
- Q12: Proper aim
- Q13: By practicing regularly
- Q14: Twisting
- Q15: It helps control movements smoothly.
- Q16: An apple
- Q17: Keep personal information private
- Q18: Report it to a trusted adult
- Q19: Tobacco
- Q20: It helps you grow and stay healthy
- Q21: Say no and tell a trusted adult
- Q22: Playing outside with friends
- Q23: Washing them with soap and water
- Q24: It helps keep your body strong
- Q25: Tell a trusted adult
- Q26: Brush and floss daily
- Q27: Eating vegetables
- Q28: It keeps us hydrated
- Q29: To protect the skin from the sun
- Q30: Keep personal information private
- Q31: Being aware of health information and engaging in physical activities
- Q32: It helps in building strong muscles and bones.
- Q33: Walking or biking to school.

Q34: To prepare the body for physical activity and prevent injuries.

Q35: It increases your heart rate.

Q36: Observing if you can talk but not sing during the activity.

Q37: It helps in tracking progress and staying motivated.

Q38: Drinking plenty of water

Q39: Fruits and whole grains

Q40: To relax the body and bring heart rate down

Q41: Stretching exercises

Q42: Every day for at least an hour

Q43: Playing sports with friends

Q44: To protect your feet and prevent injuries

Q45: Recognizing and naming your emotions

Q46: Listen and find a compromise

Q47: Taking deep breaths

Q48: Listening and helping others

Q49: Believing you can improve with effort

Q50: Rudeness

Q51: Emotions and thoughts

Q52: Analyzing information carefully

Q53: Setting goals and working towards them

Q54: Nodding and asking questions

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Q56: To express emotions in a healthy way

Q57: Learn from it and try again

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