



Colegio Bicultural Cananea

HEALTH TEST

3rd grade

4th Period

Mrs. Alejandra Sánchez

Name _____ Date _____

Match each word below to a definition. Write the correct letter on the line at the left of the sentence.

a. exercise	b. warm-up	c. aerobic exercise	d. cool-down	e. safety gear
f. mouth guard	g. strength	h. flexibility	i. endurance	j. ten

- _____ 1. This kind of exercise makes your heart stronger.
- _____ 2. How powerful your muscles are
- _____ 3. Being able to exercise for a long period of time without getting tired.
- _____ 4. Any activity that makes your body work hard
- _____ 5. A way to get your body ready for exercise
- _____ 6. Clothing or equipment that helps protect you during sports or exercise
- _____ 7. Slow exercise after you workout.
- _____ 8. A plastic shield that protects your teeth and gums.
- _____ 9. How easily you can bend and stretch.
- _____ 10. The number of hours of sleep a person your age should get.

Write TRUE or FALSE.

- _____ 11. A mouth guard can protect your shins when you play sports
- _____ 12. It is important to warm up before you exercise.
- _____ 13. The Activity Pyramid can help you choose a variety of activities to keep your body fit.

_____ 14. If you are injured, you should stop exercising or playing a sport right away, and tell your parent or another trusted adult.

Write the letter of the best answer on the line.

_____ 15. If you don't get enough sleep each night, you could feel _____?

- A. rested
- B. stressed
- C. healthy
- D. relaxed

_____ 16. A person who can exercise for a long time without feeling tired has good _____?

- A. flexibility
- B. strength
- C. endurance
- D. aerobic exercise

_____ 17. What should you do if you are injured while you are playing a sport or exercising?

- A. Tell a parent or coach
- B. Act as if nothing is wrong
- C. Keep doing the activity
- D. Play a different sport

_____ 18. What body part gets stronger when you do aerobic exercise?

- A. heart
- B. feet
- C. stomach
- D. hands

_____ 19. How many hours of sleep do people your age need each night?

- A. at least 12
- B. no more than 9
- C. about 10
- D. between 6 and 7

_____ 20. Which of these is NOT an effect of getting plenty of rest and exercise?

- A. Feeling fit
- B. Feeling good about yourself
- C. Being healthy
- D. Getting Good grades

Choose the a word from the wordbank that fits each statement.

violence	safety rules	bully	stranger	trusted adult
----------	--------------	-------	----------	---------------

21. _____ is anything someone does that harms another person.

22. A _____ is a grown – up you know well.

23. You should just walk away from a _____.

24. You can show that you are responsible for your safety by following _____.

25. Never go with a _____ who asks you to help find a lost pet.

Write the letter of the best answer on the line at the left.

_____ 26. Clothing worn to protect players from injury is called _____?

- A. Safety net
- B. Safety guard
- C. Safety gear
- D. Safety belt

_____ 27. An important piece of safety gear for riding a bike is ____?

- A. A mouth guard
- B. Kneepads
- C. A helmet
- D. Elbow pads

_____ 28. A place or a time that you may not go beyond is a ____?

- A. Safety rule
- B. Limit
- C. Hazard
- D. passenger

_____ 29. Harm done to a person's body is ____?

- A. A danger
- B. A Hazard
- C. An injury
- D. A limit

_____ 30. A danger that could lead to injury is a ____?

- A. Limit
- B. Hazard
- C. Stranger
- D. driveway

_____ 31. Someone you do not know is a ____?

- A. Bully
- B. Passenger
- C. Stranger
- D. Trusted adult

_____ 32. A person who hurts or threatens other people is a ____?

- A. Bully
- B. Driver
- C. Trusted adult
- D. passenger

_____ 33. The best place for small children to ride in a car is ____?

- A. As a passenger
- B. In the back seat
- C. Next to the driver
- D. In their mother's lap