

Listening Quiz

6th
GRADE

Name: _____

Listening

1 Listen and mark (✓) the statements that are mentioned. SB 



1. Strength training is the most important type of exercise for preteens. ☐
2. Twelve-year-olds need both cardiovascular exercise and strength training. ☐
3. Preteens need to do 30-minute cardio workouts at least three times a week. ☐
4. Swimming and running are good options for cardiovascular exercise. ☐
5. Hiking in the mountains will help you improve leg strength. ☐
6. While you are growing, you need to do strength training. ☐
7. Squats and push-ups can help you get stronger. ☐
8. Setting a goal doesn't help at all. ☐
9. Taking part in competitions is more important than getting fit. ☐
10. The last tip is to choose something that's fun and that you enjoy doing. ☐