Physical education (health) 6º

Select the correct answer.

1. What is heart rate?

It is the number of beats that the heart makes in a period of time.

It is the number of breaths in one minute.

It is the number of pulsations in an hour that the stomach makes.

2. What is the breathing process?

Expand and contract.

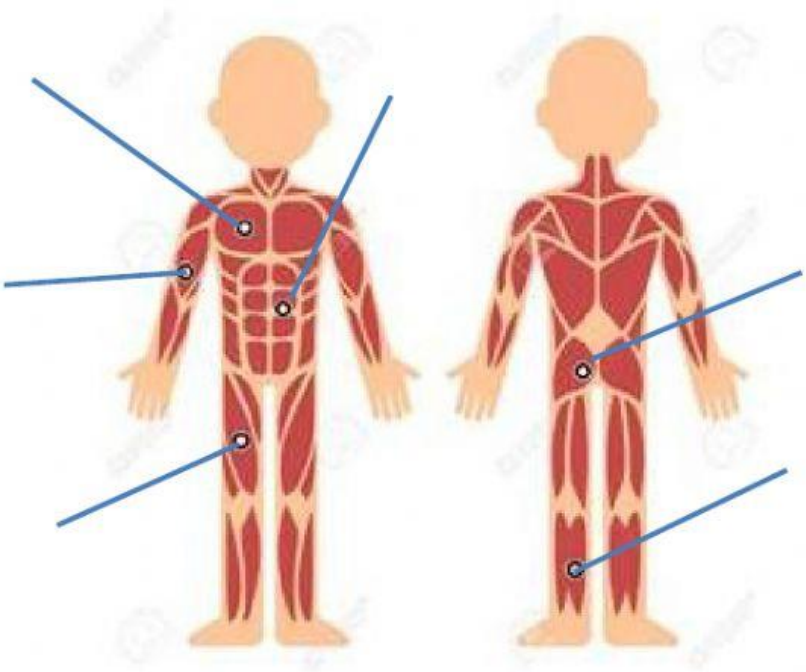
Inhale and exhale.

3. When you inhale air, you take...

Carbon dioxide.

Oxygen.

4. Choose the name of the muscle that corresponds



5. Choose the correct healthy habits
   - Do physical exercise
   - Sleep 5 hours
   - Whash your hands
   - Not brushing teeth
   - Have a healthy diet

LIVEWORKSHEETS