1. Which of the following are benefits of physical education?
    a) Stronger bones and muscles
    b) Better brain function
    c) Increases your knowledge about the body
    d) Gives a healthier lifestyle
    e) All of the Above

2. Which of the following is not a sport played in Grenada?
    a) Football
    b) Basketball
    c) Netball
    d) Hockey

3. What are the most common pair of equipment used to play the sport cricket?
    a) Bat, glove
    b) Glove, knee pad
    c) Helmet, cricket ball
    d) Cricket ball, bat

4. Which Athlete is from Grenada?
a) Usain Bolt
b) Noah Lyles
c) Justin Gatlin
d) Kirani James

5. What must you do before performing any physical Activity?
    a) Cool down
    b) Jog
    c) Warm up

LIVEWORKSHEETS

d) Sprint

6. Which of the following Assists in keeping the body Healthy?
   a) Eating fruits and vegetables
   b) Riding a bicycle
   c) Sleeping eight hours a day
   d) All of the above

7. The following are harmful substances to the body except
   a) Water
   b) Drugs
   c) Alcohol
   d) Tobacco

8. Which of the following does not associate with grooming?
   a) Bathing
   b) Reading
   c) Brushing your teeth
   d) Washing your hair

9. Which organ is responsible for breathing?
   a) Heart
   b) Lungs
   c) Skin
   d) Kidney

10. Which of the following is not a sport?
   a) Sleeping
   b) Cricket
   c) Track and field

LIVEWORKSHEETS

d) Cycling

Select true or false

1. Sports only helps you physically and mentally.

2. Hockey is a sport played in Grenada.

3. Eating healthy helps you perform better at sports

4. Swimming can only be done in water.

5. The liver's purpose is to pump blood through the body.

LIVEWORKSHEETS