

# Physical Activity Quiz



# 1. What is the daily physical activity recommendation for children aged 2-15 years?

- At least 30 mins
- At least 60 mins
- At least 90 mins
- At least 120 mins



# 1. What is the daily physical activity recommendation for children aged 2-15 years?

At least 30 mins

**At least 60 mins**

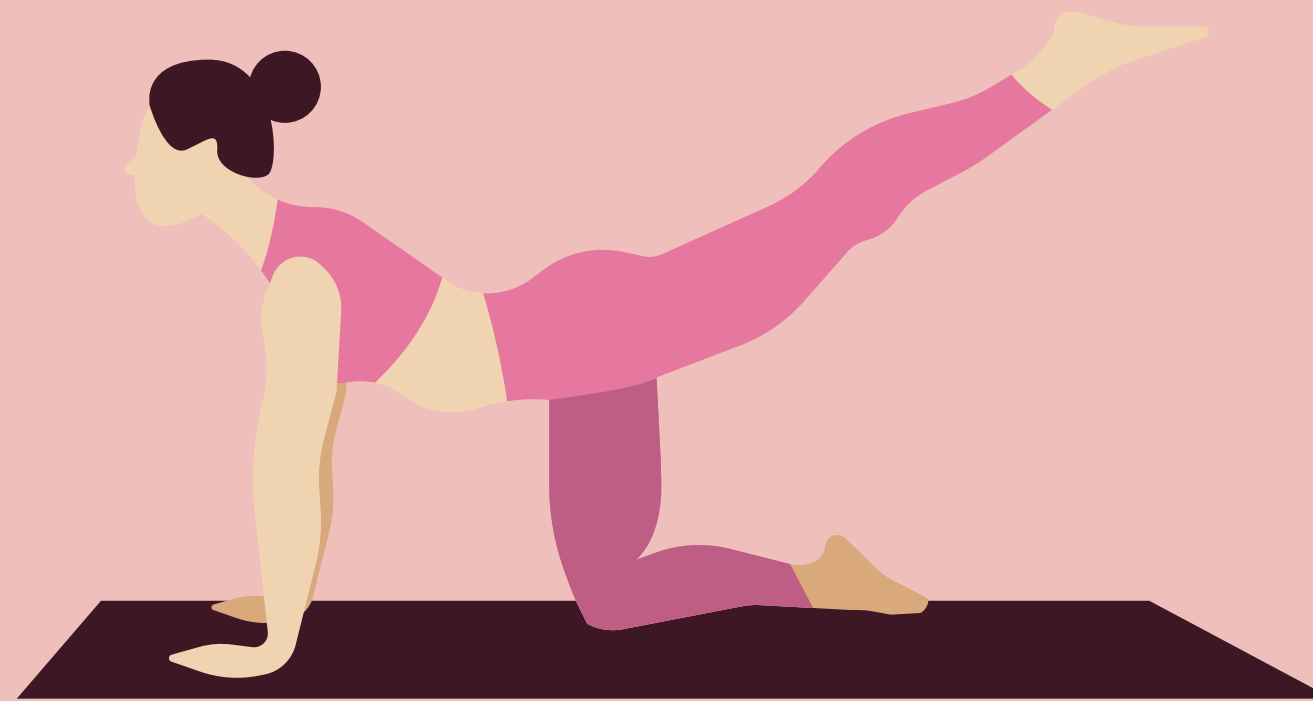
At least 90 mins

At least 120 mins



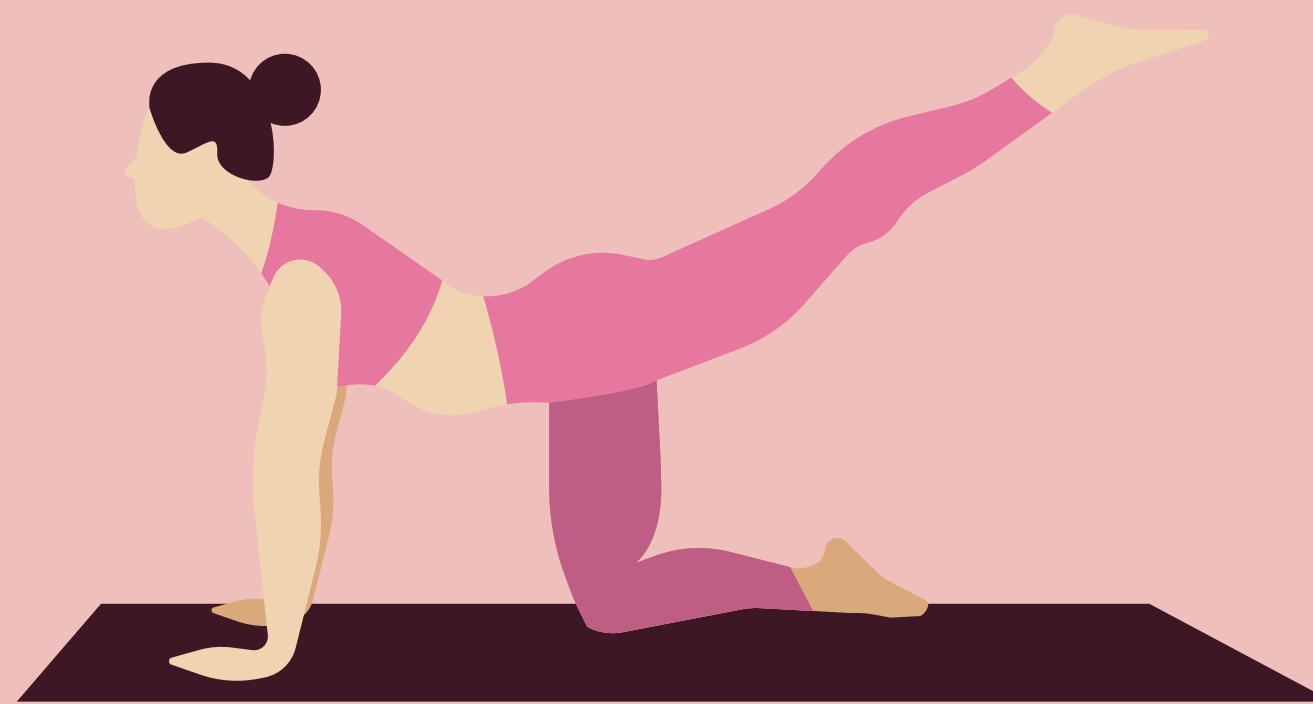
**2. True or false? Physical activity helps make our bones stronger.**

True  
False



**2. True or false? Physical activity helps make our bones stronger.**

**True**  
False



### **3. Complete this sentence. Physical activity should...**

Make you warmer

Make your heart beat faster

Make you breathe harder

All of the above



### 3. Complete this sentence. Physical activity should...

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Make your heart beat faster

Make you breathe harder

**All of the above**



**4. Which of the following activities is not an example of physical activity?**

Walking

Running

Playing computer games

They all are examples of physical activity





#### 4. Which of the following activities is not an example of physical activity?

Walking  
Running

**Playing computer games**

They all are examples of physical activity



## 5. Which of the following would help you 'Move more, Sit less'?

Move around during breaks and lunchtimes

Get the bus instead of walking

Stay in more at weekends

All of the above



## 5. Which of the following would help you 'Move more, Sit less'?

**Move around during breaks and lunchtimes**

Get the bus instead of walking

Stay in more at weekends

All of the above



**7. True or false? Staying active will help strengthen muscles.**

True  
False

**8. True or false? Staying active helps keep our heart healthy.**

True  
False





**7. True or false? Staying active will help strengthen muscles.**

**True**  
False

**8. True or false? Staying active helps keep our heart healthy.**

**True**  
False





**9. Which of the following activities counts as vigorous physical activity?**

Playing computer games

Walking

Doing housework

Playing football

**10. True or false? Walking counts as physical activity.**

True

False





**9. Which of the following activities counts as vigorous physical activity?**

Playing computer games

Walking

Doing housework

**Playing football**

**10. True or false? Walking counts as physical activity.**

**True**

False

