

Assessment: Types of Exercise & Healthy Lifestyle

Learning Goal

I can identify types of exercise and explain their benefits.

Part A: Multiple Choice (Knowledge)

Choose the correct answer:

1. What is cardio exercise?
 - a) Stretching muscles
 - b) Exercise that raises heart rate
 - c) Sleeping
 - d) Eating healthy

2. Which is an example of strength exercise?
 - a) Jogging
 - b) Yoga
 - c) Push-ups
 - d) Walking

3. What does flexibility mean?
 - a) Strong muscles
 - b) Fast running
 - c) Less tight muscles
 - d) Balance

4. Which exercise helps prevent falls?
 - a) Cardio
 - b) Strength

- c) Balance
- d) Running

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5. What is HIIT?
- a) Slow exercise
 - b) Very intense interval training
 - c) Stretching
 - d) Walking
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Part B: Short Answer (Understanding)

6. Name 2 types of exercise:

_____ , _____

7. Give 1 example of cardio exercise:

8. Why is strength exercise important?

9. What is one way to add movement to daily life?

Part C: Application (Simple Thinking)

10. Your goal: **You feel tired and want more energy**
Which exercise type will you choose? Why?

11. Your goal: **You want stronger muscles**
Which exercise type will you choose? Why?

SUCCESS CRITERIA

I can:

- name types of exercise
- give examples
- explain benefits
- choose exercise for a goal

ANSWER KEY (Teacher Use)

Part A:

1. b
 2. c
 3. c
 4. c
 5. b
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Part B (Sample Answers):

6. Cardio, strength (others acceptable)
 7. Walking, jogging, running
 8. Builds muscles / makes body stronger
 9. Walk, take stairs, play sports
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Part C (Sample):

10. Cardio → gives energy, improves heart
11. Strength → builds muscles