





# Pop Quiz

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Student Name		Class		Date	
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1	Which of the activities are healthy?	
	A	Playing computer games
	B	Watching TV
	C	Playing in the playground

2	Do the word and the picture match?	
		
	<b>HEALTHY</b>	
	A	YES
	B	NO

3	Do the word and the picture match?	
		
	<b>UNHEALTHY</b>	
	A	YES
	B	NO



## Pop Quiz

4	What should we do to <b>warm up</b> ?	
	A	Pulse raising activity
	B	Stand still
	C	Play football

5	What should we do to <b>cool down</b> ?	
	A	Play games
	B	Pulse lowering activity
	C	Pulse raising activity

Total Marks	
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## Answer Key

Q1	C
Q2	A
Q3	B
Q4	A
Q5	B