

Name:

Date:

KS1 Quiz

Unit title: Year 2 - Health and wellbeing

1 How might you be able to tell that someone is feeling happy?

- A They are frowning.
- B They are smiling.
- C They are shaking.

2 Which of the following is not true?

- A Exercise makes us feel in a bad mood afterwards.
- B Exercise helps to keep our heart, muscles and bones healthy.
- C Exercise improves our immune system, which helps to stop us getting ill.

3 Which of these might someone be doing if they feel nervous?

- A Smiling.
- B Frowning.
- C Shaking.

4 Exercise is good for...

- A ...your body.
- B ...your mind.
- C ...your body and mind.

5 Which of these are you likely to feel after doing breathing exercises?

- A Angry.
- B Calm.
- C Nervous.

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6 Which of these might be an achievable short-term goal?

- A Learning 10 words in a new language.
- B Reading a book in a new language.
- C Writing a letter in a new language.

7 Which of these is someone with a 'growth mindset' likely to think?

- A That didn't work, let me try again.
- B I'm not good at this.
- C I can't do this.

8 Which of these food groups do we need small amounts of?

- A Fruit and vegetables.
- B Starchy foods (carbohydrates).
- C Oils and spreads.

9 Which of these drinks is not good for your teeth?

- A Milk.
- B Fizzy drink.
- C Water.

10 What can you do to look after your teeth?