

NYS AHPERD Sample SLO Assessment
Grade: 1

1. Exercise should make your heart beat:
Faster Slower
2. When you exercise often, it makes you feel:
Happy Sad
3. If you exercise vigorously, you will breath:
Easy Hard
4. When your heart beats faster it will grow:
Stronger Weaker
5. Blood moves through the body carrying:
Oxygen Food
6. A fast heart brings oxygen to:
Muscles Bones
7. To check your heart rate feel your:
Pulse Skin
8. A heart is made of :
Muscle Blood
9. To use energy, muscles require:
Oxygen Milk
10. When muscles are used in exercise, they grow:
Weaker Stronger

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Answer Key

1. Faster
2. Happy
3. Hard
4. Stronger
5. Oxygen
6. Muscles
7. Pulse
8. Muscle
9. Oxygen
10. Stronger