



THE CHALLENGE QUIZ

WEEK 1

READY, SET, STRETCH CHALLENGE

This is your weekly quiz. Print it out and test your classroom's knowledge on the weekly theme. We want you to use these informative and fun questions to get each of your students engaged in the Challenge to come.

Question 1

There are two main types of stretching, what are they?

- A. Long and short
- B. Fast and slow
- C. Dynamic and static
- D. Sitting and standing

Answer is C. Dynamic stretching is stretching as you are moving. Static stretching is stretching while the muscles are at rest.

Question 2

When is the best time to stretch?

- A. When you wake up in the morning
- B. Before and after activity
- C. The day after intense activity
- D. All of the above

Answer is D. There's never a bad time to stretch.

Question 3

How many muscles are in the human body?

- A. 330-445
- B. 640-850
- C. 900-1000
- D. 1500-2000

The answer is B. The human body is an amazing thing!

Question 4

What is the proper length to hold a stretch?

- A. 3 seconds
- B. 15 – 60 seconds
- C. 60 – 90 seconds
- D. 5 minutes

Answer is B. Some stretches require more than others, but 15 seconds is the minimum and 60 seconds is the maximum.

Question 5

Breathing is an important part of stretching. When should you take a deep breath out?

- A. In the active phase
- B. Before you do the stretch
- C. Moving into the resting phase
- D. All the time

The answer is C. You should take a deep breath in when you start a stretch and take a deep breath out as you move into the resting phase.