

1. Circle the correct option to complete the sentence below.

The bottom layer of a running shoe is called the

sockliner.

upper.

midsole.

outsole.

1 mark

2. What makes the outsole strong and flexible?

1 mark

3. Look at the paragraph beginning: *A running shoe is a special...*

Find and **copy one** word meaning *made like that on purpose*.

1 mark

4. How can you tell from your breathing if you are warming up **and** cooling down properly?

2 marks

5. How many metres should a year 4 child sprint at maximum speed?

1 mark

6. How does the text try to make sure the reader will drink water before and during exercise?

1 mark

7. Give one of the bad effects of training too hard.

1 mark

8. How does exercise make you feel good?

1 mark

9. What does *Feet First* say happens to your muscles when you exercise?
Write **two** things.

1. _____

2. _____

2 marks

10. Why should you exercise?
Find and copy **three** reasons given in *Feet First*.

1. _____

2. _____

3. _____

3 marks