

Name:

Date:

## KS2 Quiz

Unit title: Health and wellbeing

**1** As people get older, what do they need to do?

- A Forget what they have learnt about health.
- B Let their friends tell them what to do.
- C Take more responsibility for their health.
- D Not worry about their health.

**2** How people react to a situation can affect...

- A ...them.
- B ...their family.
- C ...their friends.
- D All of the above.

**3** Which of these acronyms can help us to set goals?

- A SHORT.
- B SMART.
- C START.
- D STARS.

**4** When is a good time to use relaxation techniques?

- A When someone is really stressed.
- B Regularly through the week.
- C When a teacher says.
- D When it is bedtime.

**5** How do vaccinations work?

- A By giving people a mild form of a disease to allow the body to create a resistance.
- B By curing a disease.
- C By giving people the full disease to see if they get ill.
- D By giving people drugs to help symptoms of illness.

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**6 Which of these statements is false?**

- A** Children can see a doctor with a parent or carer.
- B** Children cannot see a doctor on their own.
- C** Some surgeries have a nurse who can help with health questions.
- D** The NHS website is a good place to look for health advice.

**7 What should someone do if they are concerned about notice changes happening to their body?**

- A** Ignore it.
- B** Worry about it and do nothing.
- C** Speak to a trusted adult.
- D** Use a search engine to find out more about it.

**8 Which of these statements best describes habits?**

- A** The things someone does regularly that can have a positive or negative effect.
- B** The things someone does regularly that always have a bad effect.
- C** The things someone does occasionally.
- D** The things that an adult tells someone to do.

**9 Why is it important to limit the use of screen time?**

- A** Screen time can make you forget how to read.
- B** Homework should always be done with paper and pencil.
- C** Looking at screens makes you only see in black and white.
- D** It helps protect your eyes, improve sleep and leaves more time for physical activity.

**10 Write a sentence about each of the four areas of physical health.**