

Name:

Date:

KS1 Quiz

Unit title: Health and wellbeing

1 Our strengths are...

- A ...things we like to do.
- B ...things we are good at.
- C ...being able to move heavy things.

2 Which of these is not a good bedtime routine?

- A Having a bath, reading and turning the light off.
- B Turning the TV off, doing some drawing and lying down.
- C Playing an online game and jumping on the bed.

3 When should we wash our hands straight away?

- A After we sneeze or cough.
- B After reading a book.
- C After getting up in the morning.

4 What should we wear to protect our skin from the sun?

- A A T-shirt, hat, sunglasses and suncream.
- B A swimming costume.
- C Pyjamas.

5 Make a list or draw a picture of the things that people might do to relax.