

Name:

Date:

## KS2 Quiz

Unit title: Wellbeing

### 1 Why should you practise skills?

- A To become perfect at something.
- B To make progress.
- C To have fun.
- D To not get bored.

### 2 What does it mean to take notice?

- A To pay attention to the here and now.
- B To forget about something or someone completely.
- C To ignore or avoid someone or something.
- D To work hard and not give up.

### 3 How could you get to know other people?

- A Talk about yourself and not ask other people questions.
- B Ask questions about other people's favourite things and hobbies.
- C Avoid other people and keep to yourself.
- D Ask personal and private questions that make other people feel uncomfortable.

### 4 What does it mean to appreciate someone?

- A To share with someone.
- B To look after someone.
- C To annoy someone.
- D To recognise someone's worth.

### 5 Which of the following is an active task?

- A Stretching.
- B Running.
- C Gardening.
- D All of the above.

### 6 Why is it important to practise skills to get better at something?

- A To allow you to impress people.
- B To create bad habits.
- C So you can make progress and develop your understanding.
- D It is not important because being perfect is the key to all success.

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**7 How could you help keep your community tidy?**

- A** Litter picking.
- B** Going to the doctor's.
- C** Sharing toys.
- D** Singing.

**8 Why is it a good idea to share?**

- A** Because sharing means you have less for yourselves.
- B** Because then you do not look selfish.
- C** Because sharing strengthens your relationships with others.
- D** Because sharing is a rule you have to follow.

**9 Why is it important to show appreciation?**

- A** Because showing appreciation helps us to receive more gifts.
- B** Because showing appreciation makes others feel happy and valued.
- C** Because showing appreciation is a way to show off.
- D** Because it is the right thing to do.

**10 Why might someone want to use video games to exercise?**