



Year 3 Term 4 Quiz

Name



OPENING
Young Minds

1. Tick the correct definition for the Being Human word tense

- A. Tense is when we are unable to relax ☐
- B. Tense is feeling great joy ☐
- C. Tense is when we are confident ☐

2. How much sleep should a Year 3 child get?

- A. It doesn't matter ☐
- B. 9 - 11 hours ☐
- C. 5 - 7 hours ☐
- D. As much sleep as possible ☐
- E. 14 hours ☐



3. List three reasons why fruits and vegetables are good for us:

- A. _____
- B. _____
- C. _____



4. Why is exercise good for us? Tick two.

- A. Makes our body strong and healthy ☐
- B. Makes us a good friend ☐
- C. Stops us falling into the Tornado Zone ☐
- D. Helps to give us a healthy heart ☐





Year 3 Term 4 Quiz

5. What can we do instead of spend time on screens?

- A. Watch television
- B. Read
- C. Exercise
- D. Play on an iPad

☐
☐
☐
☐

6. What are the dangers of the internet? Tick three.

- A. Not knowing how to turn on the computer
- B. Unkind comments
- C. People you don't know
- D. Inappropriate videos

☐
☐
☐
☐

7. What are the steps to deal with an emergency? Tick two.

- A. Help the victim straight away
- B. Run away from the danger
- C. Press pause and take two deep breaths
- D. Look around to see whether a trusted adult can help

☐
☐
☐
☐

8. What telephone number do you call if there is an emergency?

- A. 123
- B. 999
- C. 911

☐
☐
☐