

# PE Week Quiz – Sample Questions and Answers



Here are some helpful questions and answers to get your schools PE Week Quiz started. Publish one/two questions per day and ask students/classes to submit their answers to the office or into a box outside the gymnasium!

Prizes can be awarded to the winners!

Questions	Answers
1. What are the colours of the five Olympic rings?	Red, Yellow, Black, Green, Blue
2. What is the name of the flat rubber disc used in ice hockey?	Puck
3. How many serves of fruit and vegetables should you consume each day?	2 Fruit & 5 Vegetable
4. What colour is the centre of the target in archery?	Gold
5. True or False: Strength and flexibility are as important as fitness in looking after your body?	True
6. Can you unscramble the following word to reveal a type of sport: GINKIS?	Skiing
7. Which of the following sports does not involve a ball: tennis, squash or badminton?	Badminton
8. In which sport do you run and jump as far as possible into a sand-pit?	Long jump
9. What colour is a standard tennis ball?	Yellow
10. What is the strongest bone in our body?	Teeth
11. Which sport involves a bat, ball and wickets?	Cricket
12. In which game do you aim to knock down ten pins with a ball?	Bowling
13. What are ballet, tap and hip-hop all types of?	Dances

14. What is the strongest muscle in your body?	Heart
15. In what game is the word 'love' used?	Tennis
16. True or False: a golf ball has a fixed amount of dimples?	False
17. How many players are there in a cricket team (on the field at any one time)?	11
18. As of 2016, who is the fastest man in the world at 100m sprint?	Usain Bolt
19. Which 3 sports form a triathlon?	Swimming, Cycling, Running
20. Where are the 2018 Commonwealth Games going to be held?	Gold Coast
21. In which country is it tradition for rugby teams to perform a war dance known as the Haka before a match begins?	New Zealand
22. True or False: Muscle's make up 85% of a person's body weight	True
23. What are the main sources of energy?	Carbohydrates
24. How much physical activity is enough?	30 minutes per day, 5 days a week
25. What type of race is the Tour de France?	Bicycle Race

