

**Year 4 optional SATs Feet First Answer Book**

Name \_\_\_\_\_

Date \_\_\_\_\_

Look at *Feet First* to help you answer these questions.

1. The bottom layer of a running shoe is called the

sockliner.      upper.      midsole.      outsole.

1 mark

2. What makes the outsole strong and flexible?

.....

1 mark

3. On the first page, how have the different parts of the running shoe been made clear?

.....

1 mark

4. How can you tell from your breathing if you are warming up **and** cooling down properly?

.....  
.....  
.....

2 marks

5. How many metres should a year 4 child sprint at maximum speed?

.....

1 mark

6. How does the author try to make sure the reader will drink water before and during exercise?

.....  
.....

1 mark

7. Give one of the bad effects of training too hard.

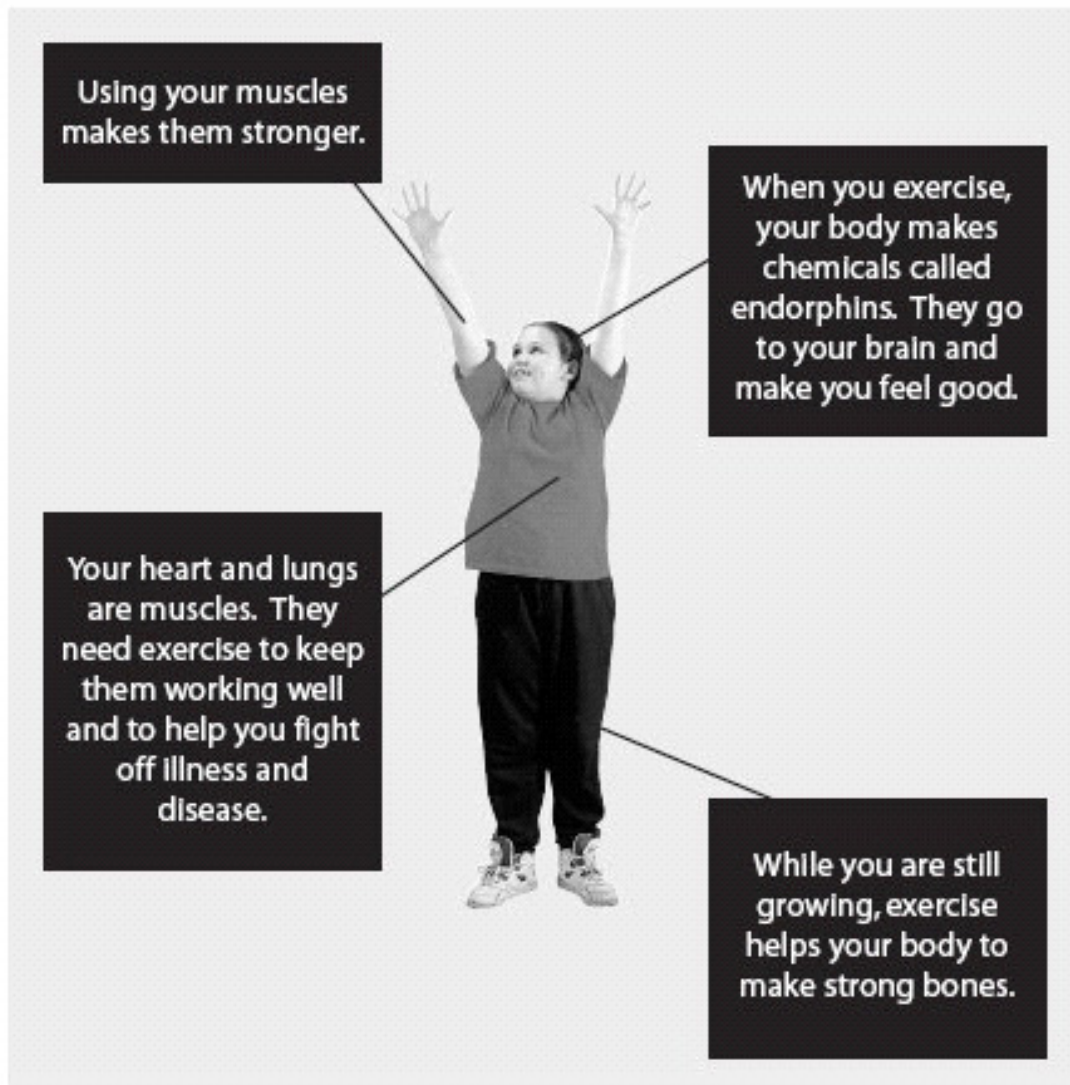
.....

1 mark

8. How does exercise make you feel good?

.....  
.....

1 mark



9. What are the lines in the photograph for?

.....  
.....

1 mark

10. What does *Feet First* say happens to your muscles when you exercise?  
Write **two** things.

1. ....  
2. ....

2 marks

11. Why should you exercise?  
Find and copy **three** reasons given in *Feet First*.

1. ....

2. ....

3. ....

3 marks