

Name _____ Date _____

Instructions: Read each question carefully and choose the best answer.

1. What yoga pose does Jenny begin her practice with?
 - Ⓐ Mountain Pose
 - Ⓑ Triangle Pose
 - Ⓒ Boat Pose
 - Ⓓ Lotus Pose
2. Which of the following is not part of the Sun Salutations?
 - Ⓐ Cobra Pose
 - Ⓑ Triangle Pose
 - Ⓒ Downward Dog Pose
 - Ⓓ Mountain Pose
3. How many sets of Sun Salutations does Jenny do?
 - Ⓐ two
 - Ⓑ three
 - Ⓒ four
 - Ⓓ five
4. What do the Triangle Pose and the Boat Pose have in common?
 - Ⓐ They both stretch the muscles of the neck.
 - Ⓑ They are both balancing poses.
 - Ⓒ They are both named after things.
 - Ⓓ They are both inversions.
5. Why is Tortoise Pose named after the tortoise?
 - Ⓐ because it is done very slowly
 - Ⓑ because it is meant to honor the tortoise
 - Ⓒ because the pose looks like a tortoise
 - Ⓓ all of the above
6. Which pose is a balancing pose?
 - Ⓐ Boat Pose
 - Ⓑ Camel Pose
 - Ⓒ Airplane Pose
 - Ⓓ Triangle Pose

Quick Check continued on following page

Name _____ Date _____

7. Which pose is a wonderful way to stretch the muscles of the neck?
 - Ⓐ Boat Pose
 - Ⓑ Camel Pose
 - Ⓒ Mountain Pose
 - Ⓓ Rabbit Pose
8. Which of the following is used to warm up the leg and back muscles and strengthen the arms?
 - Ⓐ Sun Salutations
 - Ⓑ Balancing Poses
 - Ⓒ Inversions
 - Ⓓ Lotus Pose
9. To **meditate** means to _____.
 - Ⓐ rest
 - Ⓑ stop thinking
 - Ⓒ sleep
 - Ⓓ breathe deeply
10. What is the last thing Jenny does?
 - Ⓐ Camel Pose
 - Ⓑ Tree Pose
 - Ⓒ Meditation
 - Ⓓ Lotus Pose
11. **Extended Response:** How can yoga be good for your health?

Quick Check Answer Sheet

Jenny Loves Yoga

Main Comprehension Skill: Sequence Events

1. Ⓐ *Sequence Events*
2. Ⓑ *Classify Information*
3. Ⓓ *Main Idea and Details*
4. Ⓒ *Compare and Contrast*
5. Ⓒ *Cause and Effect*
6. Ⓒ *Classify Information*
7. Ⓓ *Classify Information*
8. Ⓐ *Classify Information*
9. Ⓑ *Vocabulary*
10. Ⓓ *Sequence Events*
11. Possible answers: *to relax, keep healthy, strengthen muscles, keep strong, keep flexible.*