Teacher Answer Key

Case Study

1. Participation helped him build confidence, reduce anxiety, and feel more comfortable socially.

2. He formed supportive friendships, felt sharper in class, and gained emotional resilience to handle academic pressures.

Multiple Choice

1. C

2. D

3. A

Matching

1-D, 2-C, 3-B, 4-E, 5-A

Fill-in-the-Blank

1) cortisol, 2) camaraderie, 3) cardiovascular health

Short Answer (Sample Responses)

Q1: They can try dance, yoga, home workouts, or brisk walks—any movement they find enjoyable or low-pressure.

Q2: Exercise improves blood flow and reduces stress, helping students maintain clearer focus and better memory retention.

Q3: These breaks boost circulation and oxygen to the brain, preventing mental fatigue and sharpening concentration.