

Name _____

The Art of Hacky Sack

Multiple Choice Questions

1. What is hacky sack all about?
 - A. Throwing a ball into a hoop
 - B. Keeping a small bag in the air using feet, knees, and head
 - C. Playing chess
 - D. Riding a skateboard

2. What is the goal in a game of hacky sack?
 - A. To score points by throwing the sack into a goal
 - B. To keep the sack from touching the ground using various body parts
 - C. To run as fast as possible
 - D. To juggle with your hands

3. What is "The Stall" in hacky sack?
 - A. Kicking the sack as high as possible
 - B. Making the sack hover in the air for a moment
 - C. Using your head to keep the sack in the air
 - D. Passing the sack to a teammate

4. Which body part is used for "Headers" in hacky sack?
 - A. Knees
 - B. Hands
 - C. Feet
 - D. Head

5. Why is hacky sack a great sport for all ages?
 - A. It requires expensive equipment.
 - B. It can only be played indoors.
 - C. It can be enjoyed outdoors with minimal equipment.
 - D. It's a dangerous sport.

