

Name _____

Explain when you might use a “cut” move in sports and what that would look like.

What word would you use when you move to a passing lane to intercept or stop a pass?

Explain a pivot.

List the Health Related Fitness Components

List the Skill Related Fitness Components

Be able to explain the difference between the two.

Be able to explain the FITT Principle

Know where your heart rate should be when you work out.

Define these terms:

Vigorous Intensity

Moderate Intensity

Overload Principle