

Name _____

Define and give examples of activities that target each of the health-related fitness components.

Flexibility –

Muscular Strength –

Muscular Endurance –

Cardiovascular Endurance –

Body Composition –

Define and give examples of activities that target each of the skill-related fitness components.

Agility –

Balance –

Coordination –

Power –

Speed –

Reaction time –

Explain the difference between Skill Related Fitness and Health Related Fitness –

What does FITT stand for? Explain in detail.

What is meant by moderate-to-vigorous activity and give examples?

Give examples of warm up activities –

Give examples of cool down activities –

How do you find your THR?

What range should your THR be during activities?

Understand the difference between offense and defense.

We have used many “passing” techniques in our units. List different types of passes and explain when you would use that particular pass.

One of our standards is conflict resolution. What does that mean? Now list different ways to solve conflicts during Physical Education class.

Explain sportsmanship in your own words and give an example of showing good sportsmanship during and activity in PE.