



Republic of the Philippines
DEPARTMENT OF EDUCATION
REGION IV-A CALABARZON
Division of Rizal
Rodriguez Sub-Office



SAN ISIDRO LABRADOR ELEMENTARY SCHOOL

Name: _____ Date: _____
Grade and Section: _____ Score: _____

WEEK 2

Panuto: Isulat sa patlang ang **HR** kung ito ay sangkap ng health-related fitness, **SR** naman kung skill-related fitness.

- _____ 1. Cardiovascular Endurance (tatag ng puso at baga)
- _____ 2. Speed (Bilis)
- _____ 3. Reaction time
- _____ 4. Muscular Strength (lakas ng kalamnan)
- _____ 5. Muscular Endurance (tatag ng kalamnan)
- _____ 6. Power
- _____ 7. Flexibility (Kahutukan)
- _____ 8. Body Composition
- _____ 9. Coordination
- _____ 10. Balance

Good Luck!!!



LIVEWORKSHEETS