PHYSICAL EDUCATION 5 (QUIZ 1)

CHOOSE THE RIGHT LETTER ON THE GIVEN QUESTIONS BELOW.

1. Is the ability to change position in space.

A. SPEED

B. AGILITY

2. Is the ability to integrate the senses with the movement of the muscles to produce an accurate and smooth body movement.

A. COORDINATION

B. REACTION TIME

3. Refers to how many times your muscles can repeat a specific exertion of force.

A. MUSCULAR ENDURANCE

B. MUSCULAR STRENGTH

4. Means the relative distribution of lean and fat tissues.

A. CARDIO-RESPIRATORY ENDURANCE

B. BODY COMPOSITION

LIVEWORKSHEETS

PHYSICAL EDUCATION 5 (QUIZ 1)

5. Is the ability to generate maximum force in the least amount of time.

A. POWER **B.** SPEED

6. Can be static or dynamic as in doing routines on a balance beam

A. FLEXIBILITY **B.** BALANCE

7. Is the ability of parts of the body to be bent without breaking or injury.

A. FLEXIBILITY **B.** BALANCE

8. Is the ability to perform any movement in the shortest possible time like running.

A. POWER **B.** SPEED

9-10. GIVE ONE FOR HEALTH-RELATED COMPONENTS AND ONE FOR SKILL RELATED COMPONENTS

LIVEWORKSHEETS