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NAME _____

GRADE LEVEL: 8

PHYSICAL EDUCATION

Identify the following statements and write your answer on the space provided.

- _____ 1. Refers to the amount of load or resistance on the body. This means that the body must continually work harder as it adjusts to existing workout to improve.
- _____ 2. Refers to the way you should increase the load. You can't increase the load abruptly because it may lead to injury.
- _____ 3. Refers to the length or duration of the physical activity.
- _____ 4. Refers to how hard an individual does the activity during the allotted period.
- _____ 5. Refers to how often an individual performs the targeted health-related physical activity.
- _____ 6. Refers to the kind or specific physical activity to be done to improve a targeted fitness component.
- _____ 7. Is the ability to use the different parts of the body in a smooth, quick, and efficiently controlled movement, and exact execution of the skill.
- _____ 8. Is the ability to exert maximum force very quickly, like the initial takeoff from sprinting and baseball batting.
- _____ 9. Is the ability to move and change direction and position of the body quickly and effectively with controlled movement.
- _____ 10. Refers to how often an individual performs the targeted health-related physical activity.

ESSAY

There are people who do not believe in the benefits of team sports in fitness and thus do not want to participate. What advice can you give these people?