

HEALTH



Check Your Understanding

A. Identify what is being described by each statement below.

1. These are relationships that are either because of family ties, friendship, close bonds, and more.
2. This is a kind of #1 that involves family ties.
3. These are types of #1 that are formed with friends.
4. This is a type of #1 formed with a spouse, or with a romantic interest.
5. This is a word that refers to the willingness of both sides.
6. This means that both sides are willing to speak their minds, and can do so.
7. This means that both sides will have their decisions considered to prevent conflict.
8. These are ties because of work.

P.E



Check Your Understanding



A. Write **True** if the statement is correct. Write **False** if the statement is incorrect.

1. Endurance refers to your ability to do a challenging movement for a prolonged period.
2. Playgrounds are designed to keep children physically fit.
3. The person will be unlikely to have a high risk in developing diseases if there are more fat tissues than the lean muscles.
4. Athletes do not require stretching before a game anymore.
5. Metabolism refers to how quickly our bodies burn the fat and calories it intakes.