

Name: _____

Strengths and Weaknesses (VPA.2.3)

We all have physical activities that are easy for us (**strengths**) and that are hard for us (**weaknesses**). What are your strengths and weaknesses?

✓ Check one of your physical activity **strengths**:

- ☐ Balance
- ☐ Coordination (ability to throw, catch, kick or dribble a ball, or dance...)
- ☐ Upper body strength (able to do pull-ups, push-ups, or monkey bars...)
- ☐ Lower body strength (able to do squats, lunges, and to jump high or far)
- ☐ Endurance (able to exercise for a long time without stopping)
- ☐ Speed (able to run fast)

✓ Check one of your physical activity **weaknesses**:

- ☐ Balance
- ☐ Coordination (it's hard to throw, catch, kick or dribble a ball, or dance...)
- ☐ Upper body strength (it's hard to do pull-ups, push-ups, or monkey bars...)
- ☐ Lower body strength (it's hard to do squats, lunges, and other lower body exercises...)
- ☐ Endurance (it's hard to exercise for a long time without stopping)
- ☐ Speed (it's hard to run fast)

Push-Ups

See how many push-ups you can do without resting. Practice as many times as you want to get your highest score.

What kind of push-ups did you do?

- ☐ Regular
- ☐ Modified (on your knees)



How many push-ups did you do without resting? _____