



**Colegio Cristo Crucificado – "Villa Pilar"**

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**1. Write the Basic Physical Abilities (BPA) in the correct definition:**

- To overcome resistance : \_\_\_\_\_
- To make broad gestures: \_\_\_\_\_
- To exercise for a long time: \_\_\_\_\_
- To perform movements in the shortest time possible: \_\_\_\_\_

**2. Which BPA show the pictures?.**

