



## BASIC PHYSICAL ABILITIES

### 1. Select the correct definition of basic physical abilities.

- ☐ These are the skills that allow us to play and participate in all classes.
- ☐ The ability to perform some physical act.
- ☐ These are the skills that allow us to progress in the classroom.

### 2. Join each image with its name.



Flexibility

Strength

Endurance

### 3. What is speed?

---

---

### 4. All basic physical abilities can be worked on in the warm-up.

- ☐ False.
- ☐ True.

### 5. By running around a pitch for 10 minutes we are working on...

- ☐ Speed.
- ☐ Strength.
- ☐ Aerobic endurance.
- ☐ Anaerobic endurance.



**6. By running around a pitch for 30 second we are working on...**

☐

Speed.

☐

Strength.

☐

Aerobic endurance.

☐

Anaerobic endurance.

**7. What is flexibility?**

---

---