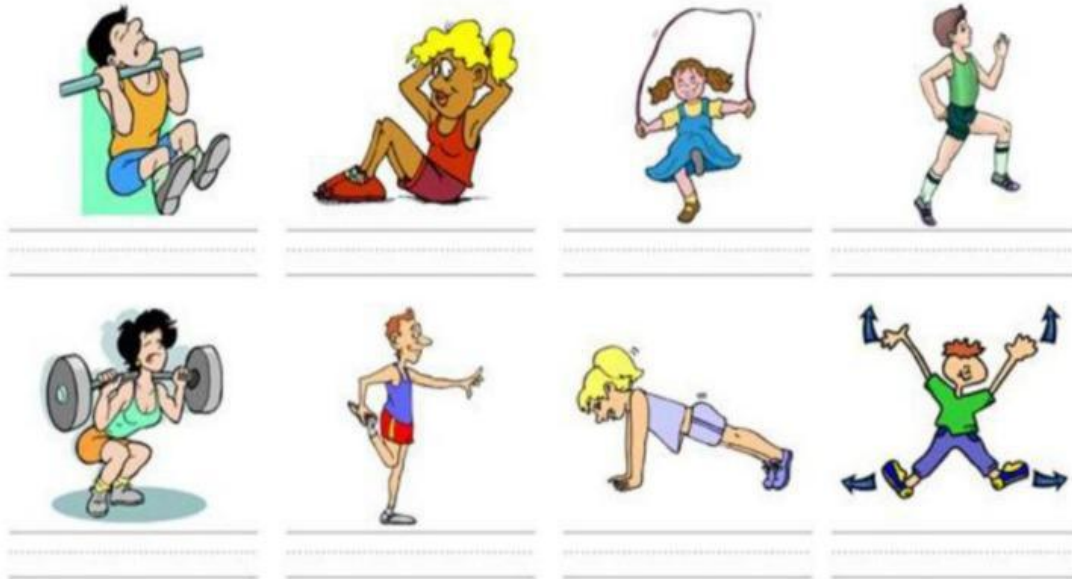


1. Can be defined as a general state of health and well-being or more specifically as the ability to perform physical activities associated with daily life with vigor and alertness and without getting overly tired is called \_\_\_\_\_.
2. \_\_\_\_\_ determines the ability of an individual to perform daily activities with vigor and demonstrate the capacities associated with low risk of premature development of hypokinetic diseases.
3. \_\_\_\_\_ is known for how much force your muscles can exert or how heavy weights they can lift.
4. It is also known as performance-related fitness components. It is associated with athletic competition but should be considered in the overall fitness of all individuals is called \_\_\_\_\_.
5. \_\_\_\_\_ is the ability of an individual to maintain their line of gravity within their base of support. It can be classified into static and dynamic.
6. \_\_\_\_\_ are the skills we need for moving balls and objects around.
7. The ability to move muscles and joints through a full range of motion is called \_\_\_\_\_.
8. \_\_\_\_\_ are those in which players send an object (such as a ball or dart) towards a target area.
9. \_\_\_\_\_ The skills used by an individual to move from one place to another.
10. \_\_\_\_\_ is defined as “a rapid whole-body movement with change of velocity or direction in response to a stimulus. It performs a series of explosive power movements in a rapid succession in opposing directions.



**Instructions:** Write the word True if the sentence is correct and False if the sentence is not correct.

- \_\_\_\_\_ 1. A healthy relationship should start at home.
- \_\_\_\_\_ 2. Being in a healthy relationship with all the members of the family contributes to a healthy society.
- \_\_\_\_\_ 3. Only the eldest members will do household chores and participate in positive decision-making.
- \_\_\_\_\_ 4. The family engages in healthy activities.
- \_\_\_\_\_ 5. A healthy family ignores healthy activities.
- \_\_\_\_\_ 6. Each member of the family did not share their secrets.
- \_\_\_\_\_ 7. The family chooses to go out with friends.
- \_\_\_\_\_ 8. A healthy family always fights with each other.
- \_\_\_\_\_ 9. Family members feel safe and connected to one another.
- \_\_\_\_\_ 10. Members of the family always care for each other.



a.



<https://www.istockphoto.com/illustrations/family-medicine>

b.



[https://www.123rf.com/photo\\_137470696\\_family-outdoor-activities-types-trendy-flat-vector-concepts-set-parents-and-child-playing-with-dog.html](https://www.123rf.com/photo_137470696_family-outdoor-activities-types-trendy-flat-vector-concepts-set-parents-and-child-playing-with-dog.html)



<https://www.alamy.com/stock-photo/family-health-and-fitness-concept.html?imgt=8&sortBy=relevant>



<https://www.alamy.com/family-fighting-flat-color-vector-detailed-character-set-image416313148.html>



<https://www.shutterstock.com/image-vector/illustration-sibling-fighting-over-remote-control-156249344>



<https://www.gettyimages.ca/detail/photo/things-are-getting-out-of-control-in-here-royalty-free-image/174229403?adppopup=true>

**A. Instructions:** Identify the following Levels of Exercise: Write LE for Light Exercise, ME for Moderate Exercise, and HE for Heavy Exercise. Put your answer in the space provided for each number.

- |                          |                            |
|--------------------------|----------------------------|
| _____ 1. Walking         | _____ 6. Running           |
| _____ 2. Basketball      | _____ 7. Gardening         |
| _____ 3. Walking Rapidly | _____ 8. Marathon          |
| _____ 4. Yoga            | _____ 9. Dancing           |
| _____ 5. Aerobics        | _____ 10. Distance Running |

**Instructions:** If the sentence is correct, write TRUE; if not, write FALSE.

- \_\_\_\_\_ 1. It is okay to keep the stagnant water from around your home.
- \_\_\_\_\_ 2. Avoid drinking contaminated water.
- \_\_\_\_\_ 3. Wash your hands properly.
- \_\_\_\_\_ 4. Drink 10-12 glasses of water a day.
- \_\_\_\_\_ 5. Eat fruits and vegetables.
- \_\_\_\_\_ 6. Street food is good for our health.
- \_\_\_\_\_ 7. The news that you read in newspapers and on television is fake.
- \_\_\_\_\_ 8. Stay away from anyone who is ill at all costs.
- \_\_\_\_\_ 9. One of the best things to avoid being sick is to break the chain of infection.
- \_\_\_\_\_ 10. Maintain clean and healthy surroundings.

