



PHYSICAL FITNESS



NAME:



1.- WHAT IS PHYSICAL FITNESS? **CHOOSE THE RIGHT ANSWER**

1Pt.

It's the process of training to become physically fit by a regimen of exercise, diet and rest also.

It's the process of training to become stronger, faster and more resistant.

It's the process of training and working out doing HIIT exercises.

2.- WHAT ARE THE FOUR PHYSICAL CAPABILITIES? **CHOOSE**

1Pt.

3.- WHAT DOES **HIIT** STAND FOR? WRITE IN CAPITAL LETTERS

1Pt.

4.- WHY IS IMPORTANT TO WARM UP BEFORE WORKING OUT?
CHOOSE THE RIGHT ANSWERS.

1Pt.

WARMING UP...

RAISES THE BODY TEMPERATURE

RAISES THE RISK OF INJURIES

RAISES THE BLOOD FLOW

REDUCES THE OXYGEN IN BLOOD

IMPROVES PERFORMANCE

PREPARES OUR MIND AND BODY FOR HEAVIER WORK

5.- DRAG THE NAME OF THE EXERCISE ON THE RIGHT PICTURE

1pt.

SQUAT

PLANK

CRUNCH

BURPEE

PUSH UP

JUMPING JACKS



6.- MATCH THE PICTURE WITH THE MUSCLES INVOLVED

1Pt.

ABDOMINALS

CARDIO

TRIZEPS,
PECTORAL

CORE



QUADRICEPS,
GLUTEUS AND
HAMSTRINGS



CORE, TRIZEPS,
PECTORAL,
ABDOMINALS,
GLUTEUS,
QUADRICEPS



6.- WHICH ONE IS A CARDIO EXERCISE? CHOOSE

1Pt.



7.- CHOOSE THE RIGHT ANSWERS

1Pt.

STRETCHING...

HELPS TO MOVE JOINTS

PREVENTS INJURIES

DOESN `T REDUCE STRESS

PROMOTES BETTER POSTURE

DOESN `T IMPROVE ATHLETIC PERFORMANCES

HELPS US EASE SORE MUSCLES

8.- MATCH THE MUSCLE AND THE PICTURE

2Pt.

TRIZEPS



QUADRICEPS



ABDOMINALS



CALF



TRAPEZIUS



GLUTEUS

