



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?
