

Keeping Fit and Active

Match the terms below to the definitions. Write the correct letters on the lines at the left of the definitions.

- | | |
|--------------------------|----------------------|
| a physical activity | f muscular endurance |
| b cardiovascular fitness | g muscular strength |
| c activity pyramid | h anaerobic exercise |
| d SAFE | i flexibility |
| e aerobic exercise | j warm-up |

- _____ 1. An acronym that stands for proper sleep, lots of activity, and good food choices, every day
- _____ 2. Any movement of muscles that uses energy
- _____ 3. A set of exercises that prepares your muscles—including your heart—to work hard
- _____ 4. The ability to bend and twist comfortably
- _____ 5. The ability to use your muscles for a long time without getting tired
- _____ 6. A graphic that provides guidelines on ways to build fitness
- _____ 7. A type of exercise that increases your heart rate for at least 20 minutes
- _____ 8. A type of exercise that uses up the oxygen in your muscles faster than it can be replaced
- _____ 9. Ability to use your muscles to lift, push, or pull heavy objects
- _____ 10. A healthy circulatory system

Name _____

Match each item in Column A with a label in Column B.

Column A

- _____ 11. feeling more relaxed
- _____ 12. helmets, shin guards, elbow pads, and kneepads
- _____ 13. abdominal crunches, sit-and-reach, and running the mile
- _____ 14. ice-skating and building snow sculptures
- _____ 15. swimming and beach volleyball

Column B

- a** summer activities
- b** safety equipment
- c** benefit of physical activity
- d** fitness tests
- e** winter activities

Write the letter of the best answer on the line.

- _____ 16. Which of the following is NOT a benefit of getting enough sleep?
 - A** building new cells
 - B** helping fight infections
 - C** repairing old cells
 - D** helping you set goals
- _____ 17. Which of the following is NOT a benefit of physical activity?
 - F** lower self-esteem
 - G** stronger bones and muscles
 - H** ability to handle stress
 - J** ability to do more
- _____ 18. This part of the respiratory system is a large, flat muscle that helps pull air into your lungs.
 - A** trachea
 - B** nose
 - C** diaphragm
 - D** ribs
- _____ 19. This is an aerobic exercise.
 - F** sprinting
 - G** bicycling
 - H** weight lifting
 - J** stretching
- _____ 20. If you are looking for ways to build fitness, this can help you develop a plan.
 - A** food
 - B** work
 - C** relaxation
 - D** activity pyramid

Name _____

21. Complete the table below by naming two aerobic exercises, two anaerobic exercises, and two warm-up/cool-down exercises.

Aerobic Exercises	Anaerobic Exercises	Warm-up/Cool-down Exercises

22. Ron is getting ready for basketball season and wants to improve his endurance and arm strength. What activities could he do to reach these fitness goals?

23. Name five activities you could do with your family during the summer that everyone would enjoy.

24. Sally has set a goal to score high in the stomach crunch event on the school's physical fitness test. Put together a plan she can use to reach this goal. Use the planning steps of the goal-setting skill.

25. What warm-up activities could you do before going for a long bike ride?
