Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_

Ray Middle School

Physical Education Make-Up Project

Physical Fitness

**Directions:** Complete the following packet using any and all resources you can find. This information is available on the PE webpage. To access the web page document:

1. Go to: <http://raymiddlepe.weebly.com/>
2. Click on PE Make-up Assignment

**Physical Fitness** refers to a condition in which an individual has sufficient energy to avoid fatigue and enjoy life. Physical fitness is divided into both health and skill related components.

Identify both the health and skill related fitness components on the diagram below:

Health Related

Skill

Related

The above listed physical fitness components are developed by using the principles of:

(Fill in the blanks in the boxes below)

S\_\_\_\_\_\_\_\_\_\_\_\_

O\_\_\_\_\_\_\_\_\_\_\_\_\_

P\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

You can improve the above through changes in \_\_\_\_\_, \_\_\_\_\_, & \_\_\_\_\_.

F\_\_\_\_\_\_\_\_\_\_\_\_\_

I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

T\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Use the terms below to correctly fill in the blanks.**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ refers to the ability of the heart and lungs

to provide oxygen rich blood to the muscles during physical activity for a

prolonged period of time.

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ refers to the range of motion permitted

around a joint or series of joints.

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ refers to the ability of a muscle to exert a

 maximal force over a short period of time.

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ refers to the percentage of body fat in

comparison to lean muscle tissue (ie. how much of your body is composed of fat

vs bone and muscle).

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ refers to the ability of a muscle to sustain

repeated contractions over an extended period of time.

6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are the aspects of fitness that enable one

to remain physically healthy.

7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .involve skills that will enhance one’s

performance in athletic or sports events.

8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ refers to the ability to change and control

the direction and position of the body while maintaining a constant, rapid motion.

9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ refers to the time that passes between a

stimulus and a response.

10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ability to control or stabilize the body

(distribute body weight equally under a variety of conditions) when still or

 Moving.

11. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the product of force x speed.

12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ refers to the ability to use the senses

together with body parts during movement (ie. body parts work together to

perform a task).

13. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ refers to the amount of distance one can

travel over a period of time.

**Terminology:**

Health Related Fitness Components Skill Related Fitness Components Speed

Cardiorespiratory Endurance Muscular Strength Power

Flexibility Body Composition Agility Muscular Endurance Coordination Balance Reaction Time

**Anatomy Identification:** Fill in the blanks to identify each bone on the diagram.



**Fill in the blanks to identify each muscle group in the diagram.**



**List 10 benefits of a physically active lifestyle:**

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.