Wellness & PE

1st/3rd Nine weeks Study Guide

1. Volleyball is a physical activity you can participate with others in a team setting during leisure time. (EQ 3)
2. By taking time to incorporate exercise into your daily routine, you will value the importance of participating in physical activity. (EQ 4)
3. Golf is a great physical activity to play alone during your leisure time. (EQ 3)
4. Participating in a newly offered workout class at the YMCA is a way to demonstrate a willingness to try new activities for challenge and personal reward. (EQ 2)
5. You can apply cardiovascular fitness, flexibility, muscular strength, and endurance in physical activity by using the Presidential Physical Fitness Test. (EQ 9)
6. The heart is in the cardiovascular body system. (EQ 7)
7. Wearing a helmet and pads during football practice is a way to apply proper safety practices when participating in physical activity. (EQ 10)
8. A way to have a positive attitude toward physical activity is going to the YMCA and learning how to use the equipment even though you have never been to a gym before. (EQ 1)
9. By joining an athletic team, you can make a commitment to include physical activity as an essential part of a healthy lifestyle. (EQ 5)
10. Lifting weights will benefit your muscular and skeletal body systems. (EQ 7)
11. If I swing the bat as hard as I can, I may not make contact with the ball. (EQ 1)
12. Even if I keep my eye on the ball while swinging, I still may not make contact and get on base. (EQ 1)
13. As the teacher, teaching your class the rules and procedures for Satyrn ball but not enforcing them is not the best example of executing procedures, rules and etiquette as they relate to the learning and performance of physical activities. (EQ 2)
14. As long as I bring my hand over my head in a throwing motion and release the ball, it will go directly to the person I am aiming for is a false statement. (EQ 1)
15. The Sit and Reach test is not a way to practice muscular endurance. (EQ 9)