Name: Date:

Teacher: Grade:

**Part 1. Multiple Choice: Circle only one answer. 2 points**

1. Which two ways did you learn this week to check your heart rate?
2. Chest and Leg
3. Shoulder and head
4. Neck and wrist
5. Feet and thumb

**Part 2. Write the answer in the numbers below: 1 Point each**

|  |  |  |  |
| --- | --- | --- | --- |
| Cardiovascular  | Offensive | Gym | Kinesiology |
| Jump | Mr. Rios | Ball | Body Composition  |
| Performance | Flexibility  | Kick | Jogging |
| Diet | Warm up | Muscular Endurance | Candy |
| Muscular Strength  | Athlete  | Throw | leader |

1. Using the word bank above list three of the five components of health related fitness. Extra credit if you can name all five.

1)

2)

3)

4)

5)