Skills Worksheet

Reteaching – Pgs. 126-132

Section: Physical Fitness and Your Health

PART I

 1. In the list below, circle the physical benefits of exercise.

 2. In the list below, underline the mental benefits of exercise.

development of strong bones improved body composition

mood improvement decrease in anxiety

prevention of heart disease healthy blood pressure level

increase in energy healthy cholesterol level

improved self-image improved sleep

PART II

Complete these statements about the five components of physical fitness.

 3. Exercises that cause the muscles to push against a force heavier than they normally push against can develop \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 4. Exercises that cause the muscles to keep working for a period of time can develop \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 5. Aerobic activities can be done for an extended period of time and supply oxygen to your muscles. Such activities help develop \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 6. Having good \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ can prevent injury when you are exercising.

 7. You can change your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by exercising regularly and eating healthfully.

 8. Being involved in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ helps develop your motivation, leadership, and cooperation skills.

 9. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is an organization that enables and encourages people with learning disabilities to become physically fit.

 10. Despite the fact that people who have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ may experience tightness in the chest and coughing during exercise, physical activity is part of their treatment plan.

 11. Exercising throughout life can help to delay or prevent some of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ associated with growing older.