

Mt. Eden High School



P.E Make-up #6

Name: _____

Period: _____

Roll # _____

Teacher: _____

CARDIOVASCULAR ENDURES

In the first homework, "Why Physical Education Homework," the following components of physical fitness were mention: cardiovascular endures, flexibility, and strength. This week's homework will highlight the area of **cardiovascular endurance**. Another name for cardiovascular endurance is aerobic fitness. Aerobic exercise strengthens your heart & lungs. Aerobic activities use the large muscles of the arms and legs, giving the heart, and lungs a **continuous** workout for at least 20 minute. In other words, continuous and sustained activity should raise and maintain the heart and breathing and maintain one's fitness level, it should be done **at least three times a week**.

Answer the following questions based on the reading above:

1. What areas of the body does aerobic exercise specifically strengthen?

2. What is another name for cardiovascular endurance? _____

Below is a list of different activities. Put X next to the ones that aerobic.

Bicycling__ Baseball__ Running__ Sit-ups__ Skateboarding__ Leg Lifts__ Swimming__ DDR__
Sprinting__ Weight Lifting__ Roller Bladding__ Brisk Walking__ Soccer__ Football__ Dance__
Rockwall__ Tennis__ Volleyball__ Cheer__ Band__ Golf__

*This week you are to complete 3 days of **AEROBIC** activities These activities ***should be done on three separate days*** to receive full credit. The time spent on each aerobic activity should be at least **20 minutes**.*

	<u>DATE</u>	<u>ACTIVITY</u>	<u>TIME</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____

PARENT SIGNATURE: _____

DATE: _____

(A parent signature verifies that the above exercise was performed & is required in order to receive credit)