

Mt. Eden High School



P.E Make-up #7

Name: _____

Period: _____ Roll # _____

Teacher: _____

Balance, Coordination, and Speed

The following are some common components of physical fitness. Read the brief definition and give an example of any exercise, sport or activity that can help you improve in that specific area.

1. Balance: The ability to maintain position and equilibrium while in a stationary position.

Example: _____

2. Coordination: The ability to integrate muscles and senses.

Example: _____

3. Speed: The ability to cover a designated distance quickly

Example: _____

Aerobic Activity: Do 3 days of 20 minutes of aerobic activity

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

Strength Activity: For strength development do **4 separate days** of the following

A. 15 push-ups & 30 sit-ups

Circle the days you complete Upper body and Lower body exercises.

Upper Body: Fri. Sat. Sun. Mon. Tues. Wed. Thurs.

PARENT SIGNATURE: _____ DATE: _____

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