

Give an example of a dynamic stretch.

Arm circles while walking.

Explain the importance of warming up before exercising.

It prepares muscles and joints for movement.

Provide an example of muscular endurance.

Holding a plank for one minute.

Define the recommended amount of daily physical activity for children and adolescents.

60 minutes.

Give an example of a muscular strength activity.

Push-ups.

Describe the first action to take if a classmate falls and appears injured.

Run and get help from an adult.

Explain teamwork in sports with an example.

Encouraging teammates and passing the ball.

Identify an activity that improves cardiorespiratory endurance.

Jogging.

Provide an example of good sportsmanship.

Helping an opponent up after they fall.

Describe the importance of hydration during physical activity.

It helps regulate body temperature and prevent dehydration.

What is the best way to improve flexibility?

Stretching regularly.

Give an example of a lifetime physical activity.

Swimming for fitness.

Describe the main benefit of practicing good posture.

It helps prevent injuries and back pain.

What should you do if you feel dizzy or lightheaded during exercise?

Sit down, rest, and drink water.

Define the acronym F.I.T.T. in fitness training.

Frequency, Intensity, Time, and Type.

Explain why balance is important in physical activity.

It prevents injuries and helps with coordination.

What is the primary function of carbohydrates in a healthy diet?

To provide energy for the body.

Give an example of aerobic exercise.

Jumping rope.

Identify the most important safety rule when participating in physical activities.

Follow rules and use proper equipment.

What should you do after a workout to help your muscles recover?

Do a cool-down stretch.

How does playing team sports help with social skills?

It teaches communication and cooperation.

Describe the best way to maintain a healthy body weight.

Exercise regularly and eat a balanced diet.

Describe the role of protein in your diet.

It builds and repairs muscles.

Provide an example of a non-locomotor skill.

Stretching.

Explain the importance of setting fitness goals.

It helps you improve and stay motivated.