

Ms. Fagan's 2<sup>nd</sup> Semester Physical Education Classes

Read the following pages . Answer the questions on these 2 pages only (1-11). Due no later than 2:00 pm on January 29, 2016. Turn this page (hard copy with answers) into Ms. Fagan only. The responses must be legible. No computer typing to answers. Handwrite your answers. This is your opportunity to show you did the work. Have it reflect the quality of work you turn in to your teachers. Take your time.

Name (Print Last, First) \_\_\_\_\_ Period PE \_\_\_\_\_

**Fill in the blank.**

1. \_\_\_\_\_ after being physically active in order to allow the heart and body to gradually slow down and return to normal.
2. \_\_\_\_\_ is a movement based type of stretching. It can help prepare muscle and joints to be physically active.
3. \_\_\_\_\_ is the bone of the lower leg that is large.
4. \_\_\_\_\_ is the bone of the lower arm, pinky side.

**Complete sentences responses.**

5. Why is having a strong muscular system important? (2 reasons)
  
  
  
  
  
  
  
  
  
  
6. What skeletal motion does the latissimus dorsi provide?

**Short Answer.**

7. What does F.I.T.T. stand for?

F =

I =

T =

T =

8. What are the 5 components of fitness?

- 1.
- 2.
- 3.
- 4.
- 5.

**Nutrition one/two word answers.**

9. Write a food for each of the food groups below.

Vegetables \_\_\_\_\_

Fruit \_\_\_\_\_

Grain \_\_\_\_\_

Dairy \_\_\_\_\_

Protein \_\_\_\_\_

10. (Pg. 15)

Name one snack you would circle to eat before or after an activity. \_\_\_\_\_

Name one snack you would have drawn a line through that should not be eaten before or after an activity. \_\_\_\_\_

**Math**

11. How many teaspoons of sugar are in a 16 oz. energy drink? \_\_\_\_\_

Questionnaire