Name:_____ Period:_____ Due:_3 days after_____

PE Written Assessment

(for students who are absent from classtime)

<u>Directions:</u> Complete this assignment and email back to your teacher. This assignment is worth one PE class period.

1. Define Aerobic activity.

2. Give 5 examples of Aerobic activity.
    1.
    2.
    3.
    4
    5.

3. Choose 3 of the above activities and explain why they are considered to be Aerobic activities.
    1.

    2.

    3.

4. Explain how Aerobic activity will benefit your overall health. (30 words or more)

5. How might Aerobic activity be different for an individual who is thin compared to an individual that is obese? (30 words or more)