Name:_____ Period:____ Due: 3days 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 Anaerobic activity.

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

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

    2.

    3.

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

5. How might Anaerobic activity be different for an athlete compared to an elderly person using a walker? (30 words or more)