Name:_____ Period:_____ Due:_____

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 Muscular Strength.

2. Give 5 examples of Muscular Strength activities.
    1.
    2.
    3.
    4
    5.

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

    2.

    3.

4. Explain how Muscular Strength activities will benefit your overall health. (30 words or more)

5. How might Muscular Strength activities be different for an individual who participates in power lifting compared to an individual who participates in competitive swimming? (30 words or more)