

Name: _____ Period: _____ Due: _____

PE Written Assessment

(for students who are absent from classtime)

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

1. Define Flexibility.
2. Give 5 examples of Flexibility activities.
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
3. Choose 3 of the above activities and explain why they are considered to be Flexibility activities.
 - 1.
 - 2.
 - 3.
4. Explain how Flexibility activities will benefit your overall health. (30 words or more)
5. How might Flexibility activities be different for an individual who participates in gymnastics compared to an individual who participates in baseball/softball? (30 words or more)