

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 Cardiovascular Endurance.
2. Give 5 examples of Cardiovascular Endurance.
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
3. Choose 3 of the above activities and explain why they are considered to be Cardiovascular Endurance activities.
 - 1.

 - 2.

 - 3.
4. Explain how Cardiovascular Endurance activities will benefit your overall health. (30 words or more)
5. How might Cardiovascular Endurance activities be different for an individual who has heart problems compared to an individual who has a healthy heart? (30 words or more)