

Name: _____ Period: _____ Due: _____

PE Written Assessment

(for students who are absent from classtime)

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

1. Choose any physical activity that you have participated in.
2. How often do you participate in this activity?
3. Explain how you got involved in this activity?

Using the 4 components fitness, please answer the following questions.

4. In what ways does this activity incorporate Cardiovascular Endurance? (20 words or more)
5. In what ways does this activity incorporate Flexibility? (20 words or more)
6. In what ways does this activity incorporate Muscular Endurance? (20 words or more)
7. In what ways does this activity incorporate Muscular Strength? (20 words or more)