
CSET: Physical Education (I)

Name 6 individual motor and physical fitness variables - correct answer -agility

- balance
- coordination
- flexibility
- speed
- strength

What are the 3 kinds of body type (somatype) and how do they affect motor performance? - correct answer -endomorphs: large, strong but slow

- mesomorphs: muscular, fast and agile
- ectomorphs: skinny, lack power and strength, endurance

What are the components of perceptual-motor development and how do they affect performance? - correct answer students need to interpret stimuli/cues in order to coordinate movements

- visual
- auditory
- tactile
- kinesthetic: awareness of the position and movement of the parts of the body

What physical changes occur in a child aged 3-5 and what impact on motor performance does it have? - correct answer -boys tend to be stronger

- lack fine motor skills
- can't focus on small objects for long
- girls tend to be better coordinated

Physical Education Cset Study Guide

Clemens Wendtner



Physical Education Cset Study Guide:

Whispering the Techniques of Language: An Emotional Journey through **Physical Education Cset Study Guide**

In a digitally-driven earth where screens reign supreme and immediate connection drowns out the subtleties of language, the profound strategies and psychological subtleties concealed within phrases usually go unheard. However, set within the pages of **Physical Education Cset Study Guide** a interesting fictional treasure sporting with natural thoughts, lies an exceptional quest waiting to be undertaken. Written by an experienced wordsmith, this wonderful opus encourages readers on an introspective journey, softly unraveling the veiled truths and profound affect resonating within the material of each and every word. Within the emotional depths of this touching review, we shall embark upon a honest exploration of the book is primary themes, dissect its charming writing design, and yield to the effective resonance it evokes heavy within the recesses of readers hearts.

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