

PHYSICAL EDUCATION

STUDY GUIDE

PART I.

DIRECTIONS: Review the following terms and concepts. Do not try to memorize the definitions, rather think about and understand: 1.) what the concepts mean to you, and 2.) how we have worked on physical fitness in class. Please review with a parent if possible.

What is wellness?

- Wellness is a state of excellent health which includes mental, physical, and emotional characteristics or parts. Wellness can be more easily achieved by being physically fit, eating healthy, and getting enough rest (sleep).

What is physical fitness?

- Physical fitness is the capacity of the heart, lungs, and muscles to function at optimum efficiency (the human body to work at its best). It is important for health, physical performance, and mental well being. It does not mean that you are the best at a given sport or sport skill.

What does it mean to be physically fit?

- Children who are physically fit have sufficient endurance to participate in moderate to vigorous activities without undue fatigue.
- These children can participate longer and play harder than those less fit.
- Children who are physically fit develop a positive attitude toward an active and healthy lifestyle.

Physical Education Study Guide Answers

CL Gary



Physical Education Study Guide Answers:

Physical Education Study Guide Answers Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Physical Education Study Guide Answers**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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