

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

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Physical Education Study Guide Answers:

Unveiling the Power of Verbal Artistry: An Mental Sojourn through **Physical Education Study Guide Answers**

In a global inundated with monitors and the cacophony of instant transmission, the profound power and emotional resonance of verbal artistry frequently fade in to obscurity, eclipsed by the regular assault of noise and distractions. However, situated within the musical pages of **Physical Education Study Guide Answers**, a charming perform of literary elegance that impulses with fresh emotions, lies an remarkable journey waiting to be embarked upon. Penned by a virtuoso wordsmith, this magical opus courses viewers on an emotional odyssey, softly exposing the latent possible and profound affect embedded within the intricate web of language. Within the heart-wrenching expanse of the evocative examination, we can embark upon an introspective exploration of the book is central subjects, dissect their fascinating publishing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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Physical Education Study Guide Answers Introduction

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