

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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begin is r 3ds 3ds 3ds 3ds chain 3ds 3ds 3ds 3ds joining at the side picots for a total of 7 rings and chains

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number of stitches is increased from those of the first onion ring because the stitches need to go around the outside of the
inner ring if you were to create a third ring around the second ring the third ring would require even more

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the tail near the end of the needle with your right index finger you can release the thread as soon as soon as the first ds is
made step 2 the first half of the double stitch 1

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