

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 And Health Study Guide

J Rink



Physical Education And Health Study Guide:

Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Physical Education And Health Study Guide**

In a world inundated with screens and the cacophony of instant interaction, the profound energy and psychological resonance of verbal art usually fade into obscurity, eclipsed by the regular onslaught of sound and distractions. Yet, located within the lyrical pages of **Physical Education And Health Study Guide**, a interesting perform of literary brilliance that pulses with natural thoughts, lies an wonderful trip waiting to be embarked upon. Published with a virtuoso wordsmith, this mesmerizing opus guides readers on a mental odyssey, softly revealing the latent possible and profound affect embedded within the complex web of language. Within the heart-wrenching expanse of this evocative analysis, we can embark upon an introspective exploration of the book is main styles, dissect its captivating publishing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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