**8th Grade Physical Education**

S3.M6

1. What are the recommended minutes per day for moderate to vigorous physical activity to maintain physically fit?
2. 90 minutes
3. 30 minutes
4. 60 minutes

S3.M8

1. Name a technology device that can monitor your heart rate. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S3.M1

1. Write an exercise to match the health-related fitness component.
2. Cardio-respiratory Endurance \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Muscular Strength/ Endurance \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Flexibility \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S3.M11

1. Muscular strength is the max amount of weight you can lift, and muscular endurance is the ability to continuously lift a weight over and over.
2. True
3. False

S3.M3

1. Name 3 benefits of valuing participation in a variety of self-selected cardio-respiratory fitness activities outside of school such as walking, jogging, biking, skating, dancing, and swimming.

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S3.M9

6. Why is it important to stretch?

a. To make you stronger

b. To make you more flexible

c. To give you more energy

7. A portion of your body is composed of fat and a portion of your body is composed of other tissue, such as muscle, bones, and organs. Which health-related component does this mostly represent?

S3.M10

a. Body Composition

b. Muscular Strength

c. Flexibility

S3.M14

8. The movement of blood through the heart is called:

a. Locomotion

b. Heart pump

c. Circulation

S3.M16

9. Match the following with the nutrients:

a. Carbohydrates Build muscle

b. Fats 1st Energy source

c. Proteins Store Vitamins

S3.M14

10. Label the muscles by placing the letter by the line.

A person's body with muscles

AI-generated content may be incorrect.

1. Bicep
2. Triceps
3. Deltoids
4. Gastrocnemius
5. Trapezoids
6. Hamstrings
7. Gluteus Maximus
8. Quadriceps
9. Pectoralis
10. Latissimus dorsi
11. Abdominals