



QUESTION OF THE DAY

Question

What is
sportsmanship?

Answer

Fair and generous
behavior or treatment
of others, especially in
a sports contest

Question

What is
nutrition?

Answer

The process of
providing or
obtaining the food
necessary for
health and growth.

Question

What is muscular endurance?

Answer

The ability to continue contracting a muscle, or group of muscles, against resistance, such as weights or body weight, over a period of time.

Question

What is muscular strength?

Answer

Muscular strength is the maximal amount of force that a muscle or group of muscles can generate at one time.

Question

What is cardiovascular endurance?

Answer

How well your heart and lungs can supply the oxygen you need while you exercise at medium to high intensity.

Question

What is Physical activity ?

Answer

Any bodily movement produced by skeletal muscles that results in energy expenditure

Question

What is exercise?

Answer

is a subset of physical activity that is planned, structured, and repetitive and has as a final or an intermediate objective the improvement or maintenance of physical fitness.

Question

What is balance?

Answer

Is the ability of an individual to maintain their line of gravity within their base of support.

Question

What is Power?

Answer

Is the rate at which one is able to exert maximal force.

Question

What is reaction time?

Answer

Is the time elapsed between stimulation and the beginning of the reaction to it.

Question

What is speed?

Answer

Is the ability to perform a movement within a short period of time.

Question

What is
motivation?

Answer

The general desire or
willingness of
someone to do
something.

Question

What is
confidence?

Answer

The feeling or belief
that one can rely on
someone or
something.

Question

What is
responsibility?

Answer

The state or fact of
having a duty to deal
with something or of
having control over
something.

Question

What is physical literacy?

Answer

A combination of the motivation, physical competence, knowledge of, and confidence of physical skills and movement.

Question

What does it mean to be physically fit?

Answer

The ability to carry out daily tasks with vigor and alertness, without undue fatigue and with ample energy to enjoy leisure-time pursuits and to meet unforeseen emergencies.

Question

What is Agility?

Answer

The ability to change body positions quickly with control.

Question

What is Defense?

Answer

Protecting a space
from an opponent.

Question

What is fleeing?

Answer

Traveling quickly
away from a object or
person pursuing.

Question

What is self
space?

Answer

An area away from
someone or
something.

Question

What is an
implement?

Answer

A device used to
perform a skill or task.

Question

What is a locomotor?

Answer

A movement that gets the body from one spot to another.

Question

What are the
components of
SMART goals?

Answer

Specific
Measurable
Attainable
Realistic
Timely

Question

Can you
demonstrate
jogging?

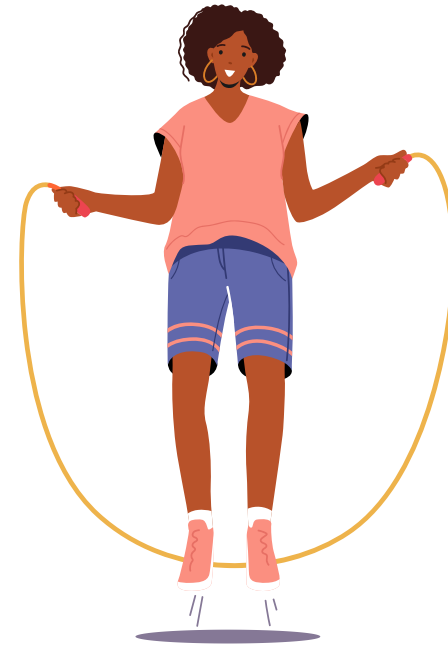
Answer



Question

Can you
demonstrate
jumping rope?

Answer



Question

Name 3 exercises

Answer

Question

Name 3
exercises

Answer

Burpees
Push ups
Sit ups

Question

Name 3 healthy
foods

Answer

Question

Name 3 healthy
foods

Answer

Broccoli
Apples
Lettuce

Question

Answer

Question

Can you
demonstrate

.....?

Answer

Question

What is

.....?

Answer