



# 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

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

# Question

What is Power?

# Answer

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?

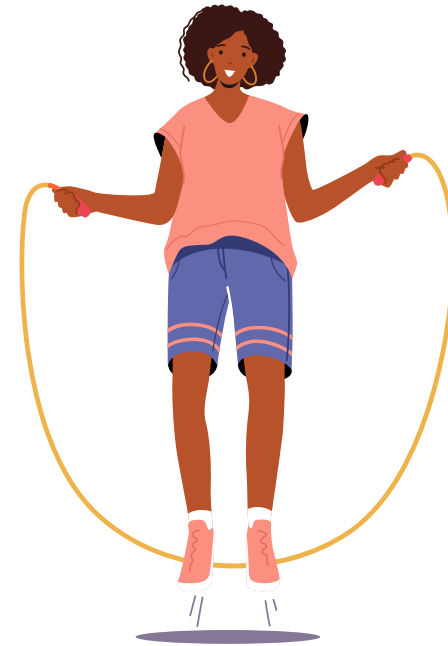
# Answer



# 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