

FIND SOMEONE WHO KNOWS...



What does the acronym F.I.T.T. stand for?

F=
I=
T=
T=

Guidelines for training!



List 5 fitness principles

- 1.
- 2.
- 3.
- 4.
- 5.



What are the 2 main areas of physical fitness?

List the 6 skill-related fitness components in alphabetical order:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

List the 5 Health-Related Fitness Components in alphabetical order:

- 1.
- 2.
- 3.
- 4.
- 5.

List the 3 parts of a workout:

- 1.
- 2.
- 3.



On the back of this paper,
1. list the 6 National Physical Education Standards.
2. List as many benefits of physical activity as you can.