

# 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.

On the back of this paper,  
1. list the 5 National Physical Education Standards.  
2. List as many benefits of physical activity as you can.



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

1.

2.

3.

4.

5.



List the 3 parts of a workout:

1.

2.

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

1.

2.

3.

4.

5.

6.



1.  
2.  
3.

