

TOOLS FOR LEARNING PLUG & PLAY FITNESS



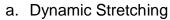
ACADEMIC LANGUAGE QUIZ

Deliberate actions that consider the well-being of the individual, group, and physical environment.



- b. Conformity
- c. Safe Behaviors
- d. On-Task Actions

The ability to bend and move the joints through the full range of motion.



- b. Flexibility
- c. Muscular Endurance
- d. Static Stretching

A specific way of performing a physical activity or movement to promote safety, enhance benefits, and avoid injury.



- b. Gym Etiquette
- c. Overall Fitness
- d. Exercise Form

The process of working together for a common goal or outcome.



- b. Cooperation
- c. Communication
- d. Leadership

An individual's psychological and emotional well-being.

a. Mental Health

b. Good Health

c. Wellness

d. Stress Management

The ability of a muscle to continue to perform without fatigue.

- a. Muscular Power
 - b. Muscular Tone
 - c. Muscular Strength
 - d. Muscular Endurance

The maximum amount of force a muscle can produce in a single effort.

- a. Muscular Fitness
- b. Muscular Tone
- c. Muscular Strength
- d. Muscular Endurance

Any physical movement that uses the body's energy.

- a. Physical Activity
 - b. Physical Education
 - c. Aerobics
 - d. Exercise



