

Name\_\_\_\_\_

Teacher\_\_\_\_\_

## Fitness Knowledge 3<sup>rd</sup> Grade

Standards: Identifies at least 2 activities for each component of health related fitness.  
Recognizes physiological indicators that accompany vigorous physical activities.

1. List an exercise that makes your heart beat faster?
2. List two things that happen to your body during cardiovascular exercises.
3. List each exercise under the correct Health Related Fitness Component.

PACERStretchingPush-upCurl-up Sit-n-ReachWall SitJumping JacksPull-ups
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### Muscular Endurance

1.

2.

### Muscular Strength

1.

2.

### Flexibility

1.

2.

### Cardiovascular Endurance

1.

2.