

Blizzard Bag Day 3 - Physical Education

Grade 4

Parents / Guardians - Thank you for encouraging and supporting your child to complete the physical education activity in this blizzard bag assignment.

1. Please match the Fitness Component on the left with the definition on the right

1. Cardiovascular Endurance / Aerobic	_____ Stretching muscles to move through the range of motion for a joint
2. Muscular Strength	_____ Heart and lungs working together to provide oxygen and fuel to the body during prolonged activity
3. Muscular Endurance	_____ Muscle performing continuously without fatiguing
4. Flexibility	_____ The amount of force a muscle can produce once

2. Go outside and play / exercise with parental / adult permission for at least 20 minutes. If you are unable to go outside because of weather conditions choose an active activity to complete for at least 20 minutes inside.

After completing the activity write down below what activity you did and which components of fitness the activity / activities relate to.

Activity performed _____ Fitness Component _____

Activity performed _____ Fitness Component _____

Activity performed _____ Fitness Component _____

Activity Performed _____ Fitness Component _____