

Sachem Middle School
Physical Education Assessment Work Sheet
Grade 7

Directions: Match the Component of Fitness to its correct definition.

Muscular Strength	The ability to move a joint through its full range of motion. (Example: Sit and Reach)
Muscular Endurance	The ability of your heart and lungs to work together to fuel your body with oxygen. (Example: Running the mile)
Cardiovascular Endurance	The ability to sustain an activity for a long period of time. (Performing 15 reps or more)
Flexibility	The amount of body fat you have compared to the amount of muscle you have.
BMI	Maximum amount of force that a muscle can exert. (Performing 1 rep with heavy weight)

Directions: Choose the best answer to complete the sentence.

- 1) Agility is a combination of balance, speed and coordination. An example of this would be _____.
- A. Push-up B. Pacer test C. Leg press
- 2) Cardiovascular endurance is the ability of your heart and _____ to work together to fuel your body with oxygen. Swimming is a great activity that will overall increase your cardiovascular endurance.
- A. Lungs B. Diaphragm C. Sternum

3) _____ exercise: This exercise is a kind of activity that requires oxygen. Example: Swimming.

- A. Aerobic B. Anaerobic C. Intense

4) _____ exercise: These exercises use muscles at a high intensity for a short period of time. Example: A push-up

- A. Aerobic B. Anaerobic D. Easy

5) It is important to exercise daily because muscles that are not used for a long time usually become _____.

- A. Weaker B. Stronger C. Stay the same.

Directions: Study the diagram below.



