

Physical Education

Chapter 9 Page 133

Name: _____

Date: _____

Period: _____

Objectives:

- Define physical skills and list 5 examples.
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-

- 1.
- 2.
- 3.
- 4.
- 5.

- Explain how skill related fitness abilities differ from physical skills.

- Identify and explain factors that affect skill related fitness and skills.

- What is the importance of assessing personal skill related fitness.

- List the four categories of sports.

- 1.
- 2.
- 3.
- 4.

- Explain why fitness is important to sports participants.
- Identify categories of sports for which participants must be especially fit.
- Explain the guidelines for choosing a sport.