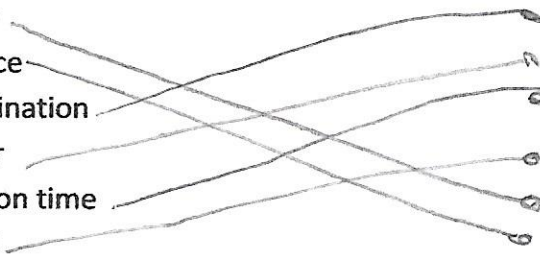


Fitness for Life  
Chapter 9 – Chapter review

1. Sports that you can do by yourself are called Individual sports.
2. Catching, throwing, and kicking are examples of skill related.
3. The largest age group that plays team sports is high school.
4. Sports that can be done when you grow older are life, time sports.

Next to each number, write the letter of the best answer.

- |                  |   |                                       |
|------------------|---|---------------------------------------|
| 5. agility       |  | a use of senses and muscles together  |
| 6. balance       |   | b strength times speed                |
| 7. coordination  |   | c starting a movement quickly         |
| 8. power         |   | d covering a distance in a short time |
| 9. reaction time |   | e changing directions quickly         |
| 10. speed        |   | f maintaining an upright posture      |

11. What are some of the ways to self-assess your skill-related physical fitness?  
Side shuttle, stick balance, wand juggling...
12. What is the difference between skill and skill-related physical fitness?  
Skill related is a particular activity, skill is in general
13. Which sports are best for developing each of the five health-related parts of physical fitness?  
active sports
14. Why might team sports not be good as an only choice for your lifetime activity plan?  
Not as many opportunities for adults
15. What are some guidelines for choosing sports?  
fun, safe (cliff jumping) you like it.
16. Why is it important to be physically fit when participating in sports?  
So you can be successful, and safe.