



# 1.2

## Activity

Student text pages 17-20

### HEALTH- AND SKILL-RELATED FITNESS STUNTS

**Objective:** To learn about health-related fitness and skill-related fitness.

**Part 1:** Health-Related Physical Fitness Stunts

**Procedure:**

1. Try each of the activities on textbook pages 17-18.
2. As you do each activity, think about how one part of health-related fitness differs from another. These activities are not tests of your fitness but are intended to give you a general idea of the nature of each fitness part. See how close you come to doing each activity.
3. After you have tried each activity, place a check in the box to show that you have attempted the exercise.

#### Part 1: Health-Related Fitness

Activity	Attempted
Run in Place (Cardiovascular Fitness)	<input type="checkbox"/>
Two-Hand Ankle Grip (Flexibility)	<input type="checkbox"/>
Single-Leg Raise (Muscular Endurance)	<input type="checkbox"/>
Arm Pinch (Body Fatness)	<input type="checkbox"/>
90-Degree Push-Up (Strength)	<input type="checkbox"/>

#### Discuss Your Results

1. Did you perform as well on the activities as you thought you would?

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2. What benefits might you gain by improving your health-related fitness?

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3. Of the benefits you listed in question 2, which is the most important to you? Which is the least important?

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