

## Grade 8 Fitness Unit Assignment

Name: \_\_\_\_\_

Homeroom: \_\_\_\_\_

=====

The activity I participate in is \_\_\_\_\_

**It involves the following Fitness Components:**

**(Any combination of muscular strength, muscular endurance, flexibility and cardio-vascular endurance)**

\_\_\_\_\_ because \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ because \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ because \_\_\_\_\_

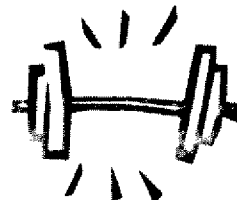
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ because \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





**Fill out the following chart:**

<b>What skills are needed to perform well in this activity?</b>	<b>What muscle/muscles are used in each of these skills?</b>	<b>What exercise can I do to workout this muscle?</b>