

Name: _____
Date: _____ Period _____

Physical Activity Worksheet

A. What is Your Physical Activity IQ?

Read each of the following statements. Indicate each statement you believe as either true-T; false-F; or maybe-M.

- _____ 1. People who regularly participate in physical activity definitely have a longer life span.
- _____ 2. When you start a physical activity routine you should start slowly until your body adjusts.
- _____ 3. You should always stretch before participating in any physical activity.
- _____ 4. One of the top benefits of regular physical activity is lowering the body's risk for certain diseases.
- _____ 5. Improved quality of sleep is a benefit of physical activity.
- _____ 6. The term "physical activity" is another term for exercise.
- _____ 7. Regular physical activity increases concentration and focus in class.
- _____ 8. Most high school students today are too busy to find time to engage in regular physical activity.
- _____ 9. The first step to integrate physical activity into your daily life is to set aside time each day (as little as 10 minutes as a start) for regular physical activity.
- _____ 10. Dancing alone in your bedroom is an example of physical activity.

B. Next step, review correct answers projected on screen. **Circle** the number of those statements that you missed. **Pay attention** to those areas during lesson.