

7th Grade Due Friday, Oct.4

Name _____ Assignment # 3

Running # _____

Period _____

P.E. VOCABULARY

In COMPLETE sentences please do the following:

1. Define each vocabulary word as it relates to health/physical education.
2. Do not copy or plagiarize; use your own words.
3. Answer the question with complete sentences.

1. Pulse-

2. Effort-

3. Aerobic activity-

4. Anaerobic activity-

Sentence: Chargers vs. Raiders

Who will win this football game? Explain why?

