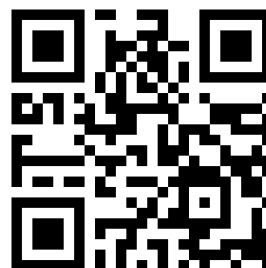


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Exam Education Physical الملف

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**SECOND QUARTER EXAMINATION
PHYSICAL EDUCATION 6**

NAME _____

GRADE LEVEL: 6

INSTRUCTIONS: Fill in the blank with the correct word or groups of words. (5pts)

LC: Enumerate the different benefits of simple aerobic exercise.

Aerobics is a form of _____. It makes the _____ pump a little faster and makes one breathe quickly. Because of this, it is called a _____ type of exercise. There are many forms of aerobics. It can be in the form of a _____, or a _____, or a simple set of exercises.

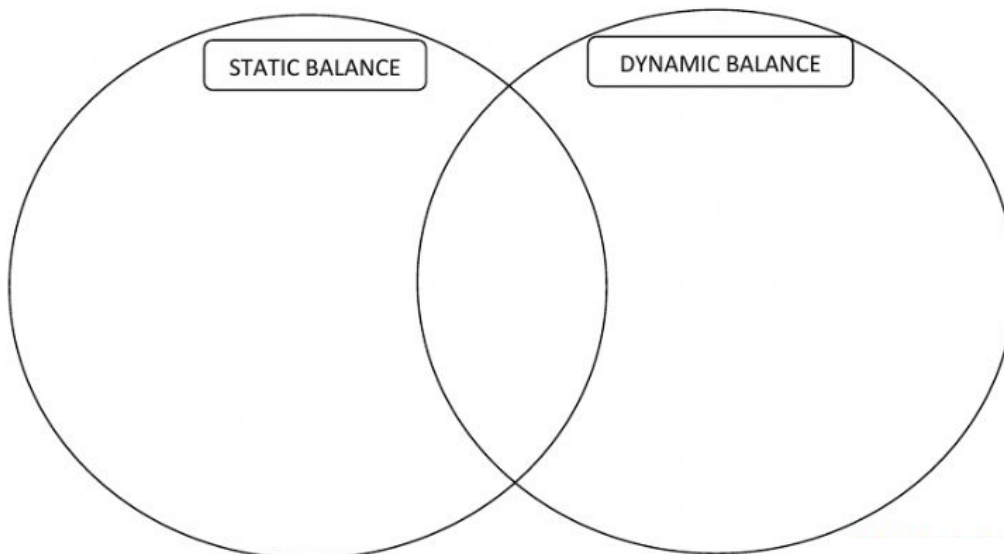
INSTRUCTIONS: Identify the following aerobic terms. (5pts)

LC: Identify the effects of aerobics on one's body.

- _____ 1. To raise a part of your body to a specific direction.
- _____ 2. To move away from your place.
- _____ 3. To step forward or backward using the same leading foot and closing the step with the other foot.
- _____ 4. To touch the floor lightly with your toes
- _____ 5. To change the leading foot used in the exercise

INSTRUCTIONS: Using Venn Diagram write the common and the differences of Static and dynamic balance. (15pts)

LC: Explain the difference between static and dynamic balance using Venn Diagram.



AEROBIC EXERCISE!

INSTRUCTIONS: Do a simple aerobic exercise follow the instruction below. Take a picture and record your breathing. (20pts)

LC: Show a simple aerobic exercise.

BREATHING

Slowly raise your heels and arms up and slowly put them down, inhaling raise the arms and exhaling as you put them down. (16 counts)

	RESTING PULSE BEAT	EXERCISE HEARTBEAT
PULSE BEAT		