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الملف Abilities Physical about Worksheet

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### **Homework 1: Physical Conditioning Abilities**

**Exercise 1: match each physical ability with its correct definition:**

<b>Endurance</b>	It is the ability to exert a force against a resistance made by a muscle or a group of muscles, it allows us to move or raise heavy things.
<b>Flexibility</b>	It is the ability that allows us to maintain an effort for a relatively long time. It is also related to the capacity of recovering after an effort.
<b>Speed</b>	It is the ability of performing a movement or covering a distance as fast as possible.
<b>Strength</b>	It is the ability to achieve an extended range of motion without damage, thanks to joint mobility and elasticity of the tissues.

**Exercise 2: Choose the name of the correct Physical Conditioning Ability that belongs to each exercise**

 <p><u>ENDURANCE</u> <u>FLEXIBILITY</u> <u>SPEED</u> <u>STRENGTH</u></p>	 <p><u>ENDURANCE</u> <u>FLEXIBILITY</u> <u>SPEED</u> <u>STRENGTH</u></p>	 <p><u>ENDURANCE</u> <u>FLEXIBILITY</u> <u>SPEED</u> <u>STRENGTH</u></p>	 <p><u>ENDURANCE</u> <u>FLEXIBILITY</u> <u>SPEED</u> <u>STRENGTH</u></p>
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