

This file was downloaded from the American Curriculum website



abilities Physical about Worksheet الملف

[Almanahj Website](#) → [American curriculum](#) → [7th Grade](#) → [Physics](#) → [Term 1](#) → [The file](#)

More files for 7th Grade , Subject Physics , Term 1

Homework 1: Physical Conditioning Abilities

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

| | |
|--------------------|--|
| Endurance | 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. |
| Flexibility | 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. |
| Speed | It is the ability of performing a movement or covering a distance as fast as possible. |
| Strength | 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> |
|  <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> |
|  <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><small>Fig. 1 Test de Course Koethle (le Lager y Lambert)</small></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> |  <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> |