

FITNESS

Cardiovascular Endurance	
Flexibility	
Muscular Endurance	
Muscular Strength	
Body Composition	

BPM (Beats Per Minute)	
Resting	After Exercising

FITNESS

Cardiovascular Endurance	The ability of the heart, lungs, and blood vessels to move and use oxygen
Flexibility	Ability of your joints and muscles to move through a range of motion
Muscular Endurance	The ability to move your body or an object repeatedly for a long period of time
Muscular Strength	The maximum amount of force that a muscle can exert one time
Body Composition	The percentage of fat, bone, water, and muscle in your body to maintain an ideal body weight

BPM (Beats Per Minute)	
Resting	After Exercising

Exit Slip

3. Name 3 of the five components of health

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2. Share 2 things you learned from today's lesson

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1. What is 1 area (or component) of health that you want to focus on during our future PE classes?

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