t Collect and Conquer

*Directions*: There are **12** cards placed under cones. The cones can be anywhere throughout the gym, locker rooms, laundry room, pool, wrestling room, weight room, and hallways in between. Your team is competing against the other groups to be the first to match the cards with the questions on this page. When you write down the answer, don’t forget to **write the symbol that is attached to each answer**!! Your team must stay together at all times. When you have all twelve answers and symbols, jog to find me and I will check your answers.

*Team members:*

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a mental benefit of physical activity.

**Symbol:**

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the amount of movement possible at a joint.

**Symbol:**

3. Making new friends, being part of a team, and learning cooperation skills are all benefits of physical activity that fall under the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ category.

**Symbol:**

4. The heart and lungs work together to keep the muscles supplied with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Symbol:**

5. Losing/maintaining weight is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ benefit of physical activity.

**Symbol:**

6. There are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ health related fitness components.

**Symbol:**

7. You can be a physically fit athlete without being \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Symbol:**

8.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the ability to exercise your whole body for a long time.

**Symbol:**

9. Flexibility improves efficiency in sports like swimming and hurdling, so \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is used.

**Symbol:**

10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are used in all physical activities.

**Symbol:**

11. Your health is also dependent on other factors such as a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, your level of self-esteem, and developing positive relationships with other people.

**Symbol:**

12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is an example of an activity that would require cardiovascular fitness.

**Symbol:**

|  |  |
| --- | --- |
| Physical | Increased Self Esteem |
| Social | Five |
| Healthy | Cardiovascular    Fitness |
| Oxygen | Less Energy |
| Flexibility | Balanced Diet |
| Soccer | Muscles |