

• **select the most correct answer and underline.**

1) In order to lead a healthy life we must maintain our,

i . Physical fitness

ii . Mental fitness

iii . Social fitness

iv . All mentioned above

2) A minor game activity to improve strength.

i . Cock fight

ii . Fishing the net

iii . Shuttle relay

iv . Braking the tail

3) This physical fitness factor help to complete various movement fast, correctly and efficiency.

i . Coordination

ii . Endurance

iii . Flexibility

iv . Strength

4) Which is the most important fitness factor for a dance.

i. Flexibility ii. Speed iii. Endurance iv. Strength

5) Select the activity which is used to measure one's speed.

- i . Throwing ii . Jumping iii . Walking iv . Running

6) Ability to engage in an activity easily for long time

- i. Flexibility ii. Speed iii. Endurance iv. Coordination

7) Ability to move and bend body parts easily

- i. Strength ii. Flexibility iii. Endurance iv. Coordination

8) The test done to test strength

- i. Stretch down ii. Agility run iii. 800m run iv. Jumping up

9) An activity to improve strength

- i. ambili penima ii. Cock fight
iii. Fishing the net iv. Shuttle relay

10) Cool down exercise is done

- i. While continuing the game
ii. Before started the game
iii. End of the game
iv. None of the above

- **Answer all the questions.**

1. What are the sports activities related to endurance?
2. State some minor games to improve speed.
3. Write some minor games to improve strength.
4. State the tests to measure speed.
5. Explain the tests to measure your flexibility.
6. Explain in brief the activity coordination test.
7. State the test to measure strength.
8. State the test can be done to measure the endurance.
9. State the activities that can be done in day to day life to develop physical fitness.
10. Write the benefits that the one gain by developing physical fitness factors.