
13. LET US DEVELOP OUR PHYSICAL FITNESS

• Read the following statements and mark ☒ if correct and mark ☐ if incorrect.

- 1) Physical fitness factors can be developed by engaging in meditation. ()
- 2) Long distance runner need a high speed. ()
- 3) Flexibility is the ability to move body parts freely and effectively at joints. ()
- 4) Short distance runner needs a great endurance. ()
- 5) Warming up exercises decreases the body temperature. ()
- 6) Football player must have an endurance to a greater extent. ()
- 7) Shot put player needs a great speed. ()
- 8) Gymnastic player needs a greater flexibility. ()
- 9) Ability to do an activity in a shortest time is speed. ()
- 10) Those who are physically fit have less. ()

- **Answer the all questions.**

- 1) Name the three areas of fitness.
- 2) What are the activities you can do to develop your physical fitness?
- 3) Name the physical fitness factors ones should improve to lead a healthy life.
- 4) What is meant by the word speed?
- 5) What are the sports activities related to speed?
- 6) What is meant by the word strength?
- 7) What are the sports activities related to strength?
- 8) What is meant by the word flexibility?
- 9) What are the sports activities related to flexibility?
- 10) What is meant by the word endurance?