



PROVINCIAL DEPARTMENT OF EDUCATION – WEEKLY SCHOOL

SUBJECT :- HEALTH AND PHYSICAL EDUCATION

WEEK :- 16th

GRADE :- 08

CREATED BY :- ZONAL EDUCATION OFFICE , EMBILIPITIYA

Let us Develop Health Related Fitness

We perform bodily function on a daily basis. To perform these we use strength speed flexibility and endurance. Physical fitness is the ability to correctly perform bodily functions and these abilities are the qualities of being physically fit. They are called physical fitness factors.



Physical fitness factors are two categories

1. Skill related physical fitness
2. Health related physical fitness



Health related physical fitness factors are the factors that directly affect the health.



Health related physical fitness

1. Cardiovascular endurance
2. Muscular endurance
3. Muscular strength
4. Flexibility
5. Body composition

Questions

1. What is physical fitness?
2. These exercises can be performed at home by walking, Riding bicycles, Jogging, Swimming.