

Name: \_\_\_\_\_

# PE vocabulary quiz

1. the ability to change directions quickly
  2. grayish whitish nerve matter that controls all your bodily functions
  3. your hearts ability to do something for a long time
  4. the ability to move your joints fully to prevent muscle injury
  5. the ability to use your muscles to do activities
  6. the amount of time it takes to get moving
  7. sustained repetitive physical activity that raises the heart rate and increases oxygen use
  8. fair play, respect for opponents, and polite behavior by someone who is competing in a sport or other competition
  9. a plan of action to achieve a goal
  10. flexor and extensor muscles like bicep and tricep or to shorten and lengthen
- A. strategy
  - B. Brain
  - C. aerobic exercise
  - D. sportsmanship
  - E. reaction time
  - F. agility
  - G. muscle contraction/relaxation
  - H. cardiovascular endurance
  - I. flexibility
  - J. muscular strength