

Reteaching Activity 3-5

Directions: Complete the chart below.

A Complete Workout	
List the three components of a complete workout.	
1.	_____
2.	_____
3.	_____
List the two types of warm-ups.	
1.	_____
2.	_____
List the two phases of an active warm-up.	
1.	_____
2.	_____
List three examples of a passive warm-up.	
1.	_____
2.	_____
3.	_____
List two types of active warm-ups and give an example of a warm up for each type.	
1.	_____
2.	_____
List four warm-up guidelines.	
1.	_____
2.	_____
3.	_____
4.	_____
List the two parts of the cooldown in the order they should occur.	
1.	_____
2.	_____

Lesson 3-5

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