

CREATIVE ARTS
WEEK ONE – MONDAY

1. Define physical fitness.

2. State four components of physical fitness.

i) _____

ii) _____

iii) _____

iv) _____

3. Explain the importance of physical fitness in daily life.

4. Describe two types of exercises used in fitness training.

i) _____

ii) _____

5. Explain why warming up is important before sports activities.

6. State two benefits of cooling down after exercise.

i) _____

ii) _____

TUESDAY

1. Identify three safety measures observed in sports.

i) _____

ii) _____

iii) _____

2. Explain the role of teamwork in sports performance.

3. Describe how discipline affects success in sports.

4. State two roles of a referee in games.

i) _____

ii) _____

5. Explain the importance of rules in sports activities.

6. Describe how to manage a minor injury during play.

Parent's/Guardian's Signature _____

Date _____

