

Name: _____ Date: _____

Answer Key: Nail the Fit-Bit: A 5th Grade Fitness Component Challenge

Analyze 10 real-world scenarios to see how rock climbing, karate, and hiking test your body's specific energy systems and physical strengths.

1. Maya is practicing her karate kata and notices she can perform a high kick above her shoulder. Which component of fitness is she primarily using?

Answer: C) Flexibility

Flexibility refers to the range of motion in a joint. High kicks require the muscles and connective tissues around the hip to stretch significantly.

2. True or False: To improve cardiovascular endurance, you must participate in activities that keep your heart rate elevated for a long period of time, such as a 20-minute hike.

Answer: A) True

Cardiovascular endurance involves the heart and lungs' ability to deliver oxygen to muscles during sustained physical activity.

3. When a rock climber holds their entire body weight while pulling themselves up a ledge one time, they are demonstrating ____.

Answer: A) Muscular Strength

Muscular strength is the maximum amount of force a muscle can exert in a single effort, like a heavy lift or pull.

4. Which of these is the best example of a 'sustained effort' that builds cardiovascular endurance?

Answer: B) Cross-country skiing for 3 miles

Cross-country skiing is an aerobic activity that requires the heart and lungs to work consistently over time.

5. The ratio of lean tissue (muscles and bones) to fat tissue in the human body is known as ____.

Answer: B) Body Composition

Body composition describes the percentages of fat, bone, water, and muscle in human bodies.

6. True or False: Stretching only after a workout is the only way to maintain a healthy body composition.

Name: _____ **Date:** _____

Answer: B) False

False. While stretching helps flexibility, body composition is primarily influenced by a balance of nutrition and various types of exercise.

7. If Leo wants to improve his flexibility for gymnastics, which activity should he add to his weekly routine?

Answer: C) A 15-minute static stretching session

Static stretching involves holding a position to lengthen muscles, which directly improves the flexibility component.

8. A person who can kayak across a large lake without getting tired is showing high levels of ____.

Answer: D) Cardiovascular Endurance

Performing a repetitive motion like paddling for a long duration tests the efficiency of the heart and lungs.

9. How does improving your 'Muscular Strength' help you in daily, non-sports activities?

Answer: A) It makes it easier to carry a heavy backpack to school.

Muscular strength is used whenever you need to apply force to move an object, such as lifting a heavy bag.

10. True or False: Every person has a body composition, regardless of how much they exercise.

Answer: A) True

Body composition is simply the makeup of your body; everyone has a specific ratio of fat, muscle, and bone.