

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

## **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.

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**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?**

- A. Muscular Strength
- B. Cardiovascular Endurance
- C. Flexibility
- D. Body Composition

**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.**

- A. True
- B. False

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

- A. Muscular Strength
- B. Flexibility
- C. Body Composition
- D. Cardiovascular Endurance

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

- A. A 50-meter sprint
- B. Cross-country skiing for 3 miles
- C. Doing one heavy push-up
- D. Touching your toes

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

- A. Physical Mass
- B. Body Composition
- C. Muscular Strength
- D. Weight Density

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

- A. True
- B. False

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

- A. Lifting heavy milk crates
- B. Sprinting up a hill
- C. A 15-minute static stretching session
- D. Eating more proteins

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

- A. Flexibility
- B. Body Composition
- C. Speed
- D. Cardiovascular Endurance

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

- A. It makes it easier to carry a heavy backpack to school.
- B. It helps you remember the rules of games better.
- C. It allows you to hold your breath longer underwater.
- D. It increases the range of motion in your neck.

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

- A. True
- B. False