

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.

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

Name: _____ **Date:** _____

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