

Name \_\_\_\_\_

### **Entrance Activity**

<b>Term/Word</b>	<b>Define or describe the word</b>
Target	
Heart	
Rate	

**Go to webpage and click on My resources link for video**

### **Rocky Video**

What are the activities Rocky is doing that shows he is physically fit? Write down at 2 examples of muscular endurance and 2 examples of cardiovascular endurance exercises.

ME= \_\_\_\_\_

CV= \_\_\_\_\_



