Aerobics make-up

Option #6

Attend a VHMS, WHS or College sporting event

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE OF ABSENCE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What event did you attend?

What time did the event start and end?

How many players/athletes were playing?

What type of warm-up exercises were the athletes performing?

Was the athletic event aerobic exercise or anaerobic exercise?

What type of hydration and nutrition were the athletes using while the game/event was going on?

While watching the different athletes, did you notice that any one of them had advantages or disadvantages such as weight, height or speed?

How did those advantages help the team to be successful?

Which team won?

Name two things you saw the athletes doing that we have worked on in class.

1.

2.

What are two goals you have for yourself? These can be fitness goals, nutrition goals or general healthy goals.

1.

2.