

# PHYSICAL EDUCATION KNOWLEDGE

- 1) PHYSICAL EDUCATION TEACHES KIDS TO ...
- 2) MVPA - MODERATE TO VIGOROUS PHYSICAL ACTIVITY
- 3) PERCEIVED RATE OF EXERTION
- 4) HEART RATE MONITORS & HEART RATES
- 5) FIVE COMPONENTS OF FITNESS
- 6) FITT PRINCIPLE OF EXERCISE
- 7) PLAY 60 MINUTES A DAYS
- 8) 10 MAJOR MUSCLE GROUPS
- 9) BENEFITS OF EXERCISE / REASONS TO EXERCISE
- 10) IMPORTANCE OF BONE STRENGTHENING ACTIVITIES