

Types of Activities

For each activity that is listed, identify whether it is primarily endurance, flexibility or strength.

<u>Activity</u>	Endurance	Flexibility	Strength
Stretching			
Walking			
Step aerobics			
Skate boarding			
Push-ups			
Climbing stairs			
Squatting			
Sit-ups/ abdominal crunches			
Baseball			
Throwing a baseball			
Swimming			
Strolling			
Hockey			
Rollerblading			



ANSWER SHEET

Types of Activities

For each activity that is listed, identify whether it is endurance, flexibility or strength. Check the box(es) that apply.

<u>Activity</u>	Endurance	Flexibility	Strength
Stretching		✓	
Walking	✓		
Step aerobics	✓		
Skate boarding	✓		
Push-ups			✓
Climbing stairs	✓		
Squatting		✓	
Sit-ups/ abdominal crunches			✓
Baseball	✓		
Throwing a baseball			✓
Swimming	✓		
Strolling	✓		
Hockey	✓		
Rollerblading	✓		