

Name: ALBANIEL, JAYPEE B.

Grade & Section: 12 – GAS 5

What I Know

Pretest

1. D
2. A
3. B
4. C
5. D
6. C
7. D
8. B
9. D
10. B

What's In Task 1

1. TRUE
2. TRUE
3. TRUE
4. FALSE Human foods and products are not good for wildlife. Therefore, it is not advisable to feed it to.
5. FALSE It is not okay to rearrange stones found in rivers and lakes.

WHAT I CAN DO

TASK 2

#### FITT PRINCIPLES

| LOCATION               | OUTDOOR ACTIVITY | FREQUENCY           | INTENSITY | TYPE                                                     | TIME       |
|------------------------|------------------|---------------------|-----------|----------------------------------------------------------|------------|
| 1. MARCOS STADIUM      | BASKETBALL       | MONDAY TO WEDNESDAY | MODERATE  | Dribbling and shooting - speed and coordination exercise | 30 Minutes |
| 2.PAWILI PILL, CAM SUR | RUNNING          | THURSDAY TO FRIDAY  | MODERATE  | Running - stamina and endurance exercise                 | 30 Minutes |
| 3. MARCOS STADIUM      | BIKING           | SATURDAY            | MODERATE  | Biking - cardiovascular exercise                         | 40 Minutes |

# Fitt Principle Pretest

**Karin Nielsen-Saines**



**Fitt Principle Pretest:**

## Decoding **Fitt Principle Pretest**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Fitt Principle Pretest**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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