

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

Lingjun Ying



Fitt Principle Pretest:

Unveiling the Power of Verbal Beauty: An Emotional Sojourn through **Fitt Principle Pretest**

In a world inundated with monitors and the cacophony of fast communication, the profound power and emotional resonance of verbal artistry often fade in to obscurity, eclipsed by the regular barrage of noise and distractions. However, set within the lyrical pages of **Fitt Principle Pretest**, a captivating perform of literary brilliance that impulses with natural feelings, lies an unique journey waiting to be embarked upon. Written by way of a virtuoso wordsmith, this interesting opus guides readers on a mental odyssey, lightly revealing the latent possible and profound impact stuck within the complicated web of language. Within the heart-wrenching expanse with this evocative examination, we can embark upon an introspective exploration of the book is key subjects, dissect their fascinating writing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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web the primary approach is to analyse and study the grammatical rules of the language usually in an order roughly matching the traditional order of the grammar of latin then practise manipulating grammatical structures through translation into and from the mother tongue the method is based on the written word and texts are widely available

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