

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

American College of Sports Medicine

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the American College of Sports Medicine text.

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