



Grade 8

Health and Physical
 Education.

Unit : 15 Let us develop health related fitness

Part I

Underline the most suitable answer

1. A benefit of developing cardiovascular endurance is,
 - i) The waste products of the body are quickly excreted
 - ii) Muscles can generate more strength
 - iii) A good figure due to well defined muscles
 - iv) Development of sports skills

2. An exercise used to develop muscular strength is,
 - i) Stretching exercises
 - ii) Push - ups
 - iii) Gymnastics
 - iv) Yoga

3. This is not a benefit having a good body composition
 - i) Can maintain the body mass index (BMI)
 - ii) Due to a low amount of fat, easy to man oeuvre body and engage in activities are easier
 - iii) Increase joint pains
 - iv) Prevent non-communicable diseases

4. The following picture shows
 - i) Half-squat
 - ii) Push-ups
 - iii) Yoga
 - iv) Gymnastic



5. Cycling can be used to develop
 - i) Muscular endurance
 - ii) Cardiovascular endurance
 - iii) Muscular strength
 - iv) Flexibility

Part II

- Answer all questions.

(1) Write 4 factors that help physical fitness. Define them.

(2) State 5 benefits of developing cardiovascular endurance.



(3) State 5 exercises that can use to develop muscular endurance.

(4) State 4 benefits of developing muscular strength.