**COMPONENTS OF PHYSICAL FITNESS EXIT CARD**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Today you learned about the four components of physical fitness! In the space below, please write down the four components and one activity example beside each and hand it in before you leave.

|  |  |
| --- | --- |
| **Component of Fitness** |  **Activity Example**  |
| **1.** |  |
| **2.** |  |
| **3.** |  |
| **4.** |  |

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