



Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

The key guidelines for school-aged children and adolescents focus on **three types of activity**—aerobic, muscle strengthening, and bone strengthening. Each has important health benefits. Certain activities can be aerobic as well as muscle or bone strengthening.

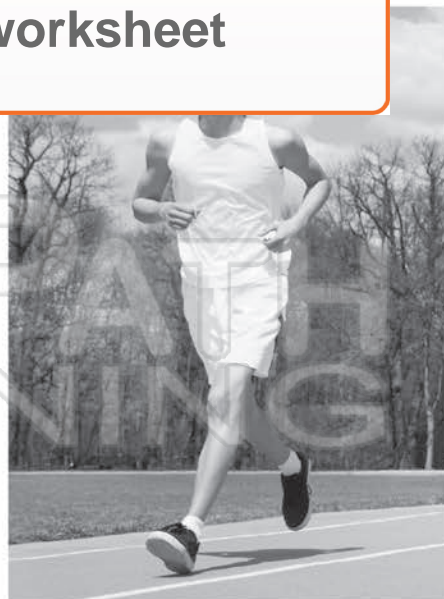
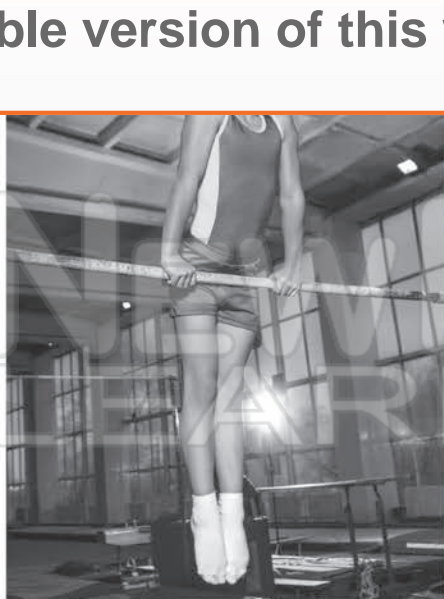
## Go Team! Group Sports

Aerobic activities are those in which young people rhythmically move their large muscles for a sustained period of time. *Basketball, football, soccer, baseball* and *volleyball* are all sports that involve aerobic activities. Aerobic activities increase **cardiorespiratory fitness**.



## PREVIEW

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Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

## Group Sports

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List Group Sports

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- \_\_\_\_\_
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- \_\_\_\_\_
- \_\_\_\_\_



**PREVIEW**

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List Activities

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