

*Name:* \_\_\_\_\_ *Class:* \_\_\_\_\_ *Oct Assignment*

**Gr. 7 - Physical Fitness Assignment - Due date Oct 15th**

Give a definition for the term FITNESS:

Explain the term or concept of the FITT principle.

**NAME**

**MEANING**

**F -**

**I -**

**T -**

**T -**

What is meant by the term “body composition” Explain:

**List the 4 main components to physical fitness**

**1**

**2**

**3**

**4**

