

Name_

AEROBIC BENEFIT STUDENT WORKSHEET

_____Date____

Start with any numbered card. Read and discuss the benefit of aerobic exercise. Write the benefit on this sheet next to the corresponding number. Perform the activity written on the other side of the activity card. Find the card with the <i>next consecutive number</i> . Each time, read and discuss the benefit, write the benefit on this sheet, and perform the activity on the card. Report to your teacher when completed.	
# Benefit	
1.	
2.	
3.	
4.	
5.	
15.	

Activity 3.2 Aerobic Benefit Student Worksheet

 $From \, NASPE, 2011, \textit{Physical Best activity guide: Middle and high school levels}, 3rd \, edition \, (Champaign, IL: Human \, Kinetics).$