

Name:

# Meet and Greet

**Directions:** You will be asked to find a partner for a specific activity– ask them their name and write in the corresponding box. Complete the assigned activity with a partner then work together to see if you can answer the question in that box. You will have a new partner for each activity.

<b>Jumping Jack Partner</b> Name:  Q: How many calories = 1lb?	<b>High 5 Partner</b> Name:  Q: What, in numbers, is your target heart rate zone?	<b>Plank Partner</b> Name:  Q: List one physiological benefit of exercise	<b>Push Up Partner</b> Name:  Q: How many steps should you take every day?
<b>Skipping Partner</b> Name:  Q: List the 5 health-related components of fitness 1. 2. 3. 4. 5.	<b>Wall Squat partner</b> Name:  Q: Which macronutrient contains the highest number of calories per gram? Carbohydrates Fat Protein	<b>Skaters Partner</b> Name:  Q: What does FITT stand for? F = I = T = T =	<b>Frisbee Partner</b> Name:  Q: Goals should be SMART. What does SMART stand for? S = M = A = R = T =
<b>1 Lap Partner</b> Name:  Q: List one psychological benefit of exercise	<b>Sit up Partner</b> Name:  Q: How many minutes of physical activity are recommended each day?	<b>Warrior Partner</b> Name:  Q: What is a risk factor?	<b>Lunges Partner</b> Name:  Q: What circuit training?
<b>Crab Walk Partner</b> Name:  Q: What fitness test measures cardiovascular fitness	<b>Ski Jump Partner</b> Name:  Q: What is your favourite physical activity?	<b>Bear Walk Partner</b> Name:  Q: List one social benefit of exercise	<b>One Leg Lift Partner</b> Name:  Q: What is interval training?