

Bubble Rubble Quiz 1

Erroneous Exercise

Directions

For each activity disc, circle whether it is an aerobic activity, strength activity, or sedentary activity.



Aerobic Strength Sedentary



Aerobic Strength Sedentary



Aerobic Strength Sedentary



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Aerobic Strength Sedentary



Bubble Rubble Quiz 1

Erroneous Exercise



Roller-blading

Aerobic Strength Sedentary



Jump Rope

Aerobic Strength Sedentary



Sleeping

Aerobic Strength Sedentary



Listening to Music

Aerobic Strength Sedentary



Stationary Bike

Aerobic Strength Sedentary



Gymnastics

Aerobic Strength Sedentary



Football

Aerobic Strength Sedentary



Push-ups

Aerobic Strength Sedentary



Music Lessons

Aerobic Strength Sedentary



Volleyball

Aerobic Strength Sedentary



Horseback Riding

Aerobic Strength Sedentary



Active Video Game

Aerobic Strength Sedentary



Weight Training

Aerobic Strength Sedentary



Dips

Aerobic Strength Sedentary



Martial Arts

Aerobic Strength Sedentary



Lunges

Aerobic Strength Sedentary



Ice Skating

Aerobic Strength Sedentary



Shopping

Aerobic Strength Sedentary

