

Bubble Rubble Quiz 3 Application

Directions

Applying what you've learned from Bubble Rubble, circle the category that best describes each of the new activities below.

1. Playing a board game is a(n)
 - a. Aerobic Activity
 - b. Strength Activity
 - c. Sedentary Activity

2. Roller skating is a(n)
 - a. Aerobic Activity
 - b. Strength Activity
 - c. Sedentary Activity

3. Lifting hand weights is a(n)
 - a. Aerobic Activity
 - b. Strength Activity
 - c. Sedentary Activity

4. Running a marathon is a(n)
 - a. Aerobic Activity
 - b. Strength Activity
 - c. Sedentary Activity

5. Doing the dishes is a(n)
 - a. Aerobic Activity
 - b. Strength Activity
 - c. Sedentary Activity

6. Leg raises are a(n)
 - a. Aerobic Activity
 - b. Strength Activity
 - c. Sedentary Activity

7. Speed walking is a(n)
 - a. Aerobic Activity
 - b. Strength Activity
 - c. Sedentary Activity



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8. Bench pressing is a(n)
 - a. Aerobic Activity
 - b. Strength Activity
 - c. Sedentary Activity

9. Racquetball is a(n)
 - a. Aerobic Activity
 - b. Strength Activity
 - c. Sedentary Activity

10. Lifting groceries is a(n)
 - a. Aerobic Activity
 - b. Strength Activity
 - c. Sedentary Activity

11. Relay racing is a(n)
 - a. Aerobic Activity
 - b. Strength Activity
 - c. Sedentary Activity

12. Abdominal curls are a(n)
 - a. Aerobic Activity
 - b. Strength Activity
 - c. Sedentary Activity

13. Playing tug of war is a(n)
 - a. Aerobic Activity
 - b. Strength Activity
 - c. Sedentary Activity

14. Doing homework is a(n)
 - a. Aerobic Activity
 - b. Strength Activity
 - c. Sedentary Activity

15. Reading a magazine is a(n)
 - a. Aerobic Activity
 - b. Strength Activity
 - c. Sedentary Activity



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16. Tricep push-ups are a(n)
 - a. Aerobic Activity
 - b. Strength Activity
 - c. Sedentary Activity

17. Playing dodge ball is a(n)
 - a. Aerobic Activity
 - b. Strength Activity
 - c. Sedentary Activity

18. Jumping jacks are a(n)
 - a. Aerobic Activity
 - b. Strength Activity
 - c. Sedentary Activity

19. Lunges are a(n)
 - a. Aerobic Activity
 - b. Strength Activity
 - c. Sedentary Activity

20. Eating dinner is a(n)
 - a. Aerobic Activity
 - b. Strength Activity
 - c. Sedentary Activity

