

## Bubble Rubble Quiz 3

### Application – Answer Key

#### 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**

