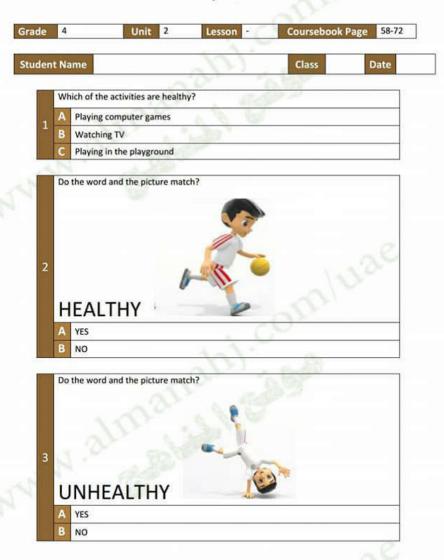


Pop Quiz





Pop Quiz

Answer Key

Q1	C
Q2	A
Q3	В
Q4	A
Q5	В



Pop Quiz

4	What should we do to warm up?	
	A	Pulse raising activity
	В	Stand still
	C	Play football

5	What should we do to cool down?	
	A	Play games
	В	Pulse lowering activity
	C	Pulse raising activity

Total Marks