

## Resource 3

### Benefits of Physical activities Quiz

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. Give another word for physical activities? \_\_\_\_\_

2. Give some examples of physical activities? \_\_\_\_\_

3. Explain what the word 'benefits' means? \_\_\_\_\_

4. What are the three different benefits of exercise?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

5. Name one social benefit of exercise? \_\_\_\_\_

6. Name one physical benefit of exercise? \_\_\_\_\_

7. Name one mental benefit of exercise? \_\_\_\_\_

