Seventh Grade Assessment

2.5.8.A.1, 2.5.8.A.2

How does our practice of the skills relate to the game situation?

Many coaches say, "you should practice like you play in a game". What does this mean?

During the practice of pass routes this checklist will be used to evaluate the students' progress.

Name	Weight Transfer	Power	Speed	Agility	Range of Motion
:					
			Pomenti della sitta di Cara di		
				AMACONI CONTRACTOR OF THE CONT	
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Seventh Grade Assessment

2.6.8.A.3, 2.6.8.A.4

A fit-bit is an example of an advancement if which of the following fields?

Medical

Technological

How is this type of equipment used to promote fitness?