



WRITTEN EXIT SLIPS

3-4 / 2

TRACK AND FIELD SKILLS AND LEAD-UP ACTIVITIES

GETTING STARTED

Outcome: *I can identify the warm-up as an important part of physical activity.*

STUDENT NAME _____ CLASS PERIOD _____

Which of the following is an important part of physical activity that helps get you going and prevents injuries?

Fitness

Sitting

Warm-Up

Yelling



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