

Physical Education

- answers are to be complete and printed.
- this worksheet is intended for those who are injured or need to do make-up work.
- answers can be found using the internet.

Briefly describe "**Shin Splints**" -

What is a quick source of **Vitamin "D"**?

What is a "**Cover 2**" in Football?

Who played specifically as a "**Cornerback**", Deion Sanders, Jack Tatum, Bo Jackson, or Ronnie Lott?

What other sport did **Bo Jackson** try to play?

What other sport did **Herschel Walker** play?

Carl Lewis competed in what events?

Who is the world record holder in the Men's and Women's **Triple Jump**?

What position did **Jamaal Wilkes** play and for what team did he play?

How did **Duke Kahanamoku** die and what sport did he gain recognition?

Where is **Punahoe**?

Where is **Bells Beach** and why is it famous?

Is the "**Green Flash**" real? What is it?