

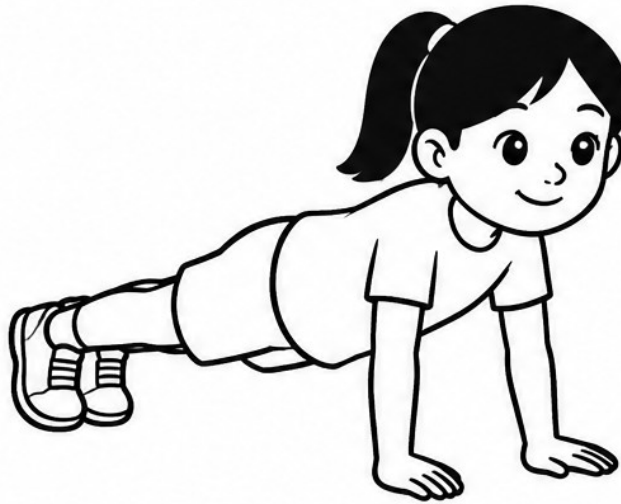
Trace the words. Then color the picture.

Name _____ Date _____

Basic Exercise Moves



Jumping



Push-Up

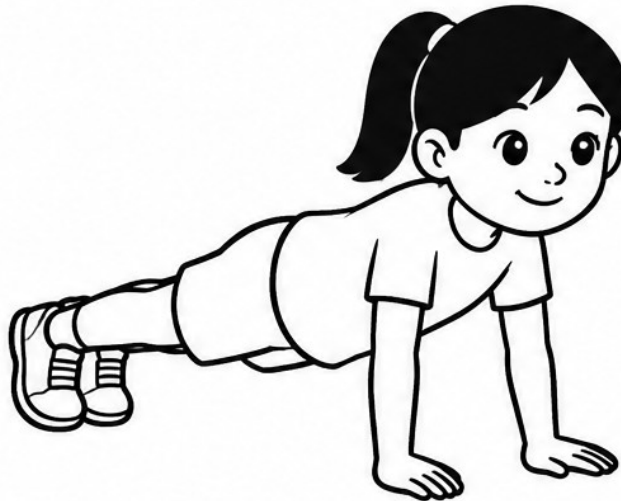


Squat

Basic Exercise Moves



Jumping



Push-Up



Squat

Basic Exercise Moves



Jumping



Push-Up

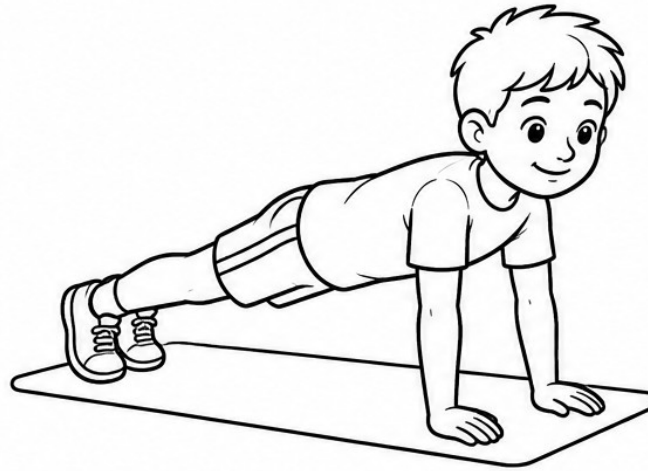
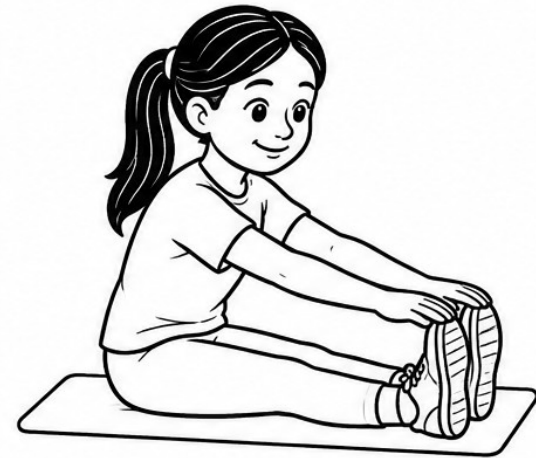


Squat

Write the missing words. Use the word bank.

Name _____ Date _____

Three Kinds of Exercise

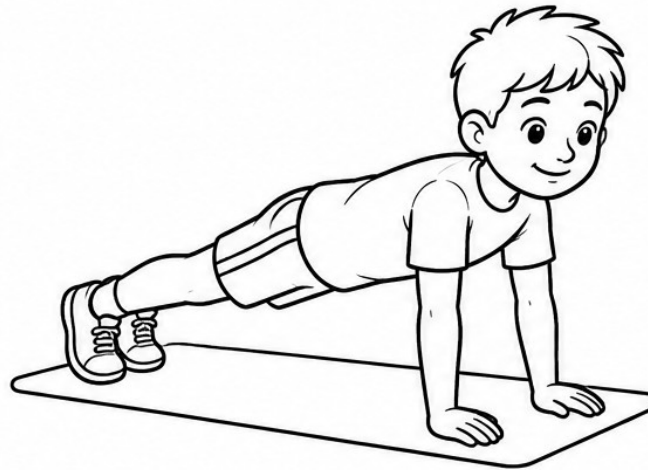


WORD BANK Aerobic Exercise • Strength Exercise • Stretching

Three Kinds of Exercise



Aerobic Exercise



Strength Exercise

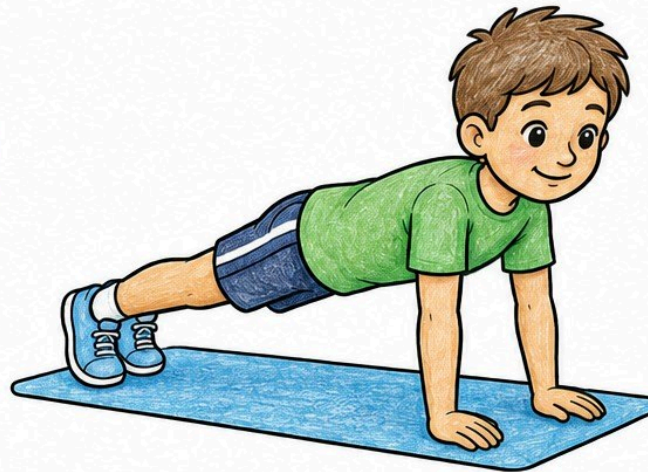


Stretching

Three Kinds of Exercise



Aerobic Exercise



Strength Exercise



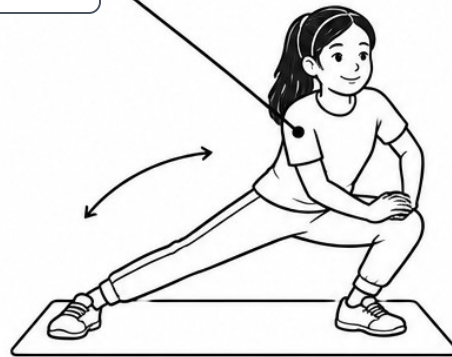
Stretching

Write the missing words. Use the word bank.

Name _____ Date _____

Four Pillars of Fitness





WORD BANK Heart Endurance • Flexibility • Muscle Strength • Body Balance

Four Pillars of Fitness

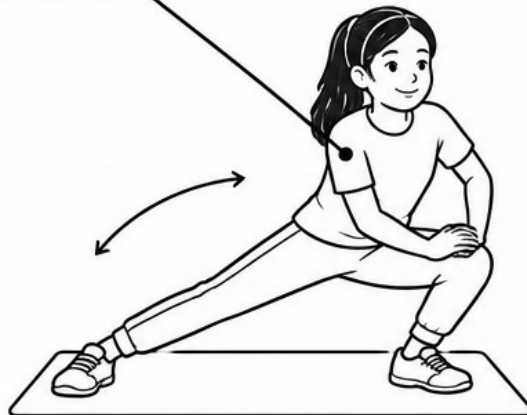
Heart Endurance



Muscle Strength



Flexibility



Body Balance



Four Pillars of Fitness

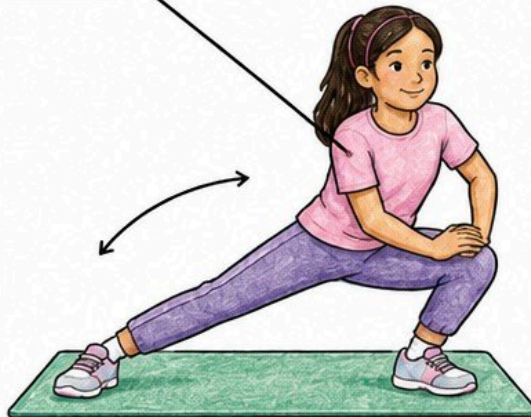
Heart Endurance



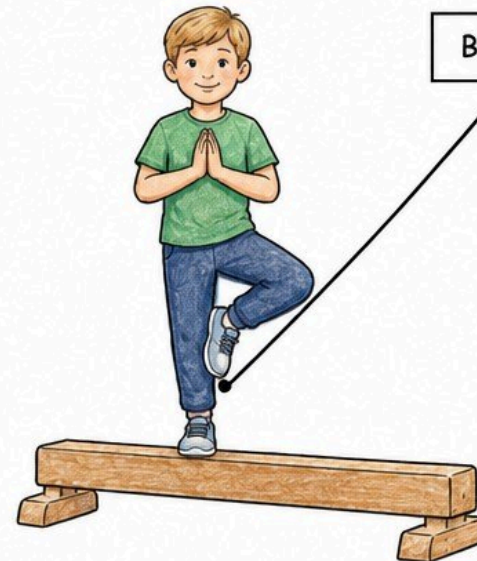
Muscle Strength



Flexibility



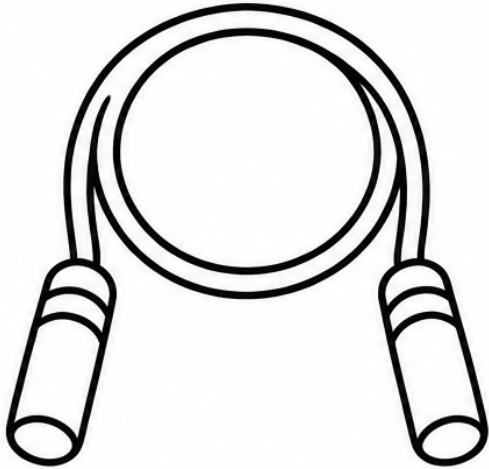
Body Balance



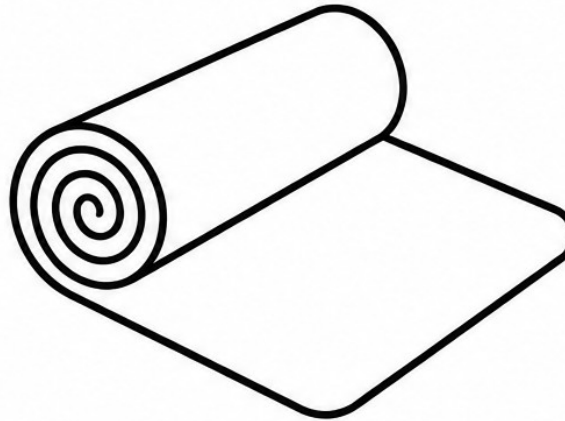
Trace the words. Then color the picture.

Name _____ Date _____

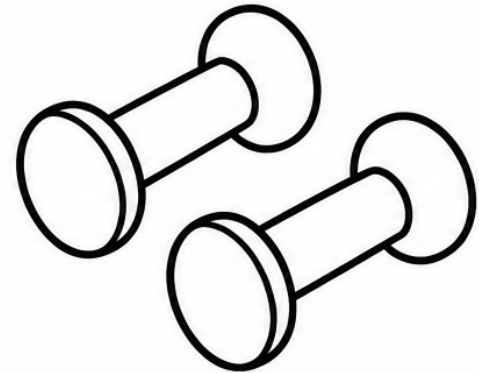
Tools for Exercise



Jump Rope

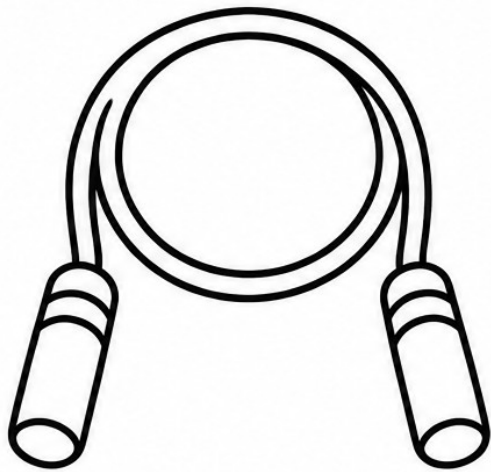


Yoga Mat

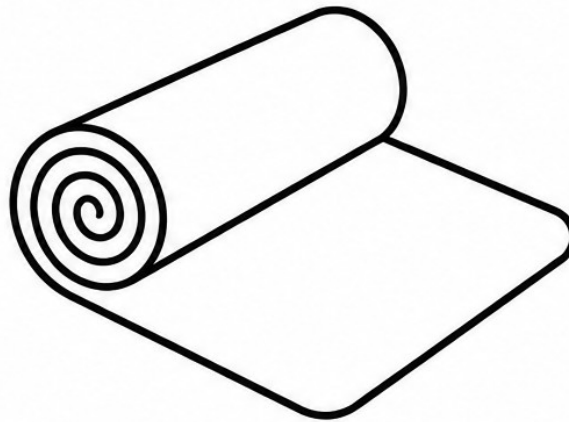


Weights

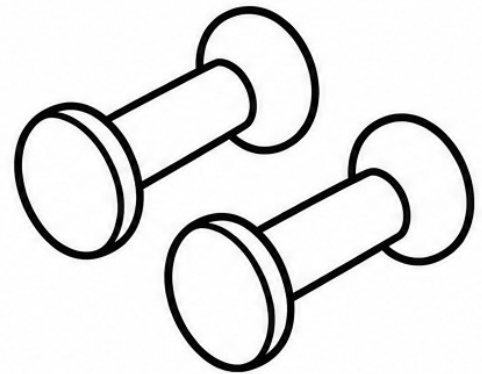
Tools for Exercise



Jump Rope

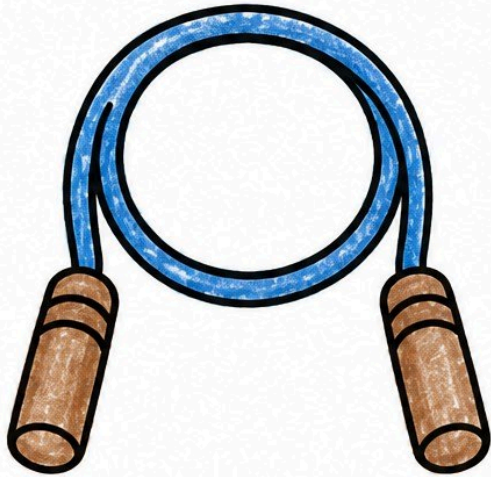


Yoga Mat

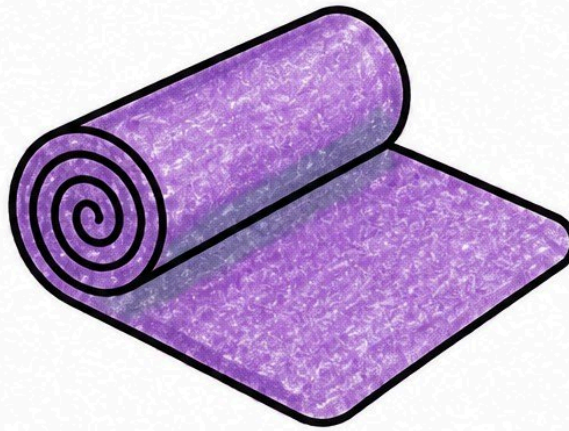


Weights

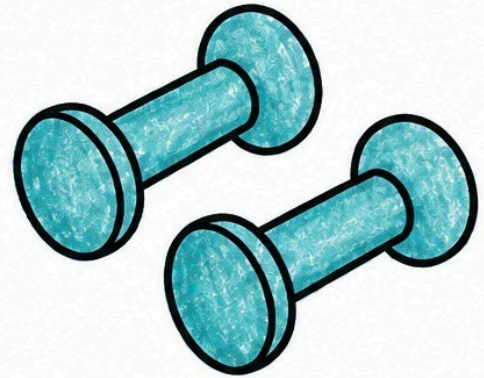
Tools for Exercise



Jump Rope



Yoga Mat

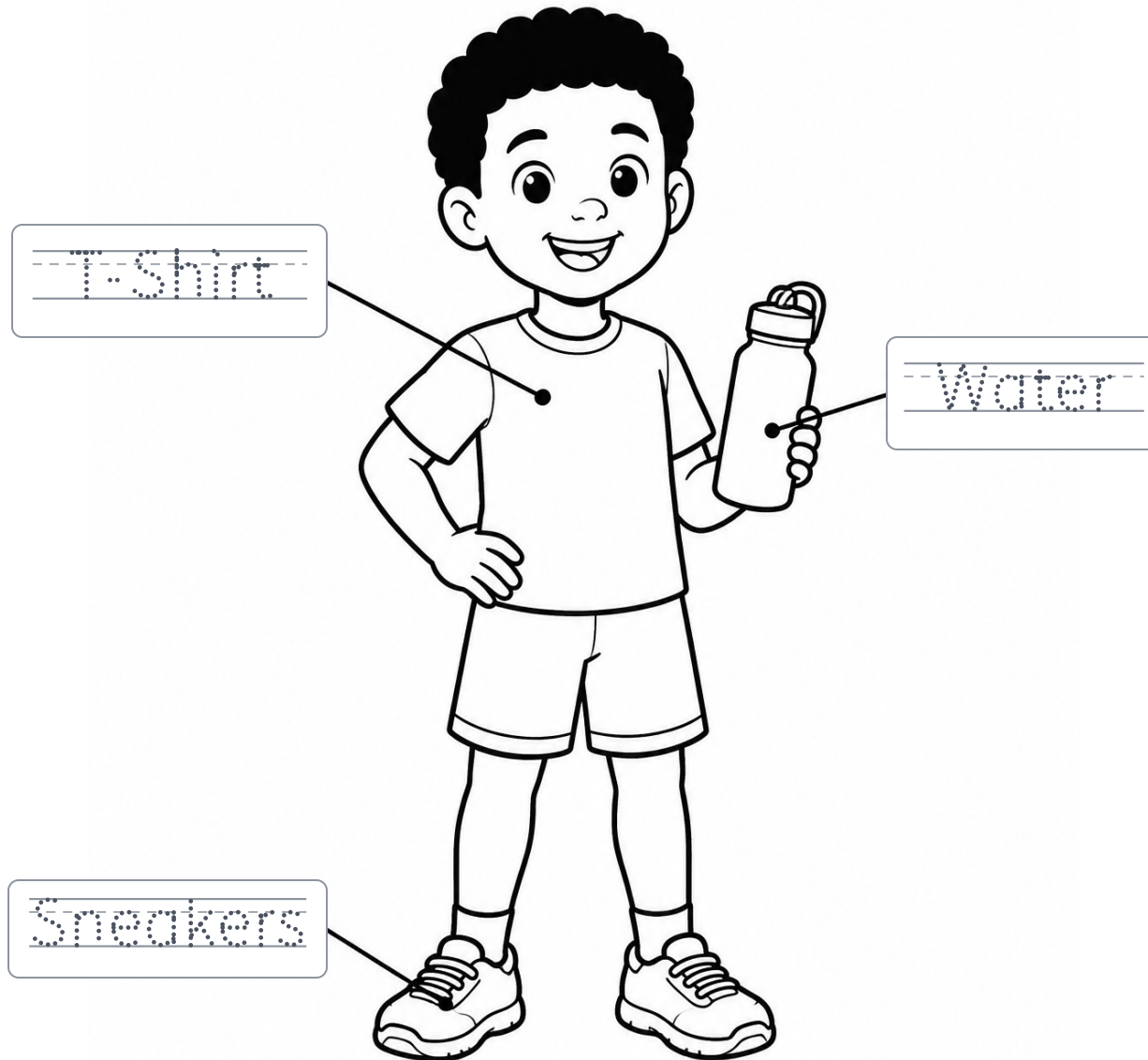


Weights

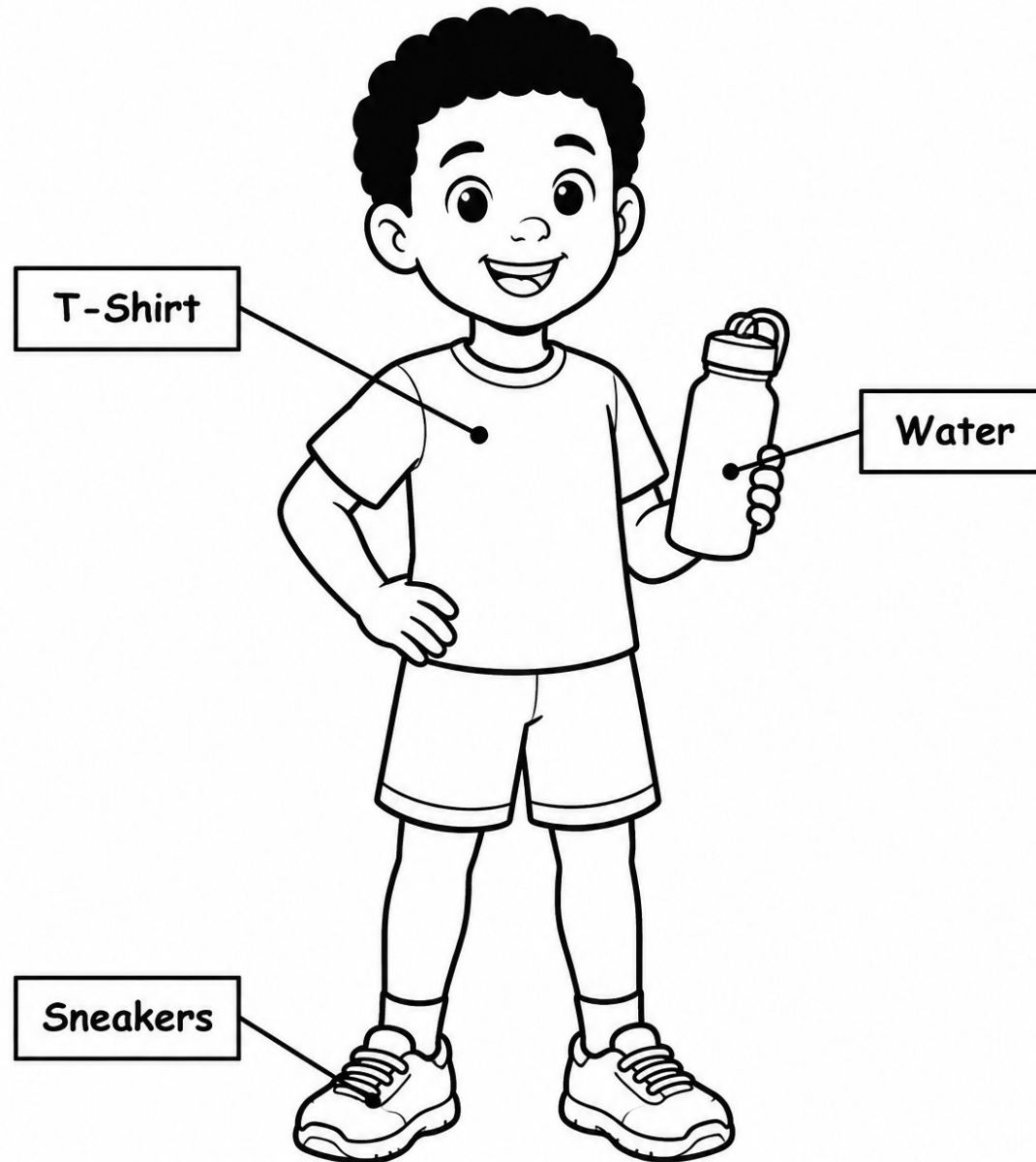
Trace the words. Then color the picture.

Name _____ Date _____

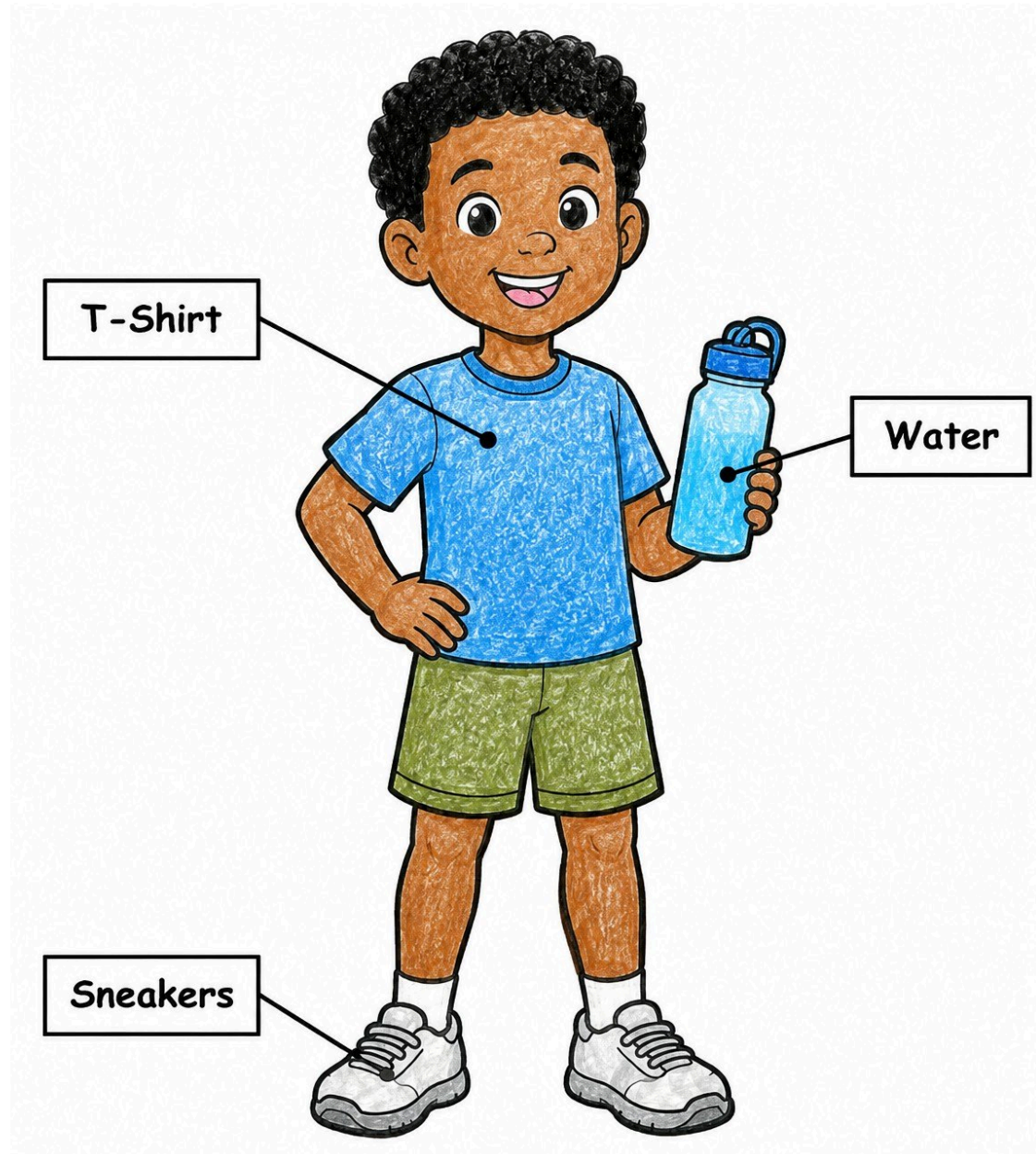
Ready to Work Out



Ready to Work Out



Ready to Work Out



Trace the words. Then color the picture.

Name _____ Date _____

Fun Ways to Exercise



Biking



Skating



Dancing

Fun Ways to Exercise



Biking



Skating



Dancing

Fun Ways to Exercise



Biking



Skating



Dancing

Write the missing words. Use the word bank.

Name _____ Date _____

How to Do a Workout









WORD BANK 2. Main Workout • 3. Cool-Down • 4. Rehydrate • 1. Warm-Up

How to Do a Workout

1. Warm-Up



2. Main Workout



3. Cool-Down



4. Rehydrate



How to Do a Workout

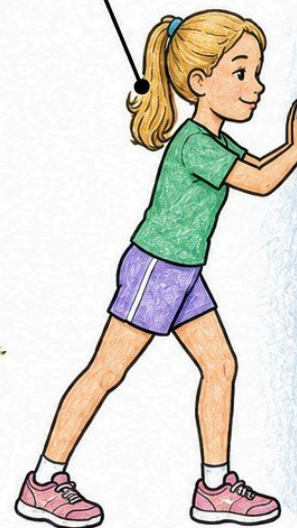
1. Warm-Up



2. Main Workout



3. Cool-Down



4. Rehydrate



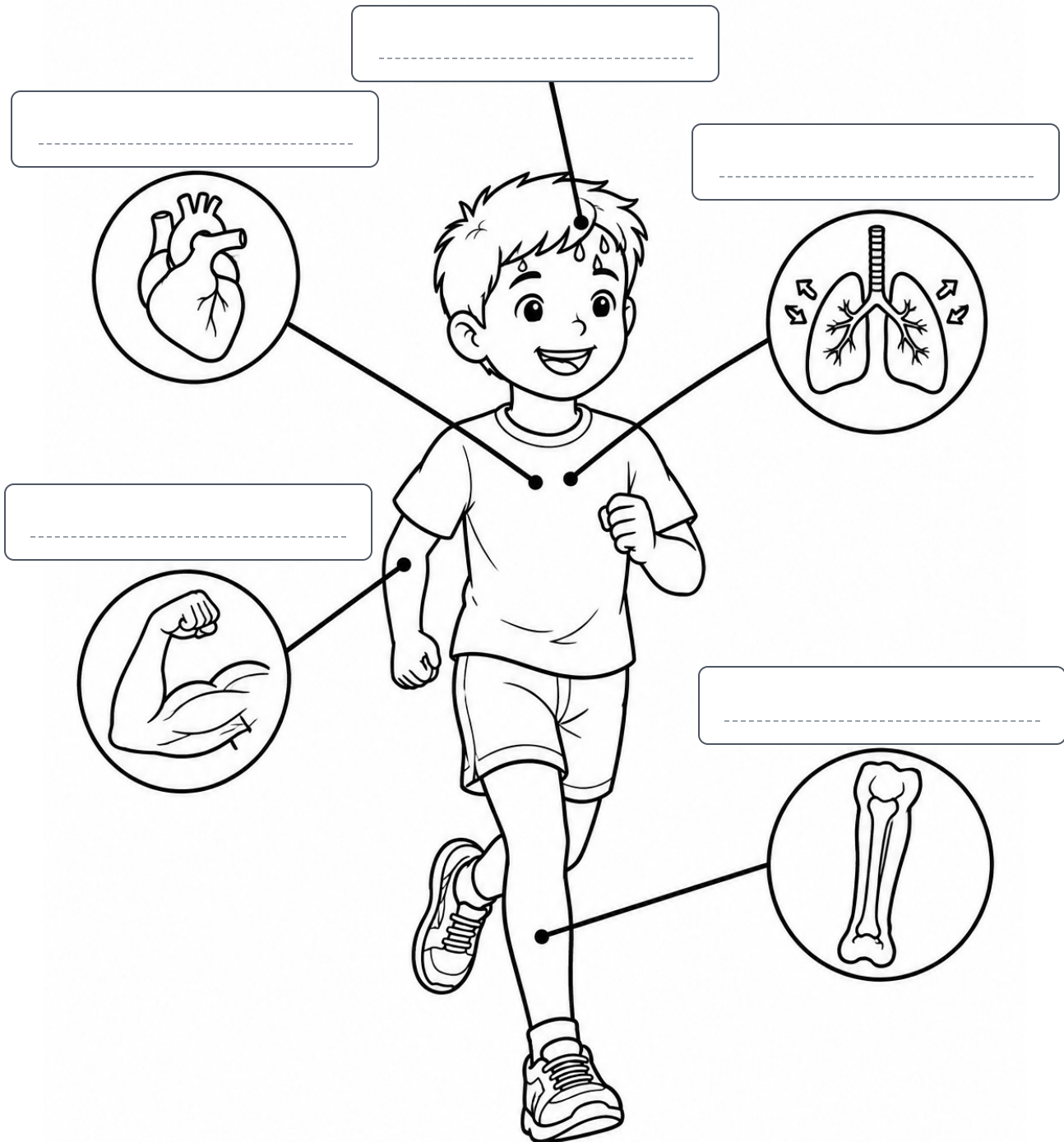
Write the missing words.

Use the word bank.

Name _____

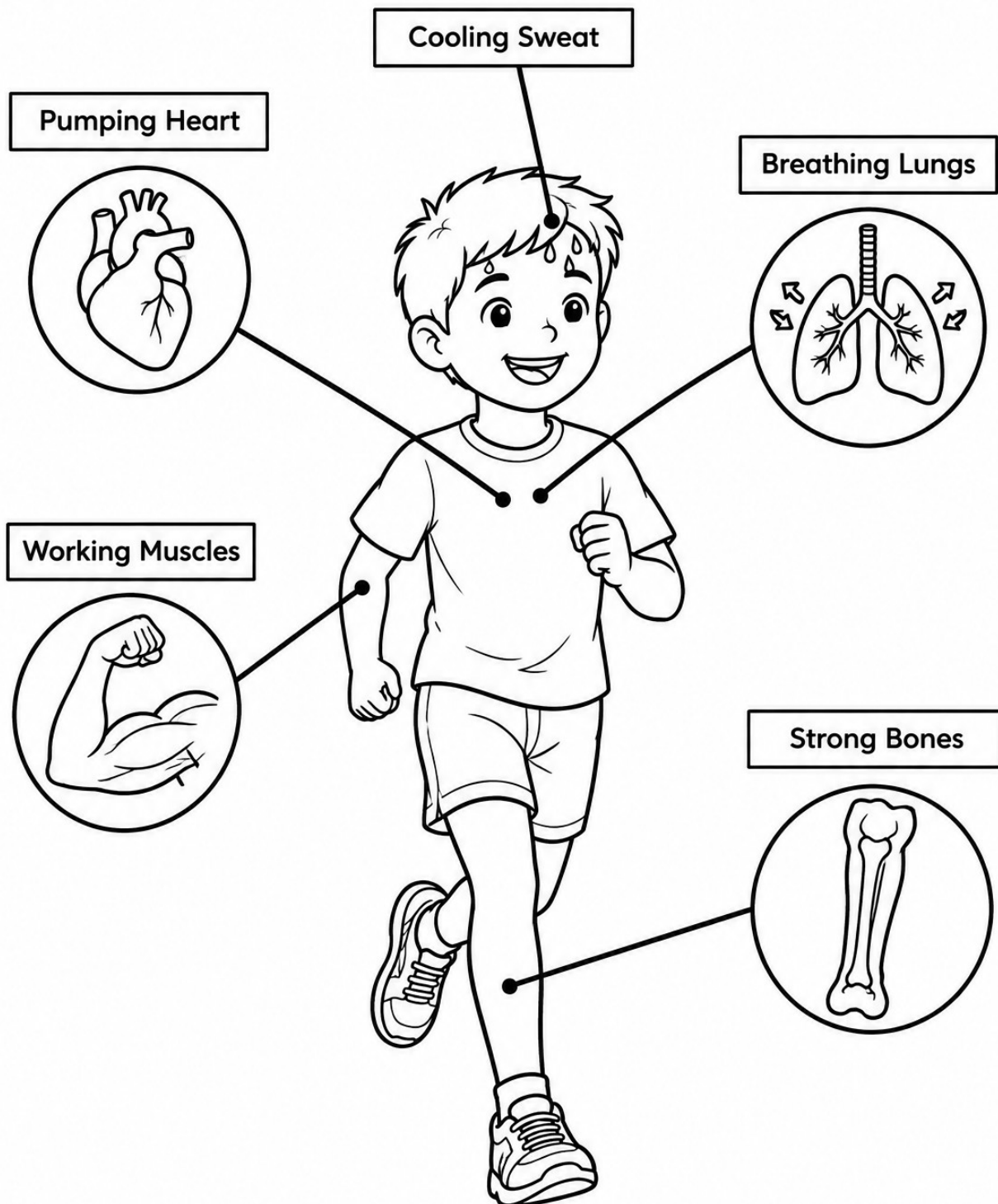
Date _____

Inside an Exercising Body



WORD BANK Strong Bones • Cooling Sweat • Working Muscles • Pumping Heart
• Breathing Lungs

Inside an Exercising Body



Inside an Exercising Body

