

Name: _____ Date: _____

Physical Education Worksheet

Match the action word to the activity. Type the answer in the box provided.



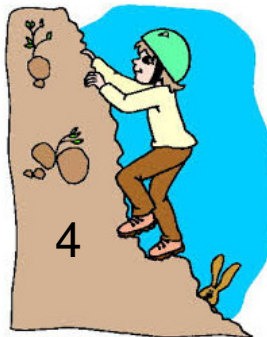
☐ kicking

☐ stretching



☐ running

☐ climbing



☐ walking



☐ hiking

☐ swimming



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Match the components of physical fitness. Type the number in the box provided.

- | | |
|------------------------------|---|
| 1. muscular endurance | <input type="text"/> increase your breathing and heart rate |
| 2. speed | <input type="text"/> can stay over a long period of time |
| 3. body composition | <input type="text"/> lift things without getting tired |
| 4. flexibility | <input type="text"/> bend easily |
| 5. muscular strength | <input type="text"/> move fast |
| 6. aerobic endurance | <input type="text"/> ideal weight |