

Name \_\_\_\_\_ Date: \_\_\_\_\_

## Worksheet: Physical Fitness

*Physical fitness refers to your health and how well your body can do things everyday. Everyday you have to perform a number of activities, you walk, run, play, do schoolwork and even do chores for your mom and dad. A physically fit person can do all these task easily without getting frustrated.*

*Select the physically fit individuals:*

