

* LET'S GET PHYSICAL! *

WORD SCRAMBLE

Unscramble these words to find out some activities that count as exercise. You can do some of them with friends or by yourself.

ASBTBAKELL _____

MINWSIMG _____

ATKAER _____

KBIE IDRIGN _____

DGAINNC _____

OCRSCE _____

MISNAGYSTS _____

GJPINUM REOP _____

LNKIWAG _____



Word Scramble Answers: Basketball, Swimming, Karate, Bike Riding, Dancing, Soccer, Gymnastics, Jumping Rope, Walking

FUN FACTS

The recommended amount of physical activity is about **60 minutes per day** most days of the week.

You don't have to be on a sports team to enjoy being active!

TYPES OF PHYSICAL ACTIVITY

OUTDOOR ACTIVITIES:

| | | |
|-------------|----------------|---------------|
| Baseball | Swimming | Rollerblading |
| Frisbee | Kickball | Playing Tag |
| Biking | Kite Flying | Trampolines |
| Monkey Bars | Football | Tennis |
| Jump Rope | Fishing | Soccer |
| Swing Sets | Miniature Golf | |

INDOOR ACTIVITIES:

| | | |
|------------|------------|----------------------|
| Basketball | Dodgeball | Cooking/Doing Dishes |
| Volleyball | Dancing | Picking Up Toys |
| Tennis | Gymnastics | Making Your Bed |
| Karate | Running | Folding Clothes |

TIPS FOR STAYING ACTIVE

- ★ Grabbing a friend to join in on an activity can make it more fun.
- ★ Pick activities that move different parts of your body; that way your whole body is staying active.
- ★ Mix it up! Try new activities and reward yourself after you've tried something new.