

Physical activity worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the Physical activity lesson.

1. List two things that happen to your body during physical activity.

a. _____

b. _____

2. List the three types of physical activity.

a. _____

b. _____

c. _____

3. List three examples of aerobic activity that you enjoy.

a. _____

b. _____

c. _____



4. List two strength exercises that you could do at home.

a. _____

b. _____

5. List two flexibility exercises you enjoy.

a. _____

b. _____

6. What is the most amount of time you should spend each day, outside of school, on sedentary activities?

7. List three benefits of physical activity.

a. _____

b. _____

c. _____

8. List three indoor or outdoor physical activities you could do in the winter.

a. _____

b. _____

c. _____



9. What are three risks of not getting enough physical activity?

a. _____

b. _____

c. _____

10. What makes a goal SMART?

S- _____

M- _____

A- _____

R- _____

T- _____

11. Write down one SMART goal that you would like to achieve around physical activity.