

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

## 5 Components of Fitness, Rules in Sports, Names of Sports

1. AIRCEBO REACNUDEN \_\_\_\_\_
2. HTIGEH ADN GIWTHE \_\_\_\_\_
3. OBDY ONTOPCIIMSO \_\_\_\_\_
4. MULRSUCA RHTTEGSN \_\_\_\_\_
5. XIEYLBILIFT \_\_\_\_\_
6. CFAE FFO \_\_\_\_\_
7. OUBLED IBBRLED \_\_\_\_\_
8. SBBTAEALLK \_\_\_\_\_
9. KOCHYE \_\_\_\_\_
10. LELLAYBOVL \_\_\_\_\_
11. RRAFEOM \_\_\_\_\_
12. ERLNIVAGT \_\_\_\_\_
13. UMJP ALLB \_\_\_\_\_
14. RKATCE \_\_\_\_\_
15. ENINST BLAL \_\_\_\_\_
16. RVANOEDH SRVEE \_\_\_\_\_
17. TREEST KEYCHO \_\_\_\_\_
18. AEOLIG \_\_\_\_\_
19. PECAR TEST \_\_\_\_\_
20. CULR SUP \_\_\_\_\_
21. YPASLICH FNSSEIT \_\_\_\_\_
22. NNESIT \_\_\_\_\_
23. LIBLKKAC \_\_\_\_\_
24. ASEB NNERUR \_\_\_\_\_
25. BUPM NAD STE \_\_\_\_\_

### Word Bank

jump ball  
kickball  
physical fitness

overhand serve  
goalie  
height and weight

body composition  
volleyball  
hockey

basketball  
double dribble  
traveling

tennis ball  
racket  
base runner  
bump and set

muscular strength  
pacer test  
aerobic endurance

curl ups  
tennis  
street hockey

flexibility  
forearm  
face off