

Name: _____

Date: _____

Exercise and physical activity

K V V G L N J X Y F F F G N I K L A W D E E P S
 I R R L N L G H K J E O R S G B W T G V S N Z C
 C D R D S I A H S Z S M J W H Y P X K Q D G V N
 K T M A O Q X B M S L K W I B E P O R P M U J I
 B K H L F T K O T G I E D M C P H U F N T N M G
 O L Z A T G F O B E U A G M G N I T N I R P S Z
 X F B Q B C N K D B K V I I E X F P Q O W O L C
 I Q Q L A E C I S H S S W N B Z R D B C Z J L F
 N O T V L C O P G L J P A G H F G C J R W R A O
 G G F A L O M V G G C H E B G F N E R U A W B W
 K C X R E N U U W F O F G N N Y I J W N L U Y Z
 O T P E Q E B I U T L J I M I N T G K N K G E R
 T N S O N T U I X Q W K Q G C I A X M I I F L Q
 J L L A B T O O F O I X N U N Z K Q H N N M L R
 U F W V K X T W Z H S I S U A E S A O G G G O N
 E K H G N I P M U J L Z K U D F O A P H L Q V C
 B Y E S I M B B R C E J U M P I N G J A C K S A
 P P I I Z F A D Y J N S C B A S E B A L L V I U
 G X G Z I G B C S G S R K X R O E N K O P V A N
 N K C O P Z I A V X E I O V N H V D O S D G L K
 Z I Y U H B I Y X M Y A Q W A Z H J V D Y L T U
 A F V J Y Z Y D H Q D T S P N U V C Z H M O V L
 U V W S K G A J D E W S H U K K E N Y R C T R E
 A F Z O V H Z Z U X U L P T Q V R N S A Y X N F

Jumping jacks
 Volleyball
 Baseball
 Dancing
 Skating
 Stairs

Speed walking
 Bicycling
 Football
 Jogging
 Walking

Kick boxing
 Jump rope
 Softball
 Jumping
 Boxing

Basketball
 Sprinting
 Swimming
 Running
 Hiking