

Activity 1

From the list below, can you circle three activities that will:

Make your heart and lungs work their best

Help your body move more easily

Build strong muscles and bones

Activities

riding your bicycle

carrying the groceries

gymnastics

playing football

skipping a rope

dancing

walking the dog

climbing the jungle gym

swimming

taking the garbage out

playing soccer

playing tag

Activity 2

Fill in the blanks

To keep your body healthy you need to be active and keep moving. Then you will have:

Strong _____ and bones that are fast and powerful;

A strong _____ and lungs; and

A _____ that moves the way you want it to!

Activity 3

Unscramble the words to make a sentence.

NILGPYA OTPSRS SI YHALTEH NDA NUF.