

Physical Activity Lesson Worksheet

Name: _____

Date: _____

Instructions: Complete this worksheet as you move through the Physical Activity Lesson.

1. List the three types of physical activity.
 - a. _____
 - b. _____
 - c. _____

2. List three examples of aerobic activity that you enjoy.
 - a. _____
 - b. _____
 - c. _____

3. List two strength exercises that you enjoy.
 - a. _____
 - b. _____

4. List two stretching exercises that you enjoy.
 - a. _____
 - b. _____



5. List three benefits of physical activity.

a. _____

b. _____

c. _____

6. List three indoor physical activities you could do when you can't go outside.

a. _____

b. _____

c. _____

7. List the five steps of the decision-making process.

a. _____

b. _____

c. _____

d. _____

e. _____

