

Physical Activity Lesson Worksheet

Name: _____ Date: _____

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

1. List the three main types of physical activity.

a. _____

b. _____

c. _____

2. List two aerobic exercises that you enjoy.

a. _____

b. _____

3. List two strength training exercises that you enjoy.

a. _____

b. _____

4. List two flexibility training exercises that you enjoy.

a. _____

b. _____



5. What are the three levels of intensity in physical activity?

a. _____

b. _____

c. _____

6. List three benefits of physical activity.

a. _____

b. _____

c. _____

7. List three consequences of not getting enough physical activity.

a. _____

b. _____

c. _____

