

Name: _____

Date: _____

Class: _____

Teacher: _____

Fitness 4 Homeschool
 Discovering Physical Education
 2nd-3rd Activity Workbook

By:


www.FamilyTimeFitness.com

Alphabetical Order

What five letters do you say when you look into the refrigerator and are disappointed?
 "Why are you empty?"

A list of words is provided in a word bank at the bottom of the page. Write the words in alphabetical order on the numbered lines provided.

- | | |
|--------------------|-------------------|
| 1. <u>ANKLE</u> | 9. <u>NECK</u> |
| 2. <u>APPLE</u> | 10. <u>ORANGE</u> |
| 3. <u>BACKWARD</u> | 11. <u>OVER</u> |
| 4. <u>BESIDE</u> | 12. <u>PUSH</u> |
| 5. <u>BIKE</u> | 13. <u>STAND</u> |
| 6. <u>ELBOW</u> | 14. <u>SWIM</u> |
| 7. <u>HEAD</u> | 15. <u>WRIST</u> |
| 8. <u>JUMP</u> | |

- | | |
|---|--|
| 1. the slender section of the leg immediately above the foot | 9. the part of the body joining the head to the shoulders or trunk |
| 2. a fruit with red or yellow or green skin and sweet to tart crisp whitish flesh | 10. "the fruit of several citrus trees cultivated in warm regions |
| 3. directed towards the rear | 11. above and across from one end or side to the other |
| 4. at the side of; next to | 12. to apply pressure against for the purpose of moving |
| 5. a vehicle with two wheels and a strong frame | 13. to maintain an upright position on the feet |
| 6. the joint or bend of the arm between the forearm and the upper arm | 14. to move through water by means of the limbs |
| 7. "the uppermost or forwardmost part of the body of a vertebrate | 15. the joint between the hand and the forearm |
| 8. a springing action leaving the ground with one or two feet and landing on two feet | |

PUSH	JUMP	ORANGE	WRIST
SWIM	BIKE	APPLE	OVER
HEAD	ANKLE	NECK	BESIDE
BACKWARD	STAND	ELBOW	

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Alphabet Soup

What is the best snake to take into a math class? An adder!

Each line of the puzzle has one word hidden in a list of random letters. The blank space is a missing letter that belongs to that word. Decide what word is hidden in the letters and write in the space the missing letter. A word bank has been provided. Each word in the word bank appears somewhere in the puzzle.

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1.	H	Q	Y	Z	B	A	C	K	W	A	R	D	P	Y	V
2.	D	M	J	U	E	Y	W	R	I	S	T	G	S	T	B
3.	L	F	P	E	U	H	E	A	D	Y	H	Z	W	Y	E
4.	E	P	R	S	T	A	N	D	Q	V	X	J	M	L	N
5.	R	M	Q	A	B	L	T	S	W	I	M	L	Y	E	Y
6.	C	P	V	T	Q	Y	T	E	L	B	O	W	T	Q	P
7.	K	Q	S	S	R	S	B	E	S	I	D	E	K	M	J
8.	I	R	P	V	E	N	E	C	K	G	D	O	A	I	V
9.	F	C	W	D	G	V	E	J	U	M	P	N	I	S	T
10.	K	T	F	J	Z	B	I	K	E	O	Y	Q	P	K	N
11.	P	L	A	M	G	M	P	U	S	H	D	C	A	K	P
12.	T	G	Q	A	N	K	L	E	D	W	I	A	R	Y	H

- | | |
|---|---|
| 1. directed towards the rear | 7. at the side of; next to |
| 2. the joint between the hand and the forearm | 8. the part of the body joining the head to the shoulders or trunk |
| 3. "the uppermost or forwardmost part of the body of a vertebrate" | 9. a springing action leaving the ground with one or two feet and landing on two feet |
| 4. to maintain an upright position on the feet | 10. a vehicle with two wheels and a strong frame |
| 5. to move through water by means of the limbs | 11. to apply pressure against for the purpose of moving |
| 6. the joint or bend of the arm between the forearm and the upper arm | 12. the slender section of the leg immediately above the foot |

SWIM	NECK	PUSH	ANKLE
BESIDE	STAND	BACKWARD	WRIST
JUMP	HEAD	ELBOW	BIKE

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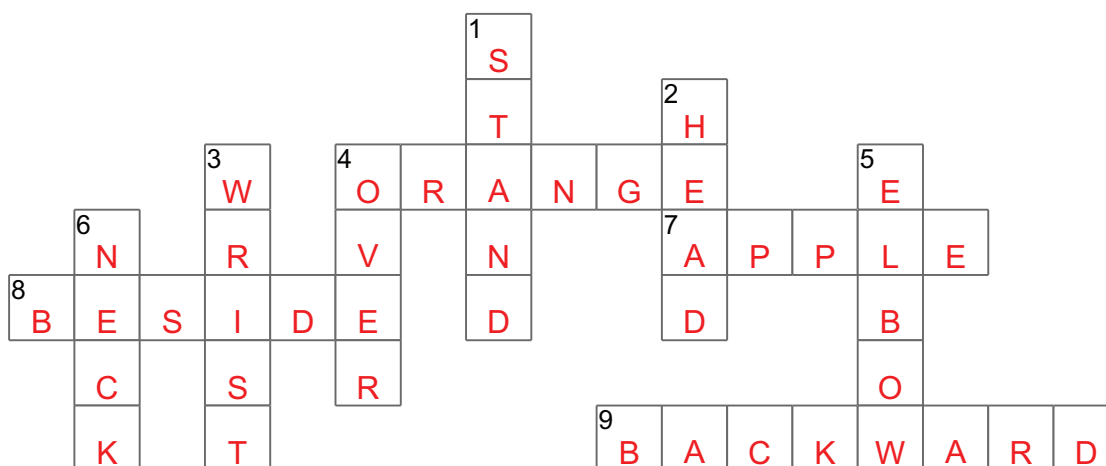
Crossword

Knock-knock. Who's there? Ketchup. Ketchup who? Ketchup or you won't win the race!

Using the Across and Down clues, write the correct words in the numbered grid below.

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ACROSS

4. "the fruit of several citrus trees cultivated in warm regions"
7. a fruit with red or yellow or green skin and sweet to tart crisp whitish flesh
8. at the side of; next to
9. directed towards the rear

DOWN

1. to maintain an upright position on the feet
2. "the uppermost or forwardmost part of the body of a vertebrate"
3. the joint between the hand and the forearm
4. above and across from one end or side to the other
5. the joint or bend of the arm between the forearm and the upper arm
6. the part of the body joining the head to the shoulders or trunk

OVER
ORANGE
STAND

BESIDE
WRIST
BACKWARD

ELBOW
HEAD

NECK
APPLE