

Name:

Date:

Class:

Teacher:

Fitness 4 Homeschool
Discovering Physical Education
4th-5th Activity Workbook

Magic Square

Where does a Snowman keep his money? In a snowbank.

Match the words with the clues provided. Once the match is made, the number of the correct clue is placed in the proper space of the square that is marked by the letter of the matching word. If the words and clues are matched correctly, the magic square columns, rows, and diagonals, will add up to the same number.

By:



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A=1	B=8	C=10	D=15
E=12	F=13	G=3	H=6
I=7	J=2	K=16	L=9
M=14	N=11	O=5	P=4

- | | |
|---|--|
| 1. to maintain an upright position on the feet | 9. a meal eaten at midday |
| 2. "the parts of grains | 10. "a clear |
| 3. to move sideways while sliding the feet along the floor or barely lifting the feet | 11. "a series of motions and steps |
| 4. receiving and controlling an object using the body or its parts | 12. someone in charge of training an athlete or a team |
| 5. "either of two spongy | 13. the mass per unit volume of a substance under specified conditions of pressure and temperature |
| 6. an official who rules on the playing of a game | 14. a prescribed identifying set of clothes for the members of an organization |
| 7. "a grass such as wheat | 15. the propulsion of the ball by repeated taps or kicks |
| 8. performed or occurring during a comparatively long interval of time | 16. a fast springing way of running |

A. STAND	E. COACH	I. CEREAL	M. UNIFORM
B. SLOW	F. DENSITY	J. FIBER	N. DANCE
C. WATER	G. SHUFFLE	K. GALLOP	O. LUNGS
D. DRIBBLE	H. UMPIRE	L. LUNCH	P. CATCH

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Matching Activity

What has bread on both sides and frightens easily? A chicken sandwich.

Clues are listed below. Print the word that matches the clue on the blank line by the clue.



1. lungs either of two spongy
2. density the mass per unit volume of a substance under specified conditions of pressure and temperature
3. slow performed or occurring during a comparatively long interval of time
4. uniform a prescribed identifying set of clothes for the members of an organization
5. cereal a grass such as wheat
6. lunch a meal eaten at midday
7. water a clear, colorless, odorless, and tasteless liquid, H₂O, essential for most plant and animal life
8. fiber the parts of grains
9. coach someone in charge of training an athlete or a team
10. dance a series of motions and steps
11. gallop a fast springing way of running
12. shuffle to move sideways while sliding the feet along the floor or barely lifting the feet
13. umpire an official who rules on the playing of a game
14. stand to maintain an upright position on the feet
15. catch receiving and controlling an object using the body or its parts
16. dribble the propulsion of the ball by repeated taps or kicks

STAND	UMPIRE	WATER	COACH
UNIFORM	SHUFFLE	CATCH	DRIBBLE
DENSITY	DANCE	FIBER	LUNCH
CEREAL	GALLOP	LUNGS	SLOW

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Missing Letters

Which is the longest word in the dictionary? Smiles. Because there is a mile between each s!



There are letters missing in each word below. Print the complete word on the blank line beside each word with missing letters.

- | | |
|---------------------------|----------------------------|
| 1. ••er <u>water</u> | 9. ••ffl• <u>shuffle</u> |
| 2. ••tc• <u>catch</u> | 10. ••nc• <u>lunch</u> |
| 3. ••ow <u>slow</u> | 11. •en••y <u>density</u> |
| 4. ••i•or• <u>uniform</u> | 12. um•••• <u>umpire</u> |
| 5. •a••o• <u>gallop</u> | 13. ••b•r <u>fiber</u> |
| 6. d•n•• <u>dance</u> | 14. ••e•l <u>cereal</u> |
| 7. ••ng• <u>lungs</u> | 15. s••d <u>stand</u> |
| 8. co••• <u>coach</u> | 16. ••i•bl• <u>dribble</u> |

- | | |
|--|--|
| 1. a clear, colorless, odorless, and tasteless liquid, H2O, essential for most plant and animal life | 9. to move sideways while sliding the feet along the floor or barely lifting the feet |
| 2. receiving and controlling an object using the body or its parts | 10. a meal eaten at midday |
| 3. performed or occurring during a comparatively long interval of time | 11. the mass per unit volume of a substance under specified conditions of pressure and temperature |
| 4. a prescribed identifying set of clothes for the members of an organization | 12. an official who rules on the playing of a game |
| 5. a fast springing way of running | 13. the parts of grains |
| 6. a series of motions and steps | 14. a grass such as wheat |
| 7. either of two spongy | 15. to maintain an upright position on the feet |
| 8. someone in charge of training an athlete or a team | 16. the propulsion of the ball by repeated taps or kicks |

cereal	gallop	dribble	catch
slow	umpire	density	fiber
shuffle	dance	water	lunch
coach	stand	uniform	lungs