

# Physical Fitness Worksheets

## Fitness Assessment



Do you consider yourself to be physically fit? Let's do an evaluation to test your strength, speed, endurance, flexibility and balance with these easy tasks!

### BASIC INFORMATION

Name: ..... Age: .....  
 Boy or girl? ..... Height: .....  
 Weight: ..... I am very fit / quite fit / slightly unfit / very unfit

NAME: .....

## Exercise Word Scramble



Did you know that physical inactivity is as unhealthy for you as smoking? Being sedentary can increase the risk of certain cancers, diabetes, hypertension, heart disease, and obesity-related illnesses. Unscramble the words below.

### WHAT ACTIVITIES ARE THESE?



NNGINUR



CIDNGAN



KINHIG



MGSIMINW



GAOY

### WHAT LIFESTYLE DISEASES ARE THESE THAT FITNESS CAN HELP?



TESBEDIA



TENNOISHYREP



TREHA CATKTA



RANCCE

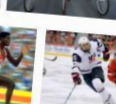
NAME: .....

## Endurance Word Find



Did you know that the world record for an abdominal plank in 2014 was by 16-year-old Gabi Ury for 1 hour, 20 minutes and 5 seconds? There are ten sports in the grid below. The pictures provided are hints. Can you find them?

C	B	A	S	E	B	A	L	L	D	P	T	S	S	C
A	L	A	R	P	A	Z	M	J	M	E	N	P	C	Y
R	E	P	S	O	C	R	U	N	N	I	N	G	I	C
G	R	H	N	K	R	X	N	K	L	A	R	R	T	L
N	H	O	C	K	E	Y	B	A	V	V	P	T	S	I
I	S	Y	G	U	O	T	E	N	N	I	S	S	A	N
F	A	S	E	I	K	C	B	O	X	I	N	G	N	G
R	G	I	N	O	Q	V	G	A	A	V	F	I	M	V
U	E	C	T	J	W	B	H	S	L	E	G	L	Y	E
S	N	A	F	O	O	T	B	A	L	L	H	O	G	U



Can you name three other endurance sports?

# Free Sample

Thank you so much for downloading the sample resource.

We hope it has been useful for you in the classroom and that your students enjoy the activities.

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- Ryan, Beth & Nicola :)

# Physical Fitness **Facts**



**Physical fitness can be defined as a general state of health and well-being or more specifically as the ability to perform physical activities associated with daily life with vigor and alertness and without getting overly tired. Physical fitness is required consistent conditioning, which can be achieved through leisure activities or through structured activity. Let's learn more about physical fitness!**

## **FAST FITNESS FACTS**

- Exercise helps your brain to function better.
- Exercise gives you more energy.
- With variety, exercise can be fun.
- Exercise builds stronger muscles and healthy bones.
- Exercise helps to decrease stress.
- Exercise helps to prevent some diseases.
- Exercise burns calories, which allows you to eat more.
- Exercise strengthens the heart.
- Exercise can become a part of your daily routine.
- Exercise improves your mood.



# Physical Fitness Facts

## COMPONENTS OF FITNESS

Physical fitness can be measured in a number of different ways. Here are some common types for assessing physical fitness:

- **Cardiorespiratory endurance:** Fitness is determined by measuring a person's heart rate and oxygen consumption and by seeing how long or fast a person can perform.
- **Muscle endurance:** By seeing how many repetitions of an exercise someone can perform, physical fitness can be tracked. E.g. the number of sit-ups or push ups achieved.
- **Muscle strength:** This is usually measured by how much weight can be moved in conjunction with repetitions. E.g. bench presses or squats with weights.
- **Muscle power:** This is slightly different to muscle strength as it measures how much force is generated by a muscle. Specialized biokinetic equipment is needed.
- **Flexibility:** This measures how far a group of muscles can be stretched or joints can be moved. Hamstrings and shoulders are common parts tested for flexibility.
- **Balance:** This measures how long a position can be held for without help. E.g. balancing on one leg.
- **Speed:** This assesses how quickly one can move from one point to another and improves with fitness.
- **Body composition:** This measures the amount of fat, muscle, and bone using tests, equations and devices.



# Physical Fitness Facts

## FITNESS MOTIVATION

- Because fitness is something that increases with the more physical exercise you do, it can sometimes feel very difficult starting out. But with consistent effort and pushing yourself just a little bit every day, soon you'll look back and be amazed at your progress!
- Take a look at the fitness motivational quote alongside. What does it mean to you?
- Fitness is something that can be maintained all-year-round as there are hundreds of activities that we can enjoy, no matter the weather or season or availability of time.
- Because physical exercise comes in so many forms and levels of difficulty, there's something for everyone, no matter your age, gender, weight, health or ability!

Fitness isn't  
a seasonal  
hobby.  
Fitness is a  
lifestyle.

#H



# Physical Fitness Facts

## TYPES OF EXERCISE: ENDURANCE

- Endurance, or aerobic, activities increase your breathing and heart rate. These activities help keep you healthy, improve your fitness, and help you do the tasks you need to do every day. Endurance exercises improve the health of your heart, lungs, and circulatory system. They also delay or prevent many diseases that are common in older adults such as diabetes, heart disease, and osteoporosis.
- Examples of endurance exercises include brisk walking, running or jogging, swimming, biking, hiking and other sports such as tennis, soccer. The better your physical condition, the longer you can perform these types of activities.



## TYPES OF EXERCISE: STRENGTH

- To strengthen your muscles, it's important to stress them a little by adding weights in small amounts. Even very small changes in muscle strength can make a real difference in function. Strong core muscles, for example, make it easier to get up from a chair and prevent back and neck pain. Improving arm strength helps you carry groceries, while strong leg muscles make climbing the stairs a breeze.
- Exercising to improve muscle strength is also called "strength training" or "resistance training". These exercises also are called "strength training" or "resistance training." Examples include lifting weights, using resistance bands, cycling and climbing stairs.





# Physical Fitness Facts

## DOs and DON'Ts of STRENGTH TRAINING

- Don't rush - you can't hurry training and fitness or you'll risk an injury.
- Overtraining by doing too much too often can cause mental and physical fatigue, which can leave you feeling tired and sore and also puts you at risk of an injury. Allow for at least two rest days per week so your body can recover.
- Have a schedule. It helps keep your routine consistent while also giving your body the rest time it needs.
- Change your schedule from time to time to include different activities and prevent your body from getting used to certain exercises, which slows down muscle buildup.
- Set realistic goals for yourself. What do you want to achieve through your training?
- When doing strength training, don't skip certain muscle groups as this can cause injury. Choose a day of the week to focus on arms, legs, back and core, for example.



## TYPES OF EXERCISE: FLEXIBILITY

- Flexibility, or stretching, exercises give you more freedom of movement for your physical activities and for everyday activities such as getting dressed and reaching for objects on a shelf. Stretching exercises can improve your flexibility, but they will not improve your strength or endurance. Yoga, Pilates, dancing, and gymnastics are good ways to improve your flexibility.
- It's very important to warm up before doing any stretching exercises and to start with light stretches. Failure to do this can result in painful injuries.



# Physical Fitness **Facts**

## TYPES OF EXERCISE: BALANCE

- Having good balance is important for many activities we do every day, such as walking and going up and down the stairs. Exercises that improve balance can help prevent falls, a common problem in older adults and stroke patients. They can also benefit those who are obese, since weight is not always carried or distributed evenly throughout the body.
- A loss of balance can occur when standing or moving suddenly. Often, we are not fully aware that we may have weak balance until we try balance exercises!
- Examples of balance exercises are yoga, karate, and Tai Chi.





NAME \_\_\_\_\_

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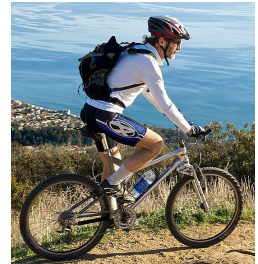
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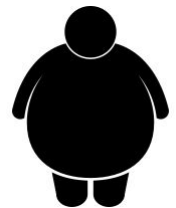
TENNOISHYREP



TREHA CATKTA



RANCCE



BITESYO



# Exercise Word Scramble



## ANSWER KEY

### WHAT ACTIVITIES ARE THESE?



RUNNING



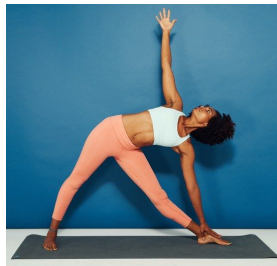
DANCING



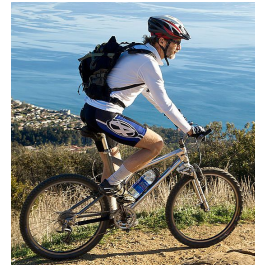
HIKING



SWIMMING



YOGA

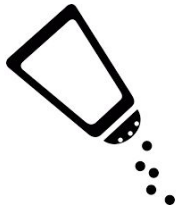


BIKING

### WHAT LIFESTYLE DISEASES ARE THESE THAT FITNESS CAN HELP PREVENT?



DIABETES



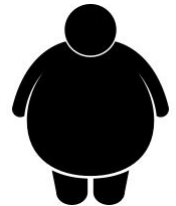
HYPERTENSION



HEART ATTACK



CANCER



OBESITY



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