

## Physical Education Worksheet

Match the action word to the activity.



kicking

stretching

running

climbing

walking

hiking

swimming

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Match the components of physical fitness.

**muscular endurance**

increase your breathing and heart rate

**speed**

can stay over a long period of time

**body composition**

lift things without getting tired

**flexibility**

bend easily

**muscular strength**

move fast

**aerobic endurance**

ideal weight