



## FITNESS UNSCRAMBLE WORKSHEET

Names of group members \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Date \_\_\_\_\_

### Part I

Fill in the blanks with the appropriate fitness component after you have completed the task at that station. Do not leave spaces between words. Use the words exactly as they are spelled and punctuated in the word bank.

Station 1 \_\_\_\_\_

(Circle the 1st, 2nd, and 11th letters)

Station 2 \_\_\_\_\_

(Circle the 4th and 7th letters)

Station 3 \_\_\_\_\_

(Circle the 16th and 18th letters)

Station 4 \_\_\_\_\_

(Circle the 3rd and 7th letters)

Station 5 \_\_\_\_\_

(Circle the 1st letter)

Station 6 \_\_\_\_\_

(Circle the 7th and 16th letters)

Station 7 \_\_\_\_\_

(Circle the 6th and 10th letters)

Station 8 \_\_\_\_\_

(Circle the 10th and 26th letters)

### Word Bank

aerobic fitness

muscular strength and endurance

power

reaction time

speed

balance

flexibility

agility

coordination

body composition

### Part II

Now that you have filled in your answers, unscramble the letters that you have circled to discover the answer to the following statement.

\*Hint: At each station you worked on a component of fitness. By participating in each of these stations you are on your way to a \_\_\_\_\_.