

BELIEVE YOU CAN ACHIEVE!



HEADING THE BALL IS AN IMPORTANT SKILL

GAMES ARE NOT TIMED

9 PLAYERS WILL TAKE THE FIELD

THE NFL IS THE MAIN ORGANIZATION

3 STRIKES EQUALS AN OUT

FIELD PLAYERS ARE NOT ALLOWED TO USE THEIR HANDS

THERE ARE 4 QUARTERS TO A REGULATION GAME

THE MOST POPULAR SPORT WORLD WIDE

ALL PLAYERS WEAR HELMETS

THE QUARTERBACK IS A KEY OFFENSIVE PLAYER

THERE ARE 9 INNINGS IN A REGULATION GAME

HITTING THE BALL OUT OF THE PARK = A HOMERUN

FIFA IS THE MAIN ORGANIZATION

THERE ARE 10 PLAYERS AND 1 GOALKEEPER ON THE FIELD PER TEAM

THE FIELD IS 100 YARDS IN LENGTH

PLAYERS WEAR SHIN PADS

THE WORLD CUP IS THE CHAMPIONSHIP

7 POINTS ARE AWARDED FOR A TOUCHDOWN

THE PITCHER IS AN IMPORTANT PLAYER

ONE PLAYER ON THE FIELD WEARS GLOVES

THE MLB IS THE MAIN ORGANIZATION

THE WORLD SERIES IS THE CHAMPIONSHIP

THIS IS A FULL-CONTACT SPORT

THERE ARE TWO 45 - MINUTE HALVES IN A REGULATION GAME

THE KICKER KICKS FIELD GOALS AND EXTRA POINTS

ALSO KNOWN AS FUTBOL

PLAYERS TACKLE TO STOP OPPONENTS

5-6 DOZEN DIFFERENT BALLS ARE USED A GAME

3 OUTS = A ROTATION OF THE TEAMS

THE SUPERBOWL IS THE CHAMPIONSHIP

MATCH THE DESCRIPTION TO THE SPORT AND PERFORM THE CONDITIONING EXERCISE. COLOR IN EACH BOX WHEN COMPLETED (RED = FOOTBALL, BLUE = SOCCER, GREEN = BASEBALL)

FOOTBALL

*run one lap around the house

SOCCER

*10 jumping jacks
*10 burpees
*10 mountain climbers

BASEBALL

*skip one lap around the house