

Toth – Fitness & Literacy

SOCCER Mad Libs

Fill out these questions to generate your own silly mad libs story instantly online!
www.glowwordbooks.com Click on: *kids-online madlibs-sports-soccer* or fill in the worksheet below!

(Hint: a **Verb** is an action. An **adverb** usually ends in "ly" and describes an action (like slowly). A **noun** is a person/place/thing. An **adjective** describes a person/place/thing.)

Adjective: _____ **Thing:** _____

Celebrity: _____ **Person:** _____

Number: _____ **Noun:** _____

Adverb: _____ **Animals:** _____

Verb (ending in "ing"): _____

Profession (like Author): _____

FOLD HERE

Our final soccer match of the season was postponed because

_____ were on the field. It took three firemen and a
(Adjective) **(Animal)**

_____ four hours to finally clear them all off. When the field was
(Profession)

clear my coach, _____, gave us a pep talk. If we won today, we
(Celebrity)

would be in first place and we'd all get to take a _____ home with us as a
(Thing)

prize. The pressure was intense and with just _____ seconds left on the
(number)

clock the game was a tie. _____ tried to score a goal, but the defense
(person)

stole the ball away. I ran as fast as I could and when I got to the ball I did
my patented kick, the _____ . The ball flew _____

(Verb) **(Noun).** **(Adverb)** into the
air and into the goal. We won!

Fitness Scramble:

Equipment: 12 Discs
6 Hula Hoops/poly spots
Laminated Letters (100 of each letter) or wood tile letters
1 Pencil per group
1 Fitness Scramble Worksheet per group

Setup: Divide students into 6 equal groups. Arrange students in file formation for each team. Place hula-hoops in a line across the middle of the gym, spaced apart for safety. At each of the ends of the gym and even with each team lines place a disc to hold the alphabet letters.

How to Play: Students will be in relay lines. The first student in each line runs toward the hula-hoop and performs an exercise in or around the hoop that the teacher has called out. (See examples below). After an exercise is performed the student continues running to the disc where he/she picks 2 letters. The student will run back, tag the next in line and deposit their letter in the disc at the end of the line. Continue the activity for the allotted amount of time leaving 5 -6 minutes at the end of class for students to complete the scramble.

Examples of Exercises performed in or around the hula-hoop:

- **5 Crunches**
- **10 Jumping Jacks**
- **360 degree turn on 1 hand with the hand inside the hoop**
- **5 Pushups**
- **10 Side to side jumps**
- **10 Hoop jumps turning the hoop**
- **10 Mountain Climbers**
- **5 Squats**

At the end of the activity allocated time students will have approximately 5 minutes to compile as many fitness/sports words with their team as possible. Students will write the words down on the score sheet provided. Points are awarded for each word. (See score sheet)

Students will share with the class several of the words created.

CSI – MUSCLE IDENTIFICATION

The three major types of muscle in the body are:

_____, _____,

Which muscle helps you move your shoulder? _____

Which muscles are found on the front of your thighs and means *four heads*?

This muscle has *two heads* and assists in bending your arm. _____

The muscle on the back of your calf that helps you stand on your toes.

This muscle resembles the shape of the trapezoid and helps you sit up straight in a chair.

This muscle has tendons like strings, which help you, run fast.

This muscle has three heads and can help you throw a ball.

This muscle means broadest back and extends from the vertebral column to the humerus.

Which muscles name means straight belly and helps you perform crunches?

This muscle is diagonally arranged on either side of the torso. _____

This muscle loves to do a lot of pushups and lies under the breast.

This muscle is the largest in the body, which supports your trunk and helps to maintain proper posture.

Your body contains more than _____ muscles.

