

Name: _____

Date: _____

Physical Activity Game

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

- | | | | |
|--------------|----------|----------|----------|
| Jumping jack | Scissors | Freefall | Windmill |
| Skipping | Knee-up | Push-up | Bicycle |
| Balance | Sit-up | Boxing | Lunge |
| Squat | Plank | Run | |