# ELL Vocabulary Review Worksheet

Name: Blank Class: Blank Date: Blank

**Place one letter in each blank to spell out a word that completes one of the sentences below.**

P H \_ \_ \_ C \_ \_ A C T I V I T Y

O \_ \_ \_ E N

E \_ \_E R \_ \_ S E

P H Y S I C A L F \_ T \_ \_ S S

A \_ \_ I \_ I T \_

**Fill in the blank with a word from the list above that best completes each sentence.**

**1.** Movements such as running, swimming, and biking that use the large muscles of your body are known as Blank .

**2.** Blank is the planned, structured, and repetitive movement for improving or maintaining components of fitness.

**3.** When you have Blank , your body systems work together efficiently so you are able to perform all the daily activities you need to.

**4.** Aerobic activities help your body use more Blank over longer periods of time.

**5.** People often suggest they’re inactive because they don’t have time, but they could plan  
 Blank breaks throughout the day to overcome this issue.