# 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.**

H \_ \_ \_ T H - R E L A \_ \_ \_

\_ \_ R D I \_ \_ \_ \_ P I R A \_ \_ \_ Y E N \_ \_ R \_ N \_ E

RATING OF \_ \_ \_ \_ E I V \_ \_ E X \_ \_ T \_ \_ N SCALE

M \_ \_ C \_ \_ L \_ \_

F \_ E \_ I B \_ L \_ T Y

S \_ I \_L L - R \_ \_ \_ T E D

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

**1.** Blank fitness components refer to fitness activities you need to do regularly to keep healthy.

**2.** The ability to exercise your entire body for a long time without stopping is known as
 Blank .

**3.** The Blank is used to measure the intensity of your exercise based on a description of how you would be feeling at a certain level.

**4.** The Blank system is responsible for all movement.

**5.** Blank is the ability to use your joints fully through a wide range of motion.

**6.** Blank fitness components help you perform well in sports and other activities that require specific skills.