# 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. Two words are used more than once.**

\_ \_ T N E \_ \_ P \_ \_ N

F \_ E \_ \_ E N \_ Y

T \_ \_ E

S \_ E \_C I F \_ \_ I T Y

O \_ E \_ L \_O \_ D

P \_ O \_ \_ E \_ \_ I O N

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

**1.** A guide for meeting your fitness goals is a Blank .

**2.** The FITT formula is used to determine the Blank intensity, time, and type of physical activity you should be doing for each health-related fitness component.

**3.** In the FITT formula how often you exercise is defined as Blank .

**4.** Blank is the actual exercise you choose to do based on the fitness component you are working on.

**5.** The training principle of Blank states you must do specific kinds of exercise to improve specific muscles or specific types of fitness.

**6.** The training principles include, Blank , Blank , and  
 Blank .