# Vocabulary Review Worksheet

Name: Blank Class: Blank Date: Blank

Fill in the blank with the word 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.