# Vocabulary Review Worksheet

Name: Blank Class: Blank Date: Blank

Fill in the blank with the word that best completes each sentence.

**1.** Your Blank should include large muscle movements that get your whole body moving.

**2.** Stretching with movement is also known as Blank stretching.

**3.** Blank sports are played by two people.

**4.** Slowing your body down and giving it time to adjust when ending a workout is called a   
 Blank .

**5.** Blank stretching involves standing, sitting, or lying still and holding a stretch.

**6.** A(n) Blank sport is played by one person.

**7.** Groups of people play a(n) Blank sport.

**8.** Blank occurs when you lose more fluid than you take in.