Liveworksheet 4. How can we stay fit?

1. Look at the pictures. Drag and drop the words from the wordbox to the correct pictures according to the benefit it shows.

Strong bones and muscles	Healthy heart and lungs	Relax and sleep well
speed, balance, flexibility…	Healthy weight	feel good

LIVEWORKSHEETS

2. Match the pictures with the safety precautions they are representing:

Rest when you feel tired.

Do stretching exercises at the end.

Do warm-up exercises before you start.

Wear the right protective equipment.

LIVEWORKSHEETS