



Spell It Out Vocabulary Challenge Worksheet

Group Member Names: _____

Challenge Question 1: Identify three activities that could improve cardiorespiratory endurance.

Activity 1: _____

Activity 2: _____

Activity 3: _____

Challenge Question 2: Identify one heat-related illness associated with fluid loss. Create a sentence describing how you would a) make appropriate decisions based on weather and safety conditions; b) make adjustments to ensure the safety of yourself and others; or c) implement safety protocols for outdoor activities.

Heat Illness: _____

Sentence:

Challenge Question 3: Identify one skill-related component of fitness and create a sentence describing an activity where the component is needed.

Component: _____

Sentence:

Challenge Question 4: Identify one of the four FITT principles and create a sentence describing how that principle can assist with your development of a fitness plan.

Principle: _____

Sentence:
