



Complete this worksheet and  
turn in to your coach by \_\_\_\_\_  
to get a star!

Levels 1 & 2

Name: \_\_\_\_\_

## Different Types of Physical Activity

Healthy Habit of the Week:

Do an activity in each type of physical activity category

Key Points:

- Remember: Physical activity is when you move your body around making your heart beat fast
- **Cardio** gets your heart and lungs working harder and makes you sweat like running, dancing, biking, or playing basketball
- **Strength** gives your body more power and makes muscles strong to climb, lift heavy things, and run fast by jumping rope, doing push-ups or squats, or gymnastics
- **Flexibility** will help us with being sore and make us less likely to get hurt from other exercises with yoga, swimming, or stretching

### Active LifeStars!

Help the Healthy LifeStar cross the river!  
Do an activity from each rock to get the  
Healthy LifeStar safely across then circle  
the activity that you did.

**Cardio**

- Dance for 2 minutes
- Go for a bike ride
- Run in place for 2 minutes

**Strength**

- 10 squats
- 10 push-ups
- Jump rope for 2 minutes

**Flexibility**

- Touch your toes
- Reach your arms to the sky

Do 3 times and hold for 10 seconds