

# Fitness Word Mat - Year 4

Learning objective: Understand key vocabulary related to fitness and physical activity.

Key Vocabulary

Grouped by category: *Types of Exercise*, *Benefits of Exercise*, and *Equipment and Attire*.

|                                                 |                |            |
|-------------------------------------------------|----------------|------------|
| Aerobic                                         | Yoga           | Running    |
| Endurance                                       | Fitness Centre | Stretching |
| Exercise What are the benefits for our bodie... |                |            |