

Class 4 Fitness Vocabulary Mat: Mastering Movement

Learning objective: To develop a precise understanding of physical fitness terminology and apply it to athletic performance and personal health.

Key Vocabulary

Use this vocabulary mat to help you describe physical activities and bodily changes. The terms are grouped into three categories: 'The Body in Motion', 'Measuring Fitness', and 'Healthy Habits'.

Explain why a 'wa...	Compare and con...	Justify why hydra...
What might happ...	If Max the monke...	Nova the owl is s...