

# Year 5 PE: Fitness Word Mat

Learning objective: To understand and define key vocabulary related to physical fitness, health, and exercise.

Key Vocabulary

Use this word mat to help you understand the language of PE. The terms are grouped into three categories: 'The Body in Action', 'Types of Fitness', and 'Safety and Wellbeing'.

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|----------------------|-------------------------|----------------------|
| Max the monkey i...  | If Pip the caterpill... | Why is hydration ... |
| Look at the term ... | What is the differ...   |                      |