

Fitness 1

. Make 2 lists under 2 headings:

- Games that are dangerous
- Games that are not dangerous

Fitness 2

Create a word pattern using names of sports. The next word must begin with the last letter of the previous word, e.g. **fishing**

o
l
f.....

Fitness 3

Invent a game that uses a bucket, a ball and a piece of rope.

Fitness 4

The handle of your tennis racquet has broken. Work out a way to fix it, so that it is still effective. Show the steps of how you would fix it in a series of drawings with labels..

Fitness 5

Think of 3 uses for a rugby ball, apart from using it to play rugby.

Fitness 6

You are going to set up an obstacle course for a physical education exercise. Draw a map of the course. Draw and label the different activities.