Name: Date: Score: / 8

Fitness Words: Match the Meaning

Grade 3 vocabulary: athlete, stretch, flexible, endurance and more

Read each meaning. Write the letter of the meaning next to the word it matches.

A. to reach out your arms or legs to loosen muscles
B. to run at a slow, steady pace
C. to get your body ready for exercise
D. water that comes out of your skin when you are hot
E. a person who is good at sports
F. able to bend easily
G. the power to keep going for a long time
H. body parts that help you move

1. _____ sweat
2. _____ stretch
3. _____ athlete
4. _____ muscles
5. _____ flexible
6. _____ endurance
7. _____ jog
8. _____ warm up

✏️ **Pick two words. Write a sentence for each one that shows what it means.**

ANSWER KEY

Fitness Words: Match the Meaning (answers)

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1. D sweat
2. A stretch
3. E athlete
4. H muscles
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7. B jog
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