On a separate sheet of paper define the following words using a dictionary or your own words. Then use each of the words in a sentence. If you use a dictionary please use the definition that would apply to Phys. Ed.

Health

Fitness

Exercise

Muscle

Strength

Endurance

Agility

Coordination

Speed

Flexibility

Cooperation

Sportsmanship

Teamwork

Confidence

Celebration

Sport

Game

Sharing

Safety