

Name \_\_\_\_\_

Date \_\_\_\_\_

Grade Level: 5th Grade | Standard: 5.3.W.1

# Fitness Fun

**Directions:** We all need physical activity, and the best way to get active is to have fun! Write about a time you had fun being active. Maybe it was scoring a goal, learning a new dance, or going on a hike. What happened? What did you love about it? Was it difficult? How did it make you feel?

Write 2 paragraphs about your experience.

