

Name _____

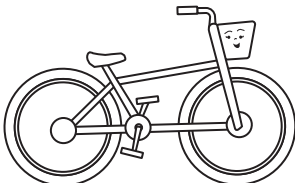
Date _____

Grade Level: 3rd – 5th Grade | Standard: 1.PA.5.1

Types of Movement

Directions: Read the word bank below. Sort each activity into the correct column in the chart. Some activities may fit in more than one column.

Running Yoga Push-ups Swimming Dancing
Stretching Weightlifting Jump Rope Pilates Sprinting
Rock Climbing Sit-ups Biking Martial Arts Lunges

Strength	Cardio	Stretch
		

Follow-Up: Pick one activity from the word bank that could fit in more than one column. Write it below and explain why it belongs in both.

Activity: _____

Why it fits in more than one column: _____