

Benefits of Physical Activity

Using the list of words provided, write each “benefit” in the correct category below.

SOCIAL	MENTAL OR EMOTIONAL	PHYSICAL

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Benefits of Physical Activity - - Answer Sheet



Using the list of words provided, write each “benefit” in the correct category below.

SOCIAL	MENTAL OR EMOTIONAL	PHYSICAL
making friends	learning new activities	better health
getting along with others	feeling confident	stronger muscles
having fun	learning to make decisions	improved skills
helping others	having fun	more stamina
	laughing	improved fitness
	relaxing	
	improving self control	
	sleeping better	

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Benefits of Physical Activity - - Master Sheet

Grade 6, Lesson 1 - Physical Activity



Name: _____

making friends	learning new activities
getting along with others	feeling confident
cooperating	learning to make decisions
having fun	having fun
laughing	relaxing
helping others	improving self control
better health	more stamina
stronger muscles	sleeping better
improved skills	improved fitness

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