

GET ACTIVE WITH



Get Active!

ACTIVITY 1, FOR INDIVIDUALS

Suggested for Grades 6–8

Name: _____

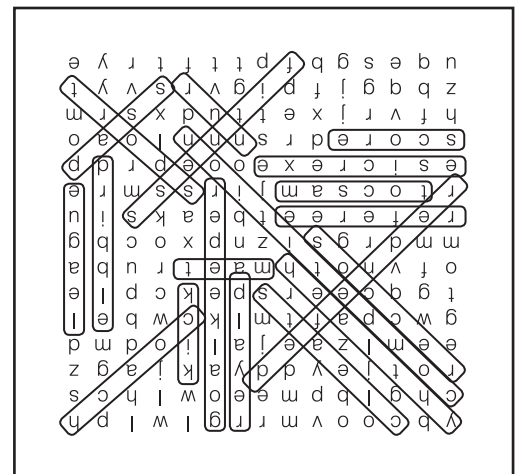
How do you like to get active? Many kids your age like to play soccer. Are you familiar with soccer lingo? Check out the list of soccer-related words below and see if you can find them in the Word Search puzzle. Words are listed horizontally, vertically, and diagonally, left to right and right to left.

Word Search:

y b c o o v m r r g l w l p h
c h g l b p m e e o w l h c s
r o t j e y d d y a k j a g z
e e m l z a e j a l i o d m d
g w c p a f t m l k c w b e l
t g q c e e r s p e k c p l e
o f v n o t h m a e t r u b a
m m d r g s i z n p x o c b g
r e f e r e e t b e a k s i u
r t o c s a m j i r s s m r e
e s i c r e x e o o e p r d p
s c o r e d r s n n n l o a o
h f v r j x e t t u d x s r m
z b q g j f p i g v r s v y t
u q e s g b f p t t f t r y e

Word List:

cleats	exercise	league
coach	fitness	mascot
competition	goalkeeper	pass
defender	healthy	player
dribble	kick	referee
run	score	soccer
sport	team	



List your three favorite fitness activities.

1. _____
2. _____
3. _____

Now, circle one activity and decide when you'll do it next. Maybe it will be after school. Maybe it will be this weekend. Most kids should be active for 60 minutes a day, so make a plan and stick to it. Have fun!