

Name: _____

Date: _____

Aerobic or Anaerobic?

Highlight all the exercises or vocabulary words that are related to Aerobic YELLOW.
Highlight all the exercises or vocabulary words that are related to Anaerobic GREEN.

Jogging	Push-ups	Lifting weights	Doesn't need oxygen
Volleyball	Needs oxygen	Swimming	Bicycling
Tennis	Dancing	Sprinting	Yoga

Write about a time you did one of these activities. Was it aerobic or anaerobic?
Describe how long you did the activity and how you felt after completing it.

Done early? How many of each of these can you do?

Push-ups: _____

Sit-ups: _____

Jumping jacks: _____

Hopping on one foot: _____