

BELIEVE YOU CAN ACHIEVE!



THE NFL IS THE MAIN ORGANIZATION

ALL PLAYERS WEAR HELMETS

THE QUARTERBACK IS A KEY OFFENSIVE PLAYER

THERE ARE 10 PLAYERS AND 1 GOALKEEPER ON THE FIELD PER TEAM

THE WORLD CUP IS THE CHAMPIONSHIP

THE MBA IS THE MAIN ORGANIZATION

THERE ARE TWO 45 - MINUTE HALVES IN A REGULATION GAME

PLAYERS TACKLE TO STOP OPPONENTS

HEADING THE BALL IS AN IMPORTANT SKILL

3 STRIKES EQUALS AN OUT

THE MOST POPULAR SPORT WORLD WIDE

THERE ARE 9 INNINGS IN A REGULATION GAME

THE WORLD SERIES IS THE CHAMPIONSHIP

5-6 DOZEN DIFFERENT BALLS ARE USED A GAME

GAMES ARE NOT TIMED

9 PLAYERS WILL TAKE THE FIELD

FIELD PLAYERS ARE NOT ALLOWED TO USE THEIR HANDS

THERE ARE 4 QUARTERS TO A REGULATION GAME

HITTING THE BALL OUT OF THE PARK = A HOMERUN

FIFA IS THE MAIN ORGANIZATION

ONE PLAYER ON THE FIELD WEARS GLOVES

7 POINTS ARE AWARDED FOR A TOUCHDOWN

THE PITCHER IS AN IMPORTANT PLAYER

THE KICKER KICKS FIELD GOALS AND EXTRA POINTS

THIS IS A FULL-CONTACT SPORT

ALSO KNOWN AS FUTBOL

3 OUTS = A ROTATION OF THE TEAMS

THE SUPERBOWL IS THE CHAMPIONSHIP

THE FIELD IS 100 YARDS IN LENGTH

PLAYERS WEAR SHIN PADS

MATCH THE DESCRIPTION TO THE SPORT AND PERFORM THE CONDITIONING EXERCISE. COLOR IN EACH BOX WHEN COMPLETED (RED = FOOTBALL, BLUE = SOCCER, GREEN = BASEBALL)

FOOTBALL

*run one lap around the house

SOCCER

*10 jumping jacks
*10 burpees
*10 mountain climbers

BASEBALL

*skip one lap around the house