



Name \_\_\_\_\_

I will need:

 pencil

# Fit for the Game

1. Complete the words by adding the word endings.

pl a y

m a k e

f i t

tr \_ \_

c \_ \_ \_

b \_ \_

cl \_ \_

t \_ \_ \_

h \_ \_

st \_ \_

b \_ \_ \_

k \_ \_

spr \_ \_

l \_ \_ \_

m \_ \_

2. Complete the sentences by using two of the words.

If you practise before you \_ \_ \_ \_ a game,  
you will be \_ \_ \_.

3. Write a sentence using two or more of the words above.

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Name \_\_\_\_\_

I will need:



pencil



scissors



glue

# Fit for the Game

Cut out the sentences. Paste them beside the correct heading.  
Then answer the question.

## Headings:

Keeping rested

Knowing what to do

Keeping my energy up

Staying in shape

Getting ready for the game

What would you do to get ready for a game? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Jogging is great  
exercise.



I make sure my uniform  
is ready.



I eat healthy food.



Now all I need is a good  
night's sleep.



My job is to keep the other  
team from scoring goals.