

# 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 MLB 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 FIELD IS 100 YARDS IN LENGTH

7 POINTS ARE AWARDED FOR A TOUCHDOWN

THE WORLD SERIES IS THE CHAMPIONSHIP

THE KICKER KICKS FIELD GOALS AND EXTRA POINTS

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

PLAYERS WEAR SHIN PADS

FIFA IS THE MAIN ORGANIZATION

ONE PLAYER ON THE FIELD WEARS GLOVES

THE PITCHER IS AN IMPORTANT PLAYER

THIS IS A FULL-CONTACT SPORT

ALSO KNOWN AS FUTBOL

3 OUTS = A ROTATION OF THE TEAMS

THE SUPERBOWL IS THE CHAMPIONSHIP

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