Summer Fun for All Ages
Many summer activities can be enjoyed by people of all ages. Unscramble the words below to reveal fun summer physical activities.

<table>
<thead>
<tr>
<th>Isltaobf</th>
<th>breefis giwrothn</th>
<th>dieh dna eske</th>
<th>pte or arc swigahn</th>
<th>gwinsmmi</th>
<th>trew snikig</th>
<th>nnitse</th>
<th>flog</th>
<th>drennagig</th>
</tr>
</thead>
</table>

Each day fill in what physical activity you did and how many minutes you did it.

Name ____________________________

For more resources visit: www.4-h.uiuc.edu/opps/move