

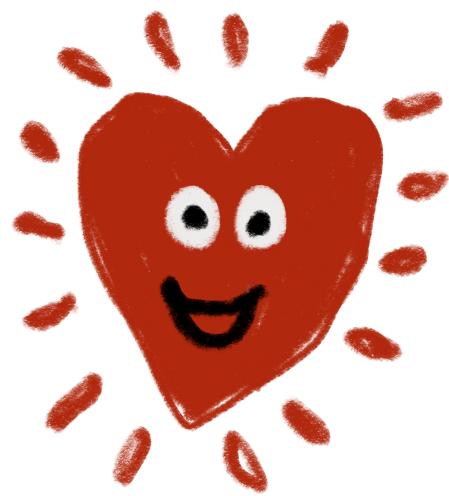
# Lesson 3 Exercise Year 2 | Journaling Scaffold

Name .....

1. What are the three different types of exercise?



VOCABULARY:  
strength  
muscles  
enjoyable  
stretching  
fit



## HELPFUL SENTENCE STEMS

- 1) The different types of exercise are \_\_\_\_\_.
- 2) Exercise is important because \_\_\_\_\_.
- 3) This lesson is important because \_\_\_\_\_.

