

TRAIN LIKE A RANGER



POWER RANGERS HAVE TO KEEP ACTIVE TO STAY STRONG AND FIT. HERE'S A GREAT GAME TO HELP YOU GET ACTIVE IN CLASS OR DURING P.E.

FOR EXTRA FUN, PLAY AS A TEAM. POWER RANGERS KNOW THAT TEAMWORK MAKES EVERY TEAM MEMBER MORE POWERFUL!

PART 1 You know that sports activities are a great way to stay fit. Use your spelling skills to unscramble the words below to find six fun activities that help keep you strong. (The first letter of each sport is provided to help you get started.) Use the blank spaces to create your own sports scrambles.

rte aak k _____	teskabngraodi s _____	gkniih h _____
iybcgicn b _____	ccoser s _____	imswming s _____
_____	_____	_____

PART 2 Now get ready to play sports charades! Cut apart the chart to create nine slips with a scrambled sports activity on each one. Mix your slips together with those of other students, then take turns picking one and acting out that activity. See if your classmates can guess which sport you are playing!

WATCH THE NEW  **ADVENTURES ON**  **BEGINNING FEBRUARY 2, 2013 SATURDAYS AT 1P/12C**
<http://empower.powerrangers.com>

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Parents emPOWER Too!

Today, the Power Rangers are helping your child get moving with a game of sports charades. Ask your child to share the game with you so you can play as a family.

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