Able

*adjective* : having the means or power to do something

Breathe 

*verb* : to take in air through the nose or mouth

Exercise 

*verb* : to use the body to be fit and healthy

Fall 

*verb* : to move downward, often fast and without control

Fast 

*adjective* : moving in a speedy way; not slow

Fit 

*adjective* : strong and healthy

Gym 

*noun* : a large room for physical exercise and activities; a gymnasium

[Hike](http://www.vocabularya-z.com/vocabweb/frontpage.do?topicId=294&addwordurn=8264) 

*noun* : a long walk in nature

Hike 

*verb* : to walk far in nature

Hiking 

*noun* : the activity of going for a long walk through nature

Hop 

*verb* : to jump, often on one foot; to leap over

Jump 

*verb* : to bend the knees and quickly push the whole body up off the ground

Miss

*verb* : to not hit or catch something

Move 

*verb* : to go from one place to another

Play 

*verb* : to have fun

Pull

*verb* : to use force to move something closer

Push 

*verb* : to use force to move something away

Ran

*verb* : the past tense of "run"; to move on foot faster than walking

Reach 

*verb* : to stretch out or extend something

Rest 

*verb* : to relax or stop working

Run 

*verb* : to move on foot faster than walking

Skate 

*verb* : to glide on a surface wearing ice skates or roller skates

Skill 

*noun* : the ability to do something because of training or practice

Slow 

*adjective* : moving at a low speed; not fast

Stand 

*verb* : to have all of one's weight on one's feet

Still

*adjective* : not moving

Strong 

*adjective* : powerful; not easy to break

Swim 

*verb* : to move along on or in the water using one's body

Thirsty 

*adjective* : feeling a need or desire to drink

Tired 

*adjective* : in need of rest or sleep

Walk 

*verb* : to use one’s legs to move from place to place

Weak

*adjective* : being without energy, power, or strength