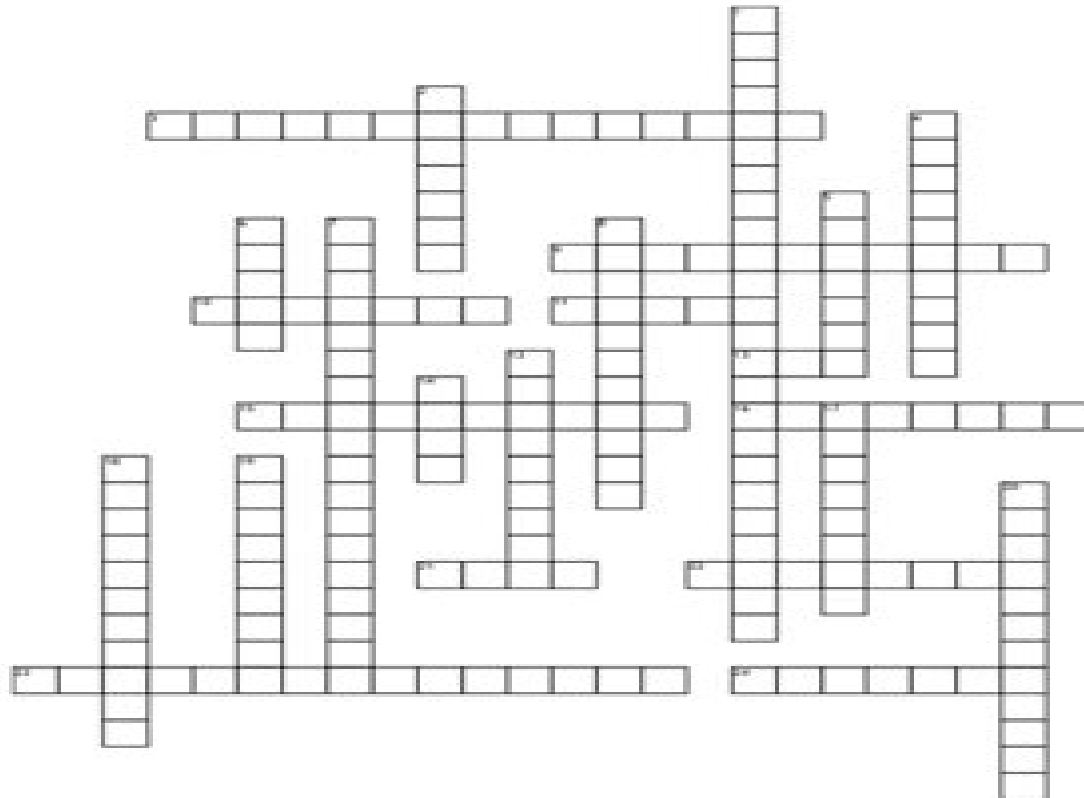


Physical Education Crossword Puzzle



Across

3. Name the houses that are on the first floor.

9. The physical fitness test that we take at M.S. 180 is called the _____.

10. _____ exercise increases cardiovascular endurance.

11. What fitness test item measures cardiovascular endurance?

13. We participate in the Ice Bucket Challenge in June to raise money for _____.

15. How long should attendance take?

16. The gym uniform consists of sweat pants, the school gym shirt, and _____.

21. To increase strength, you should do strength-building exercises in _____.

22. What is the name of your gym teacher?

23. What fitness test item measures your BMI?

24. What fitness test item measures abdominal strength?

Down

1. We raise money for the _____ by participating in Jump Rope and Hoops-for Heart.

2. 4 times around the Truman track equals _____.

4. How much exercise should children and teenagers get?

5. What fitness test item measures upper body strength and endurance?

6. How many times a week should you work on strength-building exercises?

7. Name the houses that are on the 2nd floor.

8. What fitness test item measures hamstring flexibility?

12. What fitness test item measures back strength and flexibility?

14. How many components of fitness are there?

17. What is the best way to prevent heart disease?

18. Cardiovascular endurance, muscular strength, muscular endurance, body composition and _____ are the components of fitness.

19. Enter the gym quickly and quietly and go to your _____.

20. What is the leading cause of death in the United States?

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