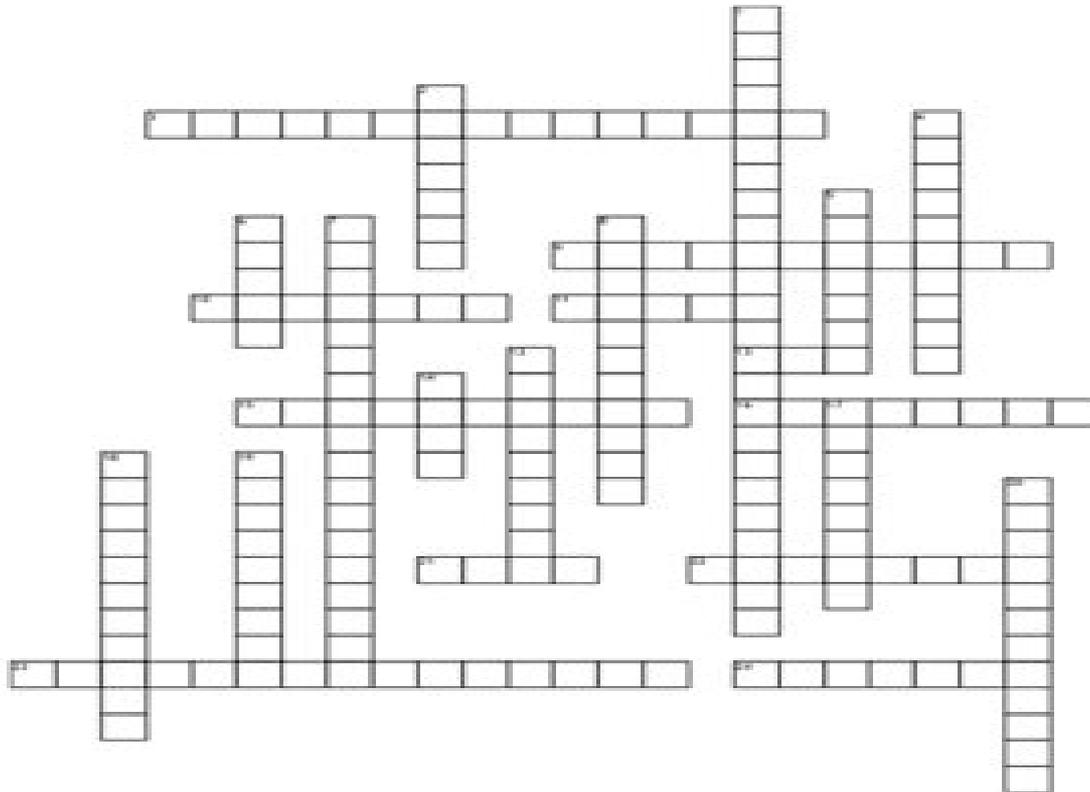


# Physical Education Crossword Puzzle



## Across

1. 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?

# Physical Educational 12 Crossword

**Gerald James Hase**



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