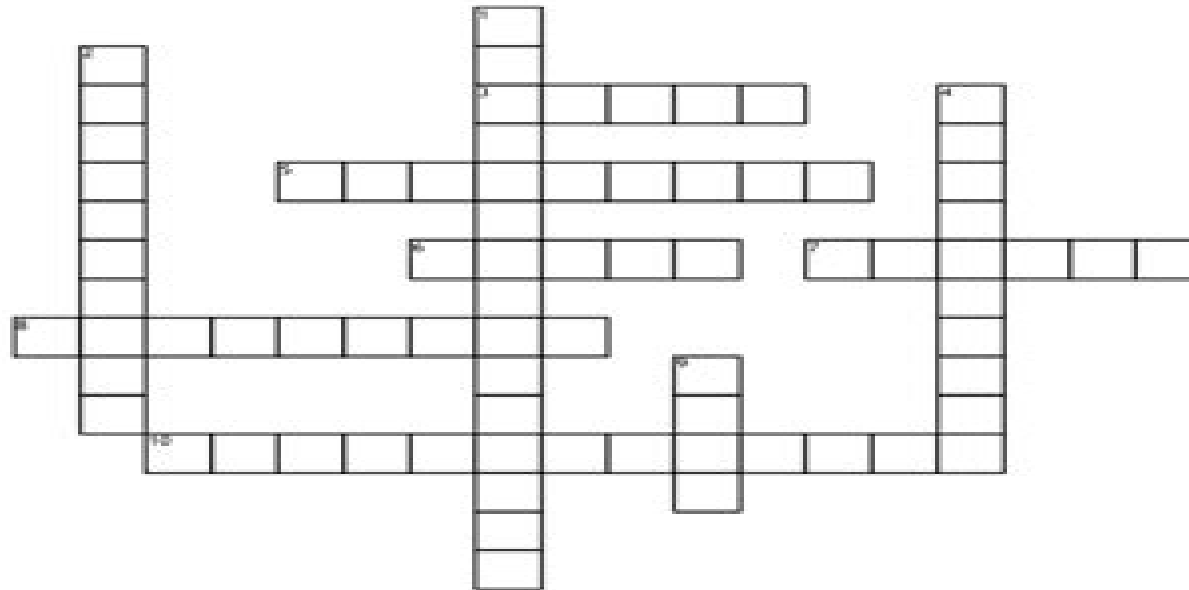


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Fitness Crossword



Across

3. The bone located on the inside of your foot
5. Back thigh muscle
6. Front upper arm muscle
7. Preparing your body prior to working out
8. Heel

Word Bank

Latissimus Dorsi	Bicep
Calcaneus	Flex
Gastrocnemius	Hamstring

10. Calf muscle

Down

1. Lower back muscle
2. Backbone
4. Thigh muscle
9. To make a muscle with your arm

Tibia
Vertebrate

Quadriceps
Stretch

Physical Education 12 Crossword Gymnastics Key

Lauren Gardner



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Journal of Health, Physical Education, Recreation ,1961 **Modern Physical Education** Gerald James Hase,1972
Everyday Life in Fascist Venice, 1929-40 K. Ferris,2012-05-04 This book explores the day to day lived experience of fascism in Venice during the 1930s charting the attempts of the fascist regime to infiltrate and reshape Venetians everyday lives and their responses to the intrusions of the fascist state **Teacher in Zimbabwe** ,1993 El-Hi Textbooks in Print ,1982 **American Book Publishing Record Cumulative, 1950-1977: Title index** R.R. Bowker Company. Department of Bibliography,1978 **Current Literature** ,1963 Whitaker's Cumulative Book List ,1969 *Forthcoming Books* Rose Army,1996-06 *Books Out-of-print* ,1980 *Whitaker's Books in Print* ,1990 *Physical Education, Grades 7-12* Nova Scotia. Department of Education,1997 **Physical Education Gymnastics for Men and Women** Loyd J. Huval,1975
Rule Book of Games Vance Hawkins,2018-08-18 Gymnastics is a sport practiced by men or and women that requires balance strength flexibility agility coordination and endurance The movements involved in gymnastics contribute to the development of the arms legs shoulders back chest and abdominal muscle groups Alertness precision daring self confidence and self discipline are mental traits that can also be developed through gymnastics Gymnastics evolved from exercises used by the ancient Greeks that included skills for mounting and dismounting a horse and from circus performance skills Gymnastics is an activity and a sport involving performance of exercises requiring physical strength flexibility agility coordination balance and grace Artistic gymnastics is the best known of the gymnastics sports governed by the Federation Internationale de Gymnastique Hence the present book will be immensely used by the prospective coaches aspiring gymnasts teachers and students of physical education and sports *Physical Education Gymnastics for Men and Women* Loyd J. Huval, Gymnastics, Physical Education, and Muscular Exercises ... With ... Illustrations Rawdon Crawley (Captain, pseud. [i.e. George Frederick Pardon.]),1866 *Animal Gymnastics* Supportive Learning Publications,1994 Animal Gymnastics Supportive Learning Publications,1994 National Curriculum Resource Pack for Physical Education British Amateur Gymnastics Association,1993 **Physical Education Terminology** ,1967

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