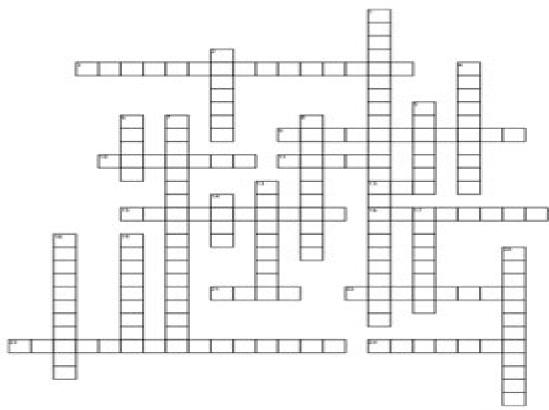
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Physical Education Crossword Puzzle



Across

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

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

 exercise increases cardiovascular endurance.

11. What fitness test item measures cardiovascular endurance?

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

 How long should attendance take?
 The gym uniform commists 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? dependent of the strength of the strength of the work on strength-building exercises? 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 so to your

and go to your 20. What is the leading cause of death in the United States?

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