

Name: _____

Date: _____

Fitness Components

S Z H E H K M E N E R G Y R S W I M M I N G M G
I Q Y S A H D W N F I A S K C A J G N I P M U J
T Y I D H X D Y W C S Y V N I H H C T E R T S A
A T L F P H Y S I C A L E D U C A T I O N P C X
N T H G I E W C X W M J U D F B P U H Y I R U Y
D T N W O D L O O C U B I J O G G I N G B U L H
R H C G B D D P Z M S E L B A T E G E V O N A N
E G S A A V D L P X Q H V Q T V N I F U D N R J
A N I X R M R R F R T R U N K L I F T V Y I E M
C E W X L D O S H R W N S E I R O L A C C N N P
H R C J F P I F E E U N B S Z I N T E V O G D A
P T R S E W E O M L I I Z L X M C D N U M V U C
K S S E N T I F R B C G T N P S E H F A P L R E
L R B K I P P S T E R S H S E M W I I J O N A R
P A Q W Q H D T R Y S P U T Q H U F T K S Y N T
F L D C A E R S M C C P U M G B C B M B I A C E
T U D P F A B A Q C Y U I M F E R R S T T N E S
S C Q D B L P W I D J L R R R T E X G E I I G T
P S X T K T A B B Y M T E L A A I J N U O Y L F
U U T A M H M I O T O I L E U T W K U P N A B P
H M V Y H Y P Z E Y C P X D I P O Q L D S R D C
S D Y L O D B J I G W V S U B H S R V J I M Q M
U Q Y T O D H F S T T R A E H N P S Y B E H B Y
P Y T I L I B I X E L F I N O I T I R T U N S J

physical education
body composition
vegetables
nutrition
jumprope
muscles
running
weight
heart

muscular endurance
jumping jacks
trunk lift
kippsters
curl ups
healthy
fitness
height

cardiorespiratory
sit and reach
pacer test
calories
push ups
stretch
fruits
energy

muscular strenght
flexibility
cool down
swimming
warm up
jogging
hiking
lungs