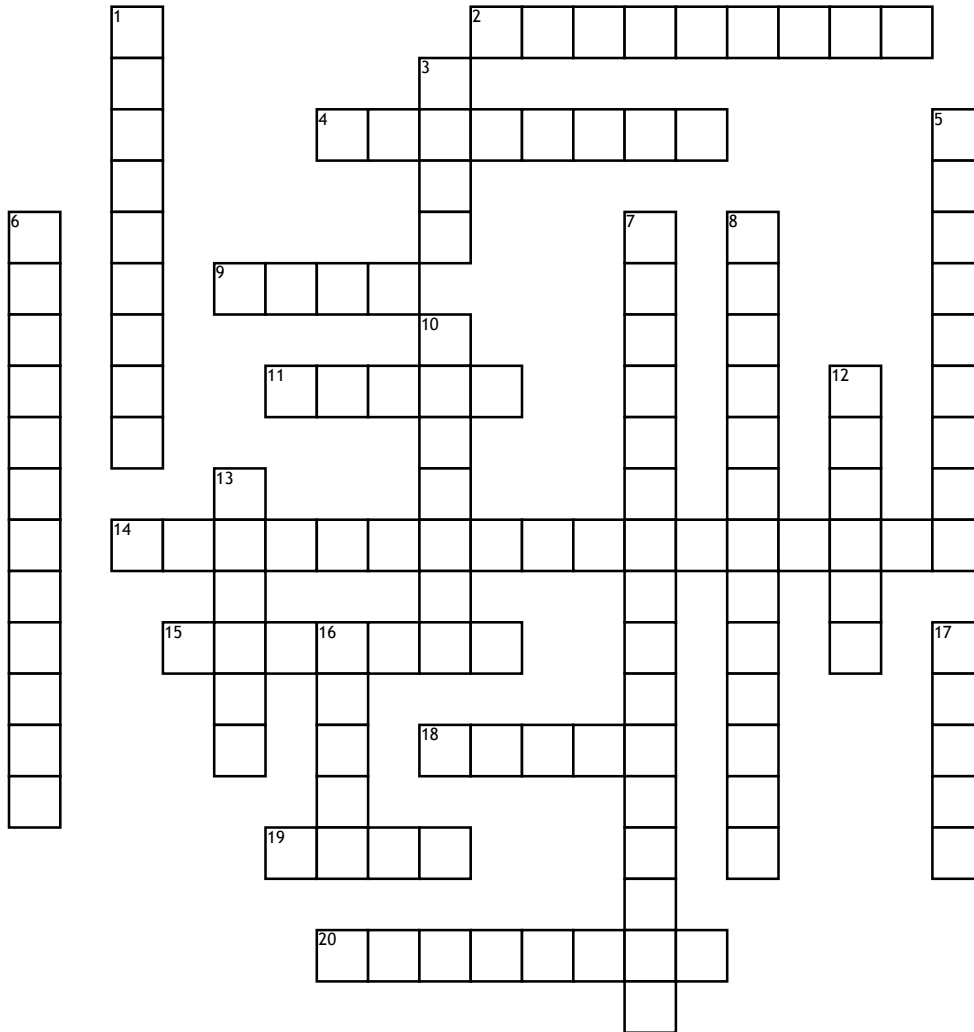


Name: _____

Date: _____

Fitness



Across

- 2. Flexibility is the ability to stretch muscles and _____
- 4. Physical activity to sustain or improve health and fitness
- 9. Cobra and downward dog are _____ poses
- 11. Shooting in water polo requires strength and _____
- 14. Fitness component needed to go fast
- 15. Ability to stay upright or in control of your body position when you are moving or stationary
- 18. Drink this a lot

- 19. Rowing requires muscular endurance in both the arms and the _____

- 20. Weight training is a _____ activity

Down

- 1. Averages 60 to 100 beats per minute
- 3. Balance is the essential ingredient on the balance _____
- 5. Type of berry, has bitter aftertaste
- 6. Your ability to time your movements so that you perform skills smoothly and accurately
- 7. Ability of your muscles to exert a force

- 8. Ability to use strength quickly to produce an explosive force
- 10. Exercise that increases heart rate and the use of oxygen
- 12. An activity where you walk for a long distance - usually in the woods
- 13. Is a fruit - curvy and squishy
- 16. A type of this fruit is Granny Smith
- 17. Sprinting is a _____ activity

Word Bank

- | | | | | |
|--------------------|--------------|-----------|-------------------|-----------|
| Muscular power | Coordination | Hiking | Banana | Cranberry |
| Anaerobic capacity | Apple | Balance | Strength | Power |
| Beam | Aerobic | Ligaments | Muscular strength | Yoga |
| Water | Exercise | Speed | Heart rate | Legs |