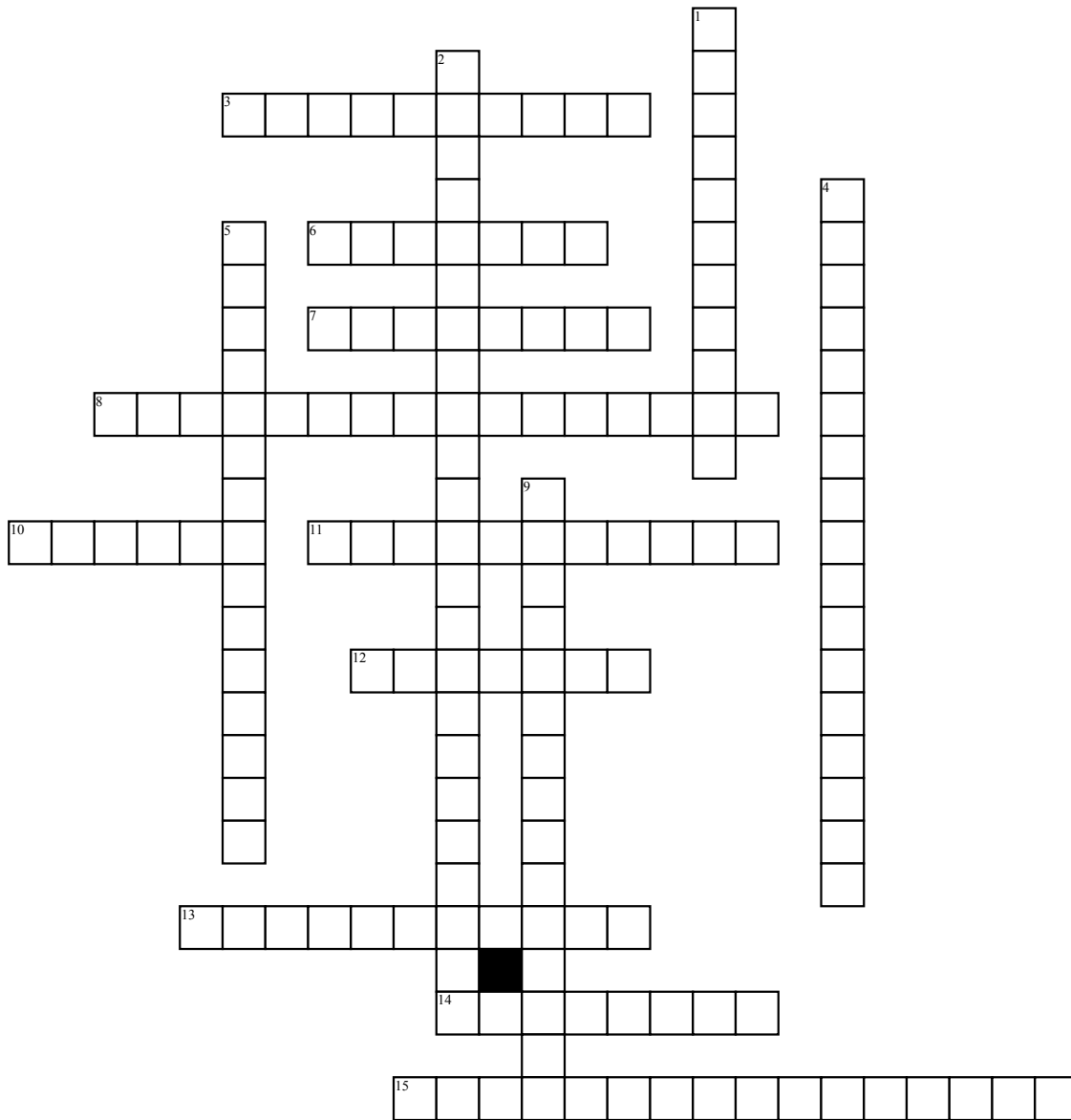


# PHYISCAL EDUCATION



**Across**

- 3. Challenges students to expand their horizons
- 6. John was feeling weakness within his body because it was tiring
- 7. one of the reasons why there is physical education
- 8. The guy can carry a 50 kilograms of rice
- 10. She is now preparing for physical exercise
- 11. Possessing or enjoying good health or a son and vigorous mentality

- 12. A medical condition in which excess body fat has accumulated to an extent that it may have a negative effect.
  - 13. It is to prevent obesity
  - 14. Exerting the body with movement and increasing the heart rate
  - 15. Bea went for a walk with her dog.
- Down**
- 1. She is always attending her gymnastic classes to maintain her flexibility

- 2. During the fun run, Matthew reached only 1 km because he was already having a difficulty in breathing
- 4. The ability of an organism to exert itself and remain active for a long period of time
- 5. Used to describe the percentages of fat, bone, water and muscles in human bodies
- 9. Amanda is doing her best to workout everyday to achieve a healthy and fit body.