

Name: _____

Date: _____

PHYSICAL FITNESS

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

standing long jump

physical fitness

one minute step

sit and reach

conditioning

stretching

exercise

curl ups

warm up

pushups