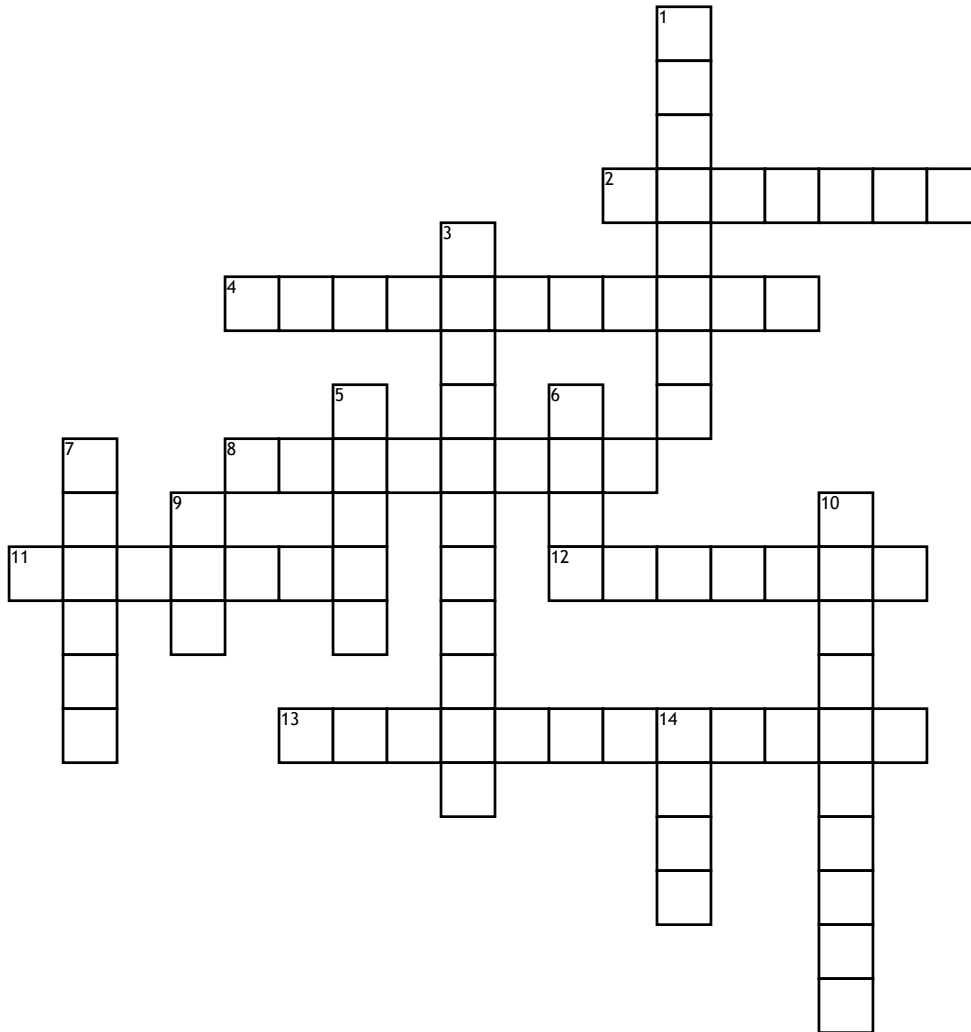


Physical Education



Across

2. The ability of the body to perform daily physical activities without getting overly tired
 4. the ability to move the joints through a full range of motion
 8. A disease in which a persons body cannot regulate the levels of sugars
 11. The ability to keep an upright posture while standing still or moving

12. A nutrient the builds and repairs body cells
 13. Eating and drinking the right amount of nutrients for a healthy diet

Down

1. the state of being active and moving
 3. Steps used tp improve ones physical fitness
 5. A clear, colorless, odorless, tasteless, liquid which is essential for almost every function

6. to jump off one foot and land on the opposite foot
 7. food prepares from the starchy grains of cereal grasses
 9. A nutrient that provides energy
 10. A notebook used to record ones fitness activity
 14. A selection of food

Word Bank

- | | | | | |
|--------------|--------|----------|---------------|-------------|
| Fitness goal | Diet | Fitness | Balanced diet | Diabetes |
| Balance | Fat | leap | water | flexibility |
| Protein | Grains | Activity | Fitness log | |