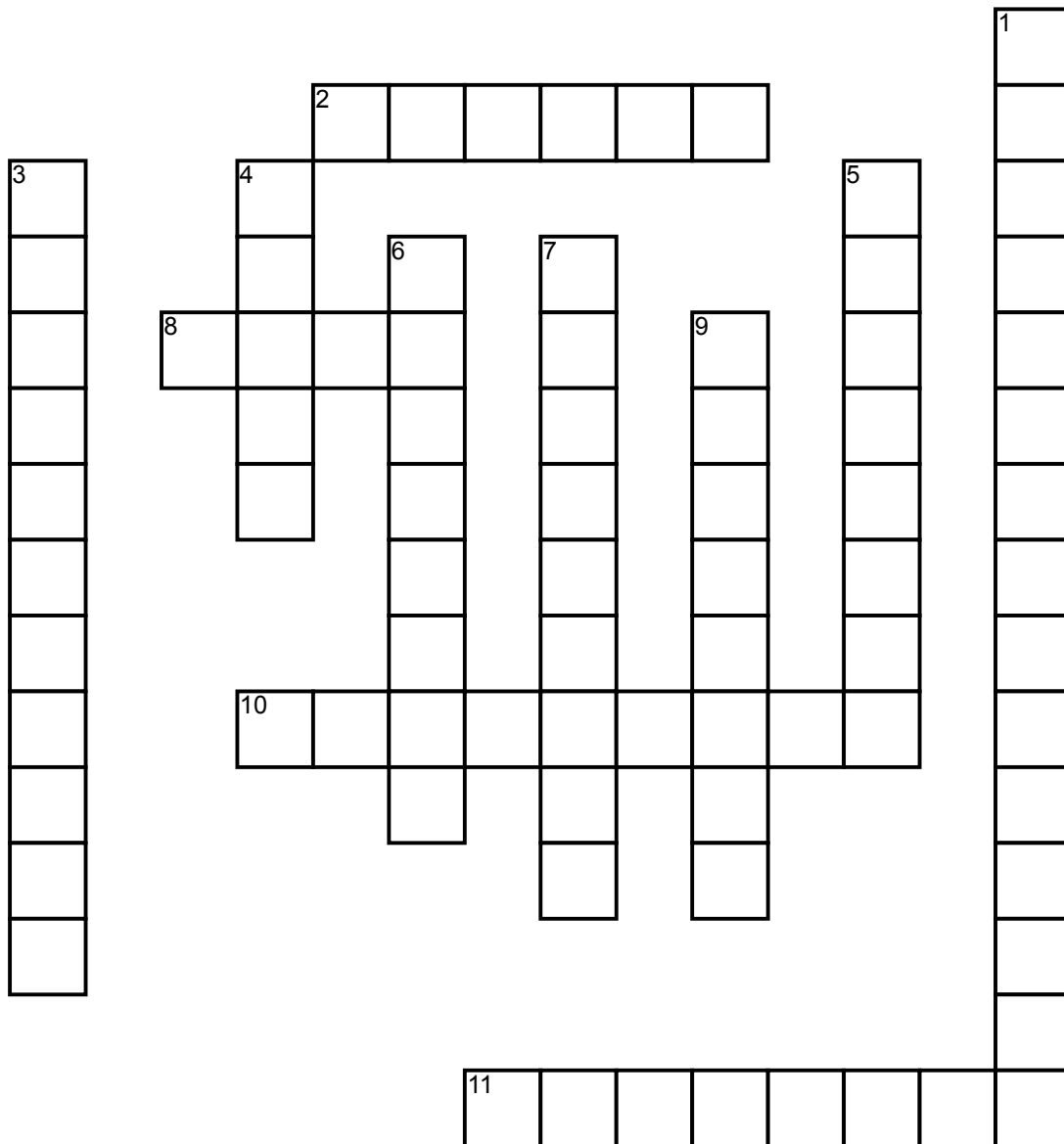


# Physical Fitness Lessons



## Across

2. What we do at the start of our 4-boys lesson to get our hearts to beat faster
8. What do we do between exercises when we feel tired
10. How hard or how easy an exercise is
11. we do this at the end of our lesson so that we don't feel stiff the next day

## Down

1. Your body mass(weight), height (how tall you are)

3. When you can stretch your body easily

4. How fast you can run

5. Type of exercise

6. How strong you are

7. how many times a week you attend 4-boys lessons

9. The beginning of our 4-boys lesson to the end of the lesson