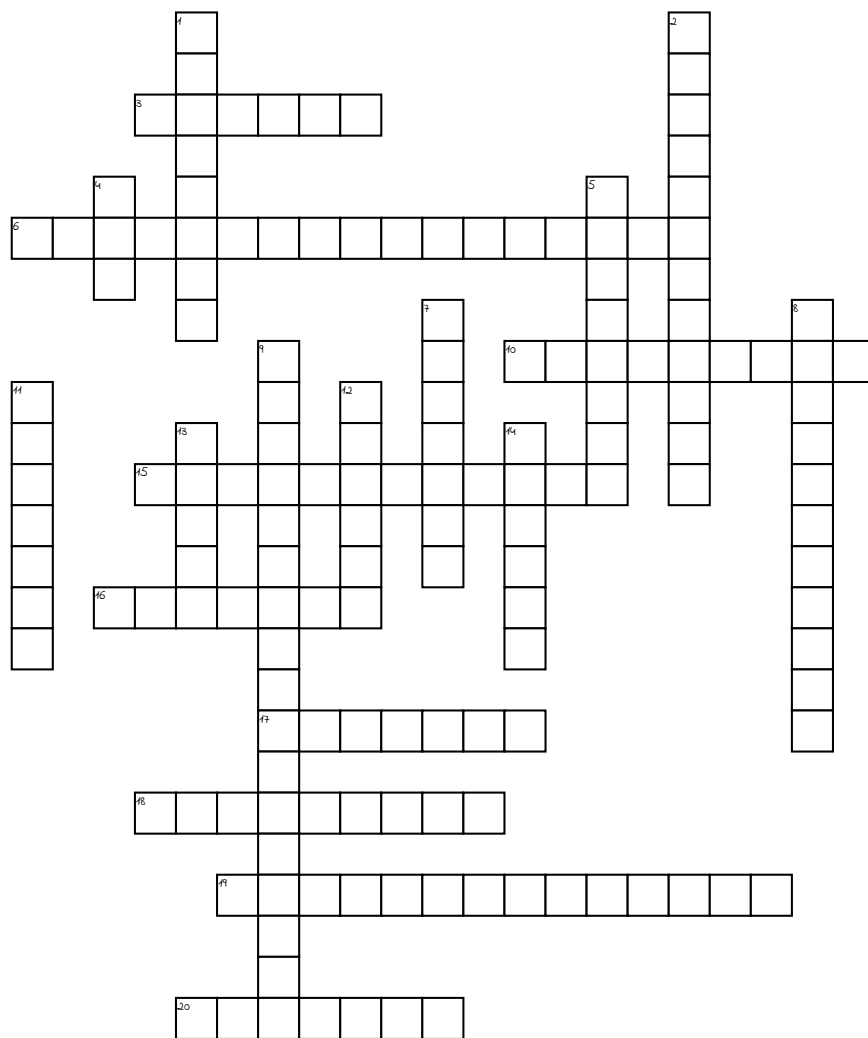


Name: _____ Date: _____ Period: _____

Physical education crossword puzzle



Across

3. It allows both building six-pack abs, and tightening the belly.

6. what's dose PE mean?

10. a sport that includes physical exercises requiring balance, strength, flexibility, agility, coordination, and endurance

15. gymnastic exercises to achieve bodily fitness and grace of movement

16. a squat thrust with an additional stand between repetitions

17. what do you when you do a lap?

18. physical sports and games of any kind.

11. what is a other name for your legs?

20. the condition of being physically fit and healthy

Down

1. what is a other name for arms?

2. what physical exercise do you have to jump for?

4. equipped for sports or physical training

5. any of a group of organic compounds which are essential for normal growth and nutrition

7. any of a class of nitrogenous organic compounds that consist of large molecules composed of one or more long chains of amino acids and are an essential part of all living organisms

8. A test is used to measure a clients flexibility

9. what is a different name for your knees?

11. an exercise in which a person lies facing the floor and

12. a physical exercise designed to strengthen the abdominal muscles

13. what do you drink to stay hydrated?

14. any of a class of organic compounds that are fatty acids

Word Bank

forelimb

Burpees

Physical education

Push-ups

Crunch

Jumping jacks

Sit and reach

Lipids

tibiofemoral joint

Protein

calisthenics

Fitness

lower extremity

Gym

Sit-ups

water

gymnastic

Vitamins

athletics

Running