|  |  |  |
| --- | --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_ | Period: \_\_\_\_\_\_\_ |

PE Fundamentals

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

   mitosis       ballistic       static       heart rate       fundamentals       athletic Stance       overhead pass       chest pass       pop up       stretch       triceps       tricep extentions       arm rotations       quadriceps       chest Pass       kickball       baseball       shuffle       aerobic       basketball