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Physical Education Crossword Puzzle

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| **Across****3.** Name the houses that are on the first floor.**9.** The physical fitness test that we take at M.S. 180 is called the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**10.** \_\_\_\_\_\_\_\_\_\_\_\_ exercise increases cardiovascular endurance.**11.** What fitness test item measures cardiovascular endurance?**13.** We participate in the Ice Bucket Challenge in June to raise money for \_\_\_\_\_\_.**15.** How long should attendance take?**16.** The gym uniform consists of sweat pants, the school gym shirt, and \_\_\_\_\_\_\_.**21.** To increase strength, you should do strength-building exercises in \_\_\_\_.**22.** What is the name of your gym teacher?**23.** What fitness test item measures your BMI?**24.** What fitness test item measures abdominal strength? | **Down****1.** We raise money for the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_by participating in Jump Rope and Hoops-for Heart.**2.** 4 times around the Truman track equals \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**4.** How much exercise should children and teenagers get?**5.** What fitness test item measures upper body strength and endurance?**6.** How many times a week should you work on strength-building exercises?**7.** Name the houses that are on the 2nd floor.**8.** What fitness test item measures hamstring flexibility?**12.** What fitness test item measures back strength and flexibility?**14.** How many components of fitness are there?**17.** What is the best way to prevent heart disease?**18.** Cardiovascular endurance, muscular strength, muscular endurance, body composition and\_\_\_\_\_\_\_\_\_\_\_\_\_\_are the components of fitness.**19.** Enter the gym quickly and quietly and go to your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**20.** What is the leading cause of death in the United States? |