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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? |