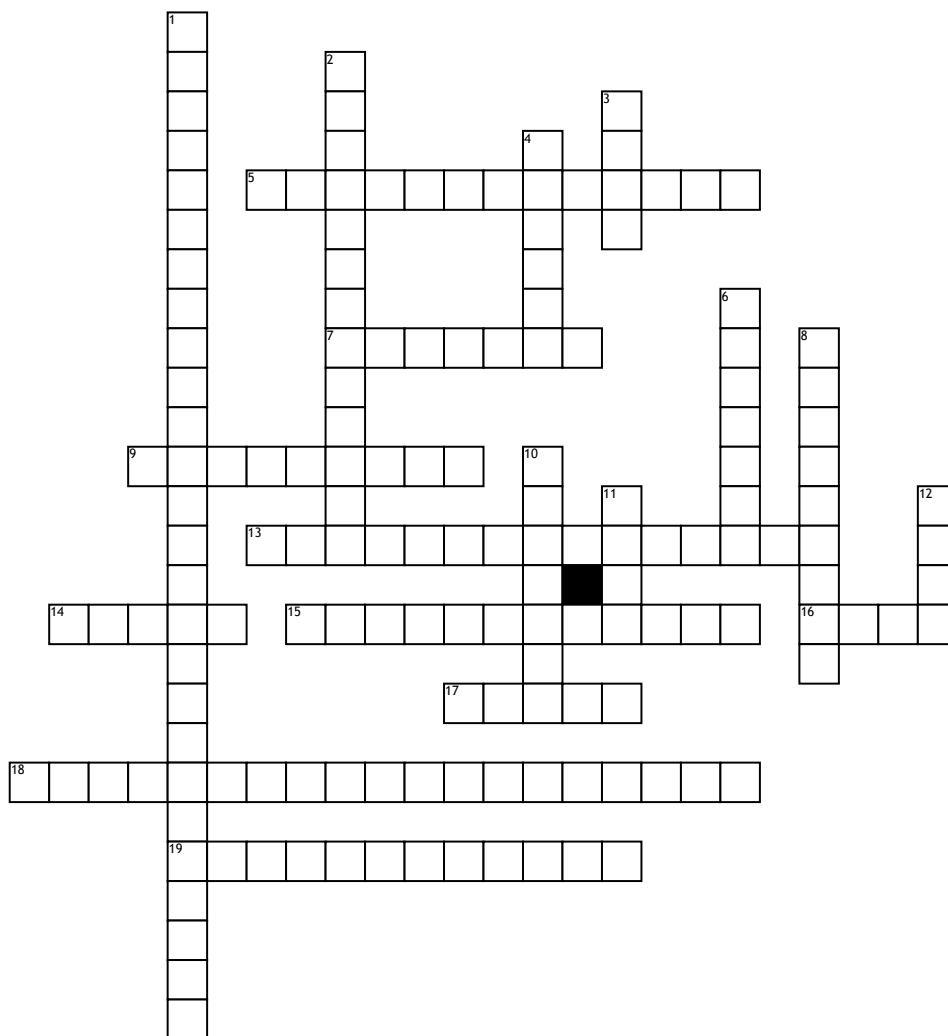


Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

# 8th grade Fitness Assessment Review



## Across

5. A weekly exercise routine that consists of switching among weight lifting, running, step aerobics, and yoga is an example of what type of training  
 7. The ability to change direction quickly  
 9. Run more days per week increases your  
 13. If you become overly tired while doing daily tasks like vacuuming, carrying groceries, or making his bed - you need to improve your overall  
 14. To reduce his time by 30 seconds on the mile run is a \_\_\_\_\_ term goal.

15. When your muscles and bones work together smoothly and effectively

16. Swim instead of run changes the \_\_\_\_\_ of activity

17. The ability to to move your body or parts of your body swiftly

18. an anaerobic exercise that will not improve your muscle strength

19. The ability to reach or respond quickly to what you hear, see, or feel

## Down

1. Aerobic exercise improves your

2. most accurate area to take a pulse while exercising

3. Reduce your time by 3 minutes on the mile run is a \_\_\_\_\_ term goal

4. 124 - 165 bpm is the ideal \_\_\_\_\_ heart rate for a 14 year old

6. The feeling of stability and control over your body

8. Run faster for the same period of time increases your

10. The ability to control or stabilize the body when a person is standing still or moving

11. using the \_\_\_\_\_ principle is a great way to train to achieve your long and short term fitness goals

12. Spend more time running each day increases the

## Word Bank

type	speed	coordination	Cardiorespiratory endurance
frequency	time	target	carotid artery
cross training	reaction time	long	short
physical fitness	balance	long distance running	balance
intensity	agility	FITT	