

Name: _____

Date: _____

Components of Health

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

physical education

wendurance

flexibility

component

endurance

strength

fitness

cardio

muscle

five