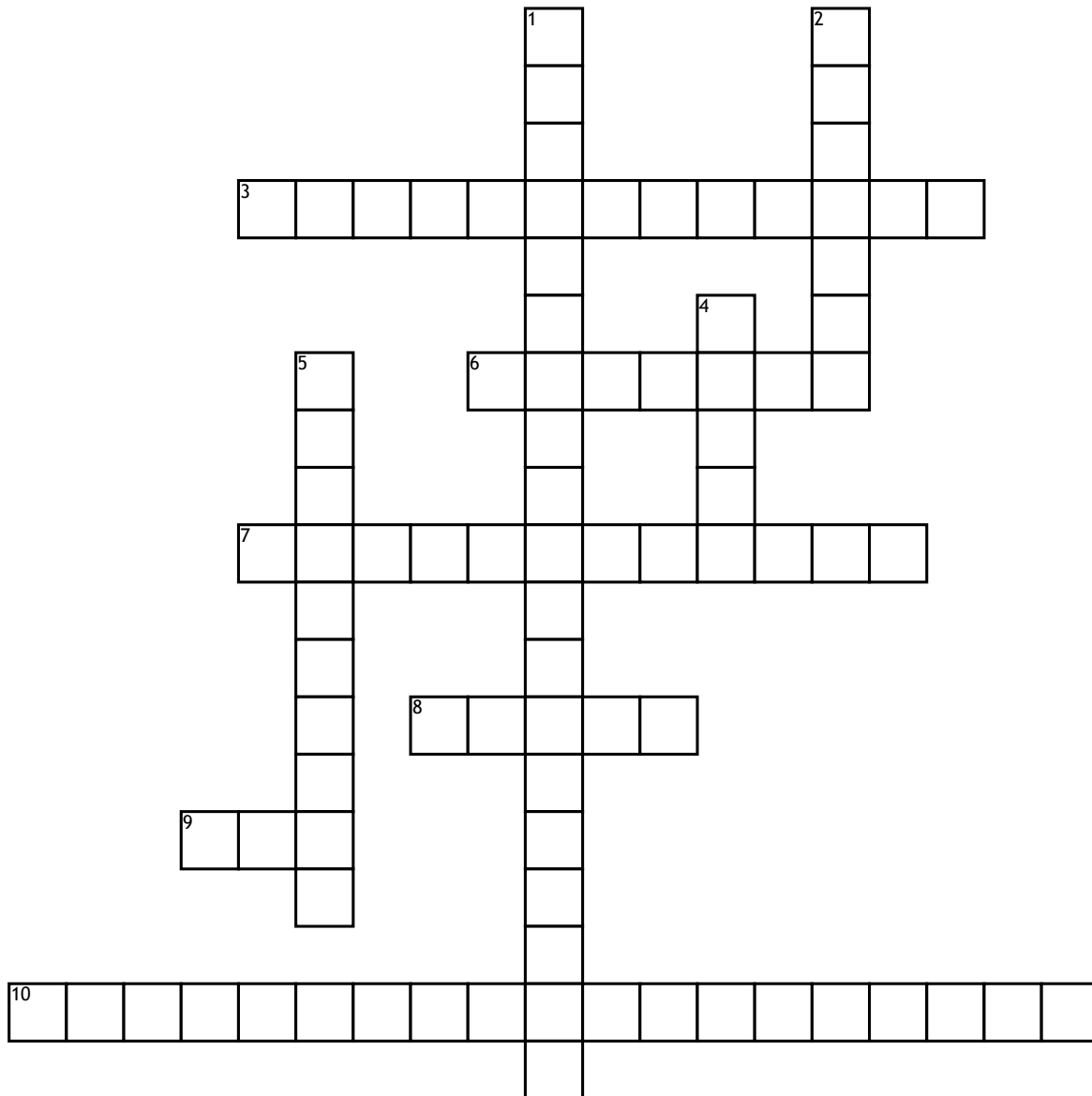


Name: _____

Date: _____

Developing Physical Fitness



Across

3. To perform well in sports and other physical activities, you use agility, balance, coordination, reaction time, speed, and power, which are six...

6. A period of easy physical activity that helps prepare your muscles for moderate to vigorous activity...

7. The time it takes a person to respond to something noticed by the senses...

8. The ability to move quickly...

9. How many areas of physical fitness are there?

10. The ability to perform well in sports and other physical activities...

Down

1. A description of physical activities and exercises you will do to maintain and improve your fitness level...

2. Identify an exercise used to measure abdominal strength and endurance.

4. What reach tests the flexibility of the lower back and hamstrings?

5. A number of times an exercise is performed...