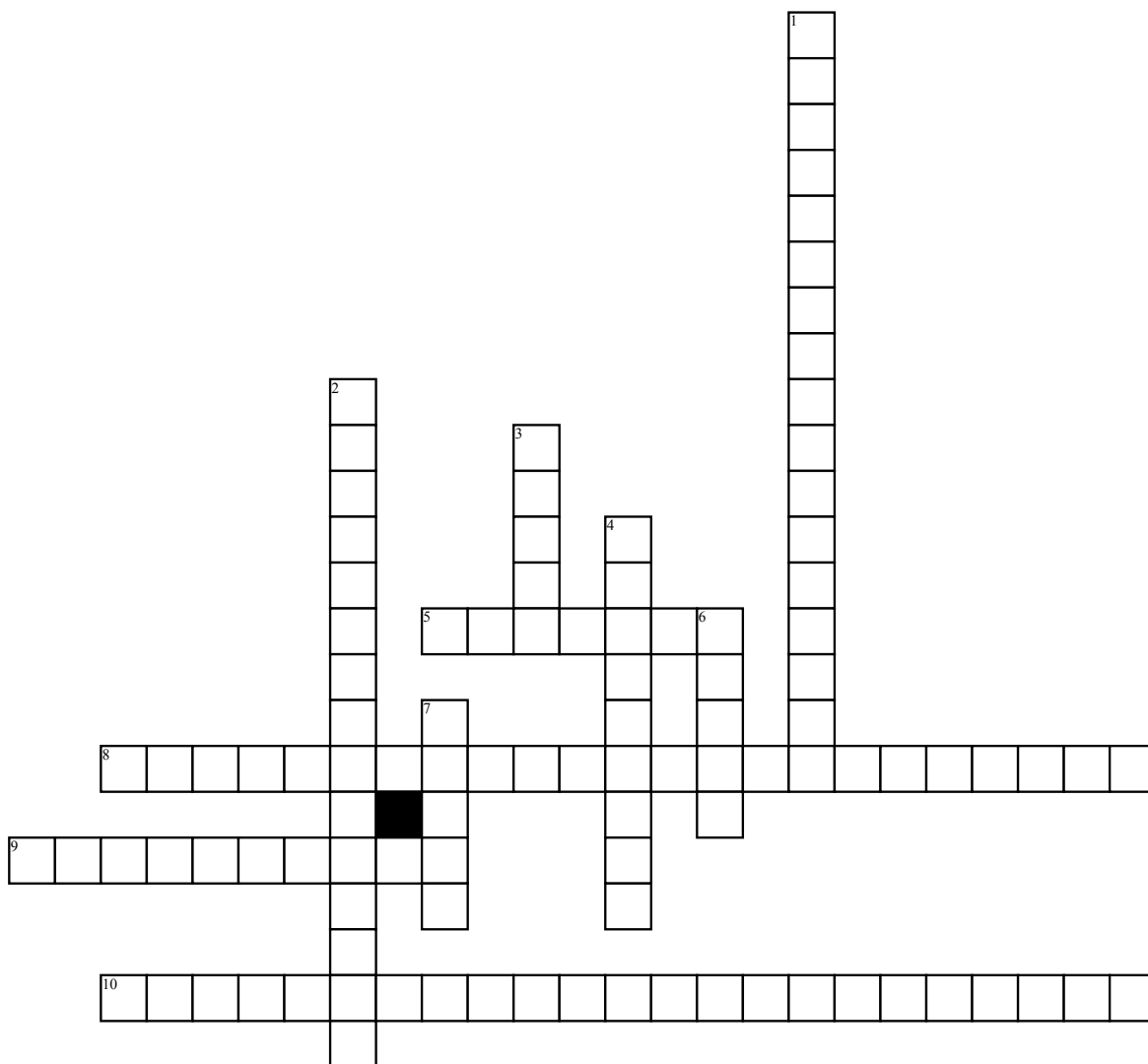


Name: _____ Date: _____ Period: _____

End of the Year Physical Education Assessment



Across

- 5. Fitness gram test that measures strength
- 8. What component of fitness measure heart strength
- 9. Where should you be by the tardy bell
- 10. fitness component that means endurance in physical activities

Down

- 1. P. E. stands for what?

- 2. What component of fitness measures fat, muscles etc.
- 3. One of the five s's that you put on your feet first
- 4. Fitness gram test that measures flexibility
- 6. One of the five S's you that goes over your head
- 7. the fitness gram test that measures your endurance