

Name: _____

Date: _____

Period: _____

Lesson 1: Fitness and Wellness For All

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

Muscular Endurance
Reaction Time
Flexibility
Wellness
Speed

Muscular Strength
Coordination
Intensity
Balance
Power

Physical Activity
Specificity
Frequency
Agility
BMI