

Name: _____ Date: _____ Period: _____

PE Fundamentals

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

tricep extentions	athletic Stance	overhead pass	arm rotations
fundamentals	heart rate	chest pass	quadriceps
chest Pass	basketball	ballistic	kickball
baseball	mitosis	stretch	triceps
shuffle	aerobic	static	pop up