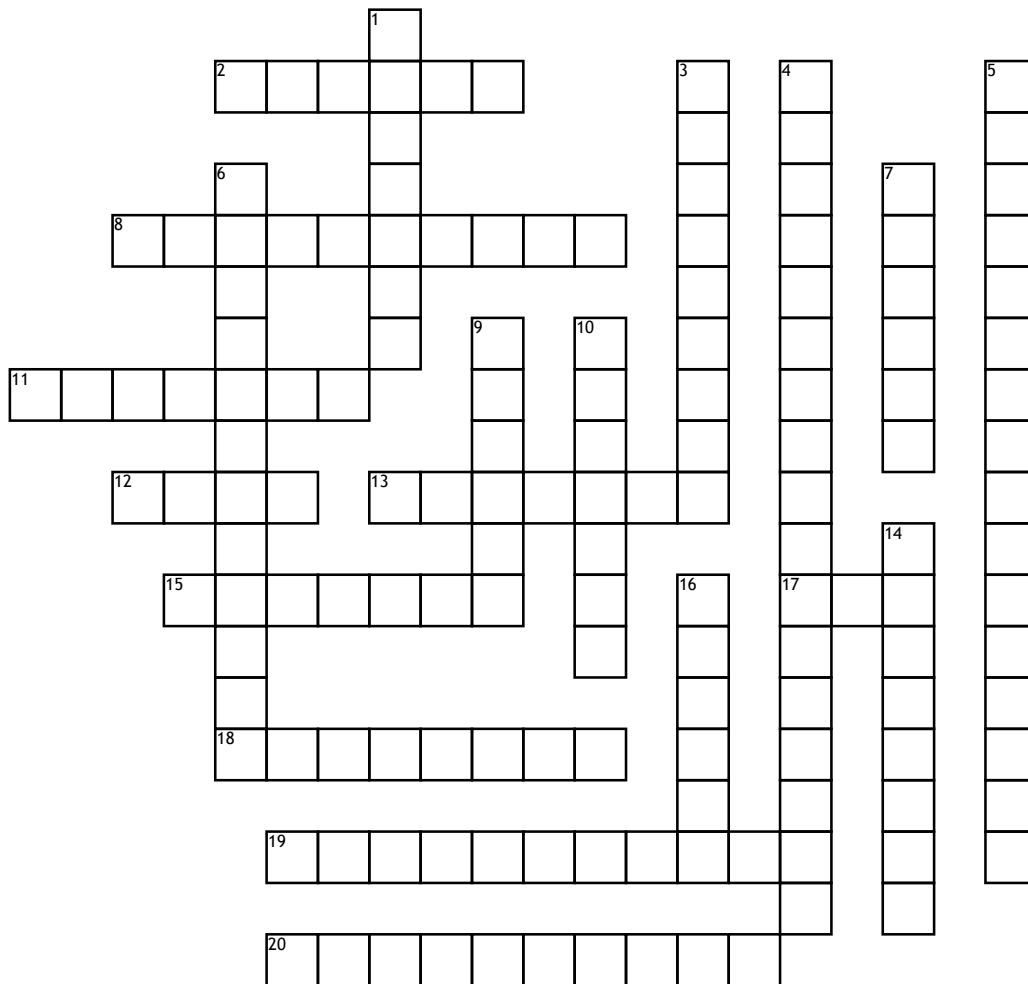


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# P.E HEALTH



## Across

2. Stand up straight and bring your body down while bending your needs and go back up.  
 8. What can you make with fruit and a bowl?  
 11. What's something you do everyday with your legs.  
 12. Mind and body practice  
 13. When you are in a gym what do you hold with your hands?  
 15. When you are moving your body to a rhythm  
 17. Somewhere you can go to do exercise.

18. What's Something you do in a pool?  
 19. When you have a rope and jump over it

20. Someone sitting quietly and focusing only on their breath.

## Down

1. When you are against a walls and you are in a squat position and your holding you self in that position.  
 3. When you bring your knee up while jumping  
 4. When you put your back in the ground and bring your leg up  
 5. When you put yourself in a plank position and bring you knees forward.

6. You are jumping and your legs go and in and your arm goes out and in  
 7. When you bend your legs, and your back is in the ground.

9. When you are punching and punching bag

10. When you up and down with your arm and legs.

14. A drink you can make with fruit and vegetables

16. A fruit that is red and round.

## Word Bank

Walking

Swimming

Weights

Push ups

Sit ups

Mountain climbers

Squats

Fruit salad

Gym

Smoothie

Jumping rope

Boxing

Dancing

Yoga

High knees

Straight leg raises

Meditation

Wall sit

Tomato

Jumping jacks