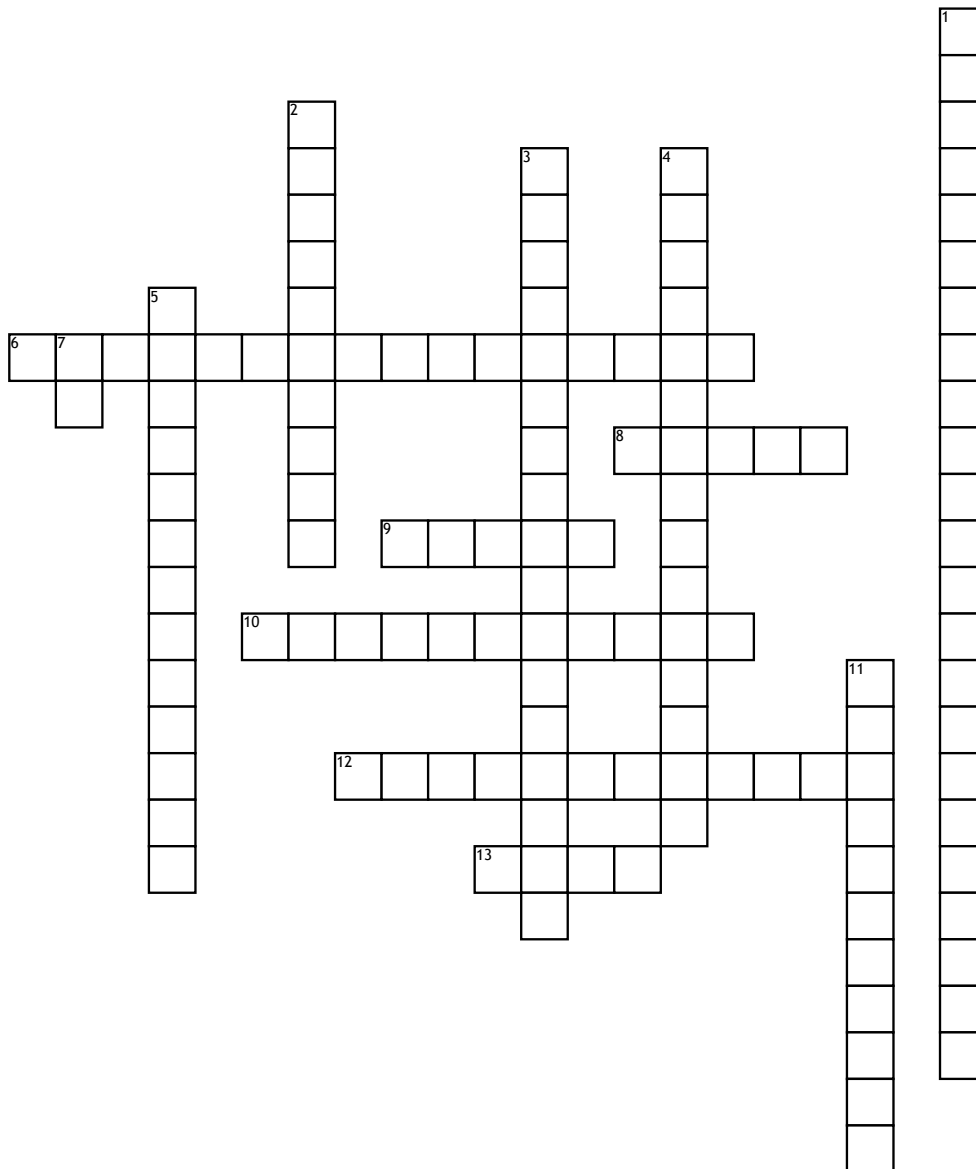


# P.E (verbal/linguistic). Cross word



## Across

6. What is the average heart rate at rest  
 8. What component does the basketball throw test  
 9. What component does the 40m sprint test  
 10. How many steps should we have a day  
 12. What component does the ruler drop test

13. What is a barrier to fitness

## Down

1. What component does the beep test test  
 2. What sport uses mostly flexibility  
 3. What does P.E stand for  
 4. What sport uses mainly cardiovascular endurance

5. What sport mainly uses muscular strength  
 7. How often we should exercise for fitness maintenance or improvement  
 11. What component does the sit and reach test