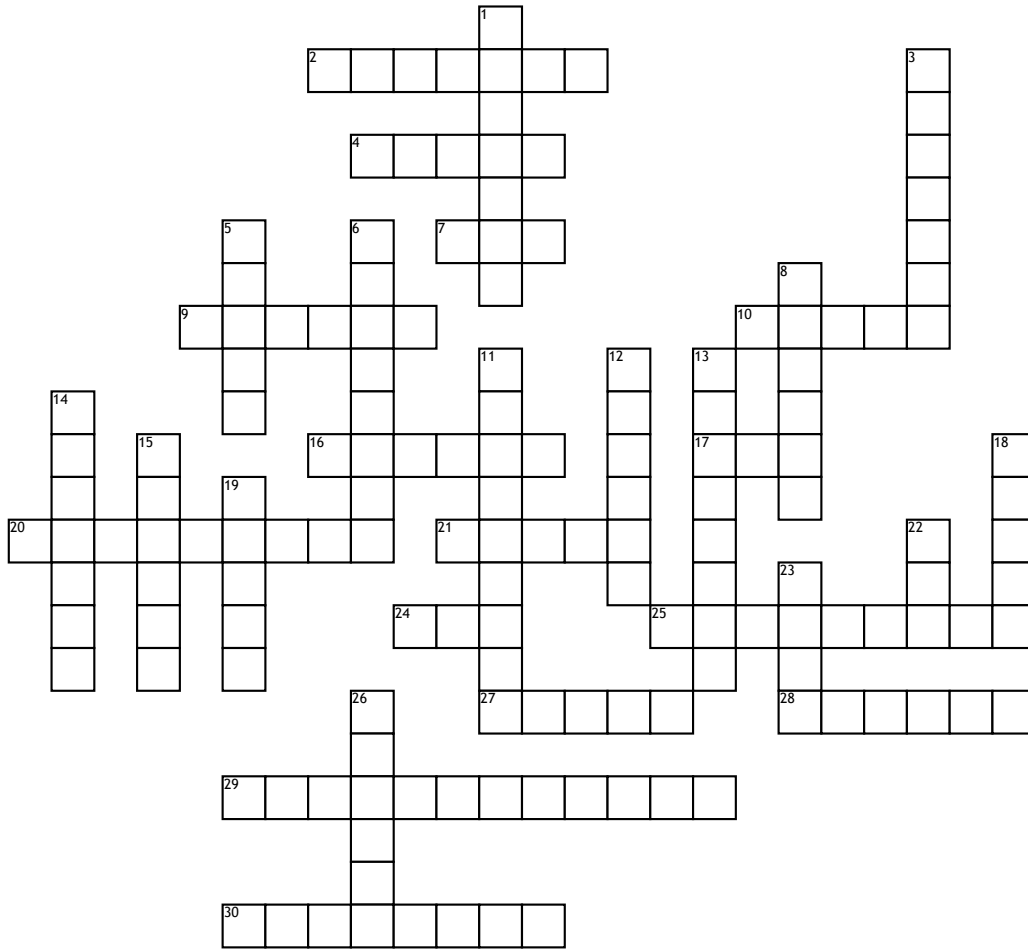


Physical Education Crossword



Across

2. the style or technique used to learn and achieve 3 ball juggling
 4. knocking down all 10 bowling pins in 2 completed shots
 7. the expected number of shots to complete a hole in disc golf
 9. the target located at the end of each disc golf hole
 10. 1 shot over par
 16. 1 shot under par
 17. another name for a hole-in-one
 20. the speed at which the heart beats
 21. the beat of the heart felt through an artery; usually the wrist or side of neck
 24. 10 frames to complete a single game(string) of bowling
 25. the ability to sustain a prolonged effort or activity

27. the definition for 2 shots under par
 28. the beginning of each hole in disc golf or golf where the first throw or hit is taken from
 29. the ability to use different parts of the body together smoothly and efficiently
 30. the physical energy needed to perform various activities, such as lifting or moving things

Down

1. designated area between each tee box and basket or hole, free from obstruction
 3. the accumulation of body fat which may have a negative effect on a persons health
 5. a single turn with 2 shots to knock down 10 pins in bowling
 6. activity requiring physical effort , carried out to improve overall health or fitness
 8. space between the 1 and 3 pin that gives the bowler the best chance for a strike if hit

11. the proper behavior expected while on a disc golf course
 12. 3 strikes in a row
 13. the process of learning the skills needed to do a particular activity
 14. exercise used in order to prevent injury and increase flexibility
 15. physical exercise that increases the rate at which your heart works
 18. the pins left standing after the first shot in bowling
 19. the first shot in golf, taken from the tee box
 22. 10 of these are used in a game of bowling
 23. a stroke in golf or disc golf to cause the ball or disc to go in or near the hole or basket
 26. knocking down all the pins in ones first shot

Word Bank

endurance	drive	basket	pocket	pulse	cardio
stretch	strike	set	coordination	training	eagle
bogey	exercise	heart rate	frame	birdie	fairway
ace	strength	tee box	obesity	putt	turkey
leave	pin	spare	par	etiquette	cascade