

Name: _____

Date: _____

Physical Education Vocab.

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

health related fitness
ready position
dehydration
motivation
etiquette
warm up
power

skill related fitness
FITT principle
underweight
repetition
intensity
agility

basal metabolic rate
conditioning
progression
cool down
calorie
force