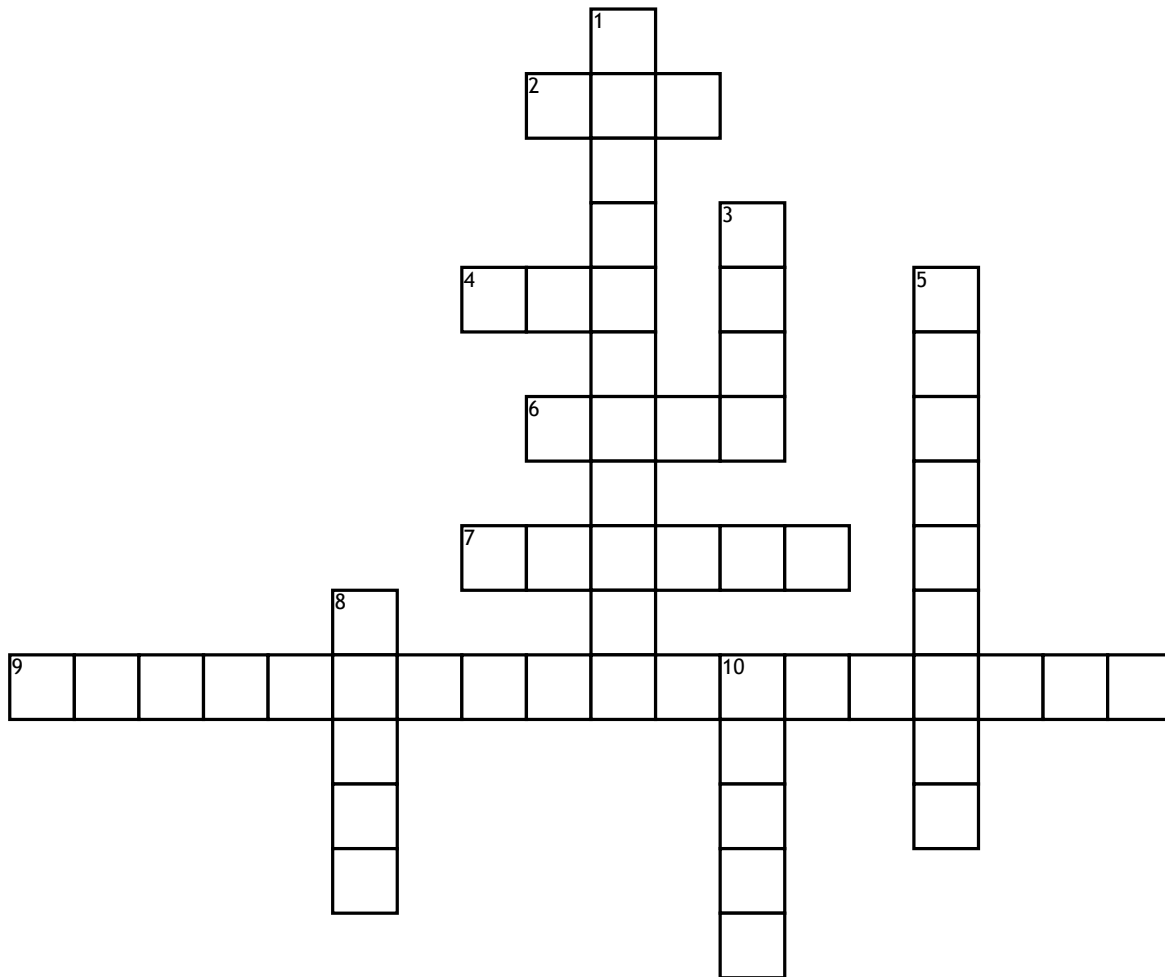


Name: \_\_\_\_\_

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

# Requirements for a physical fitness lesson



## Across

2. What is the intensity for adolescents for muscular endurance and strenght?
4. Adolescents have to do muscular strenght and endurance \_\_\_\_ to three days a week.
6. \_\_\_\_ refers to the number of minutes that a exercise lasts.
7. Adolescents have to do stretching for fifteen to \_\_\_\_ seconds.
9. The component of physical fitness that allows someone to do moderate- to high-intensity activity for a long period of time.

## Down

1. Body \_\_\_\_ is the percentage of fat, bone, fluids and muscle of a human being.
3. Cardiorespiratory edurance must be done three to \_\_\_\_ times a week.
5. \_\_\_\_ refers to the amount of days that exercise should be done in a week.
8. The amount of minutes children should spend on physical activity on most days.
10. Flexibility should be done for \_\_\_\_ to 5 repititions.