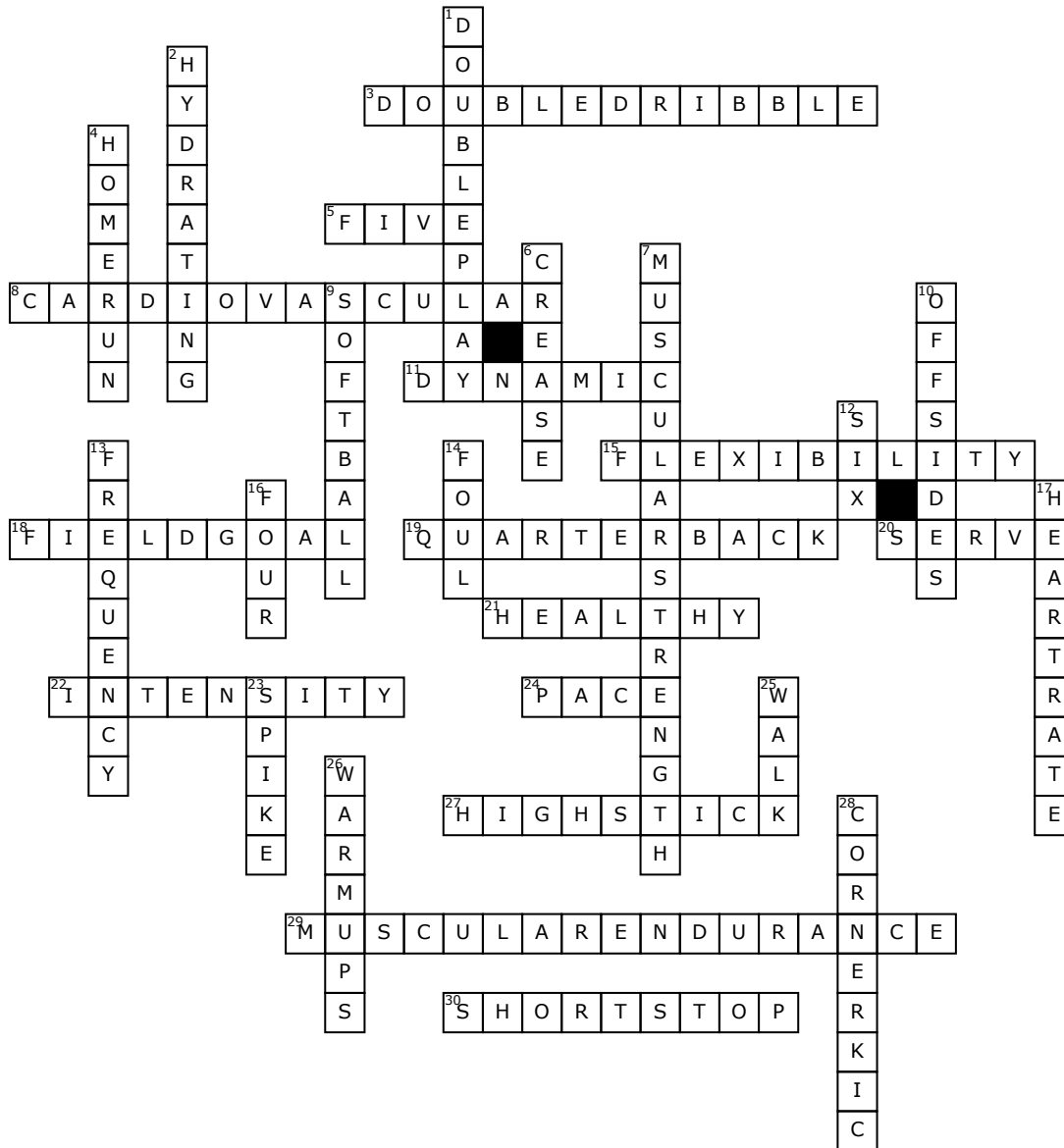


Team sports and health



Across

- 3. In basketball, when one player dribbles, picks the ball up and dribbles again
- 5. Before you can score in ultimate frisbee, there must be how many passes?
- 8. Working your heart and lungs over a longer period of time
- 11. Stretching muscles while moving, versus holding stretches for a designated time
- 15. Sit and reach measures:
- 18. scoring in soccer is also called a:
- 19. Position in football that throws the ball
- 20. Putting the ball in play during volleyball
- 21. Being active, involved in fitness or sports promotes a _____ lifestyle
- 22. For the FITT principle, the 'I' stands for:
- 24. To run at a constant speed for a longer duration.

27. In floor hockey, players are not allowed to:

- 29. Lifting light weights and high repetitions:
- 30. In softball, position between second and third base

Down

- 1. Fielding team gets two outs in one play
- 2. Keeping body healthy by drinking water
- 4. Hitting the softball over the fence.
- 6. In floor hockey and lacrosse, this is the area that only the goalie is allowed
- 7. To lift heavier weight, low repetitions
- 9. A Class activity that has balls and strikes
- 10. In soccer, when offensive player, without the ball is ahead of ball and only one defender between him/her and goal line.

12. When measuring your heart rate, how many seconds can you count your heart beats

- 13. For the FITT principle, the 'F' stands for
- 14. In most games an infraction can also be called:
- 16. In football, how many potential downs does the offense have before turning the ball over or getting another first down?
- 17. HR is short for:
- 23. A type of hit used in volleyball that where the ball is hit forcefully downward
- 25. When the batter has four balls, he/she earns a:
- 26. Running two laps at beginning of class, is part of:
- 28. In soccer, when the defense kicks the ball over the end line, the offense earns a: