

PHYSICAL EDUCATION MAGIC SQUARE

Name: _____ Class: _____

Magic Square Physical Education [10.1]

Magic Number: 15

Directions: Match each vocabulary word with the correct definition. Then write the number of the definition in the box with the corresponding letter. The number total for each row and each column will all equal the same number, which is called the magic number.

A.	B.	C.
D.	E.	F.
G.	H.	I.

- A. Frontal
- B. Sagittal
- C. Transverse
- D. Lifetime Activities
- E. Outdoor Pursuits
- F. Rhythmic Activities
- G. Individual Performance Activities
- H. Biomechanics
- I. Exercise Physiology

1. Physical activities that take place in natural or semi-natural settings outside.
2. Any vertical plane that divides the body into ventral and dorsal (belly and back) sections.
3. The study of the body's metabolic response to short-term and long-term physical activity.
4. Activities that do not require a teammate in order to compete or play.
5. A series of movements in which individuals can take part while any steady or prominent beat is present.
6. A plane that divides the body into left and right sides.
7. A plane that divides the body into left and right sides.
8. The study of the mechanical laws relating to the movement or structure of living organisms.
9. A sport or physical fitness activity in which a person can participate from childhood to old age.