

PHYSICAL EDUCATION MAGIC SQUARE

Name: _____ Class: _____

Magic Square Physical Education [10.4]

Magic Number: 105

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. Aerobic Exercise
- B. Meditation
- C. Mental Imagery
- D. Mind-Body Exercise
- E. Personal Health
- F. Pilates
- G. Relaxation Techniques
- H. Tai Chi
- I. Yoga

- 31. Pictures in the mind or a visual representation in the absence of environmental input.
- 32. The health of oneself.
- 33. The variety of methods and manipulations used to reduce stress, muscle tension, and anxiety in the body.
- 34. Physical exercise executed with a profoundly inwardly directed focus.
- 35. A Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation.
- 36. To spend time in quiet thought for religious purposes or relaxation.
- 37. An ancient Chinese tradition that, today, is practiced as a graceful form of exercise.
- 38. Various sustained exercises that stimulate and strengthen the heart and lungs, thereby improving the body's utilization of oxygen.
- 39. A system of exercises using special apparatus, designed to improve physical strength, flexibility, posture, and enhance mental awareness.