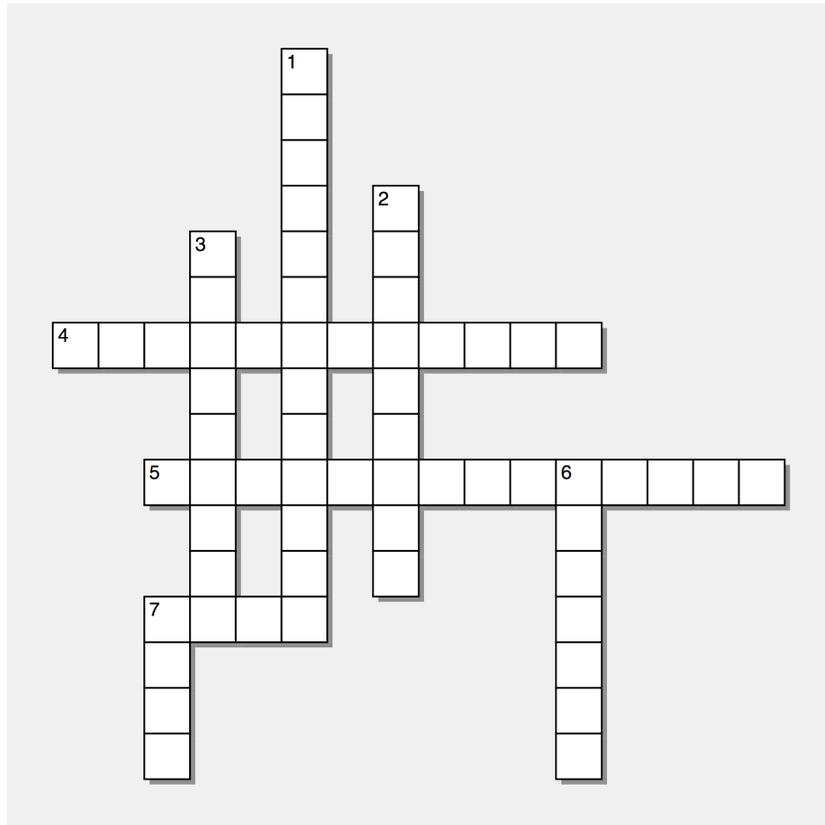


PHYSICAL EDUCATION CROSSWORD PUZZLE

Name: _____

Complete the puzzle. Talk to a family member or friend about what each word means to you.

Fitness Planning



Across

- 4) Results from a pre-assessment that show the starting point of a person’s physical activity and health.
- 5) The act or process of reaching an important conclusion.
- 7) Part of the FITT principle that specifies what kind of exercise one is doing.

Down

- 1) Includes the four factors of frequency, intensity, time, and type of exercise that lead to a successful fitness plan.
- 2) Part of the FITT principle that determines how hard one is working the heart and muscles during exercise.
- 3) Part of the FITT principle that determines how often someone participates in a fitness activity.
- 6) Exercise that works the heart and lungs to help the body use oxygen better.
- 7) Part of the FITT principle that specifies how long the exercise will last.