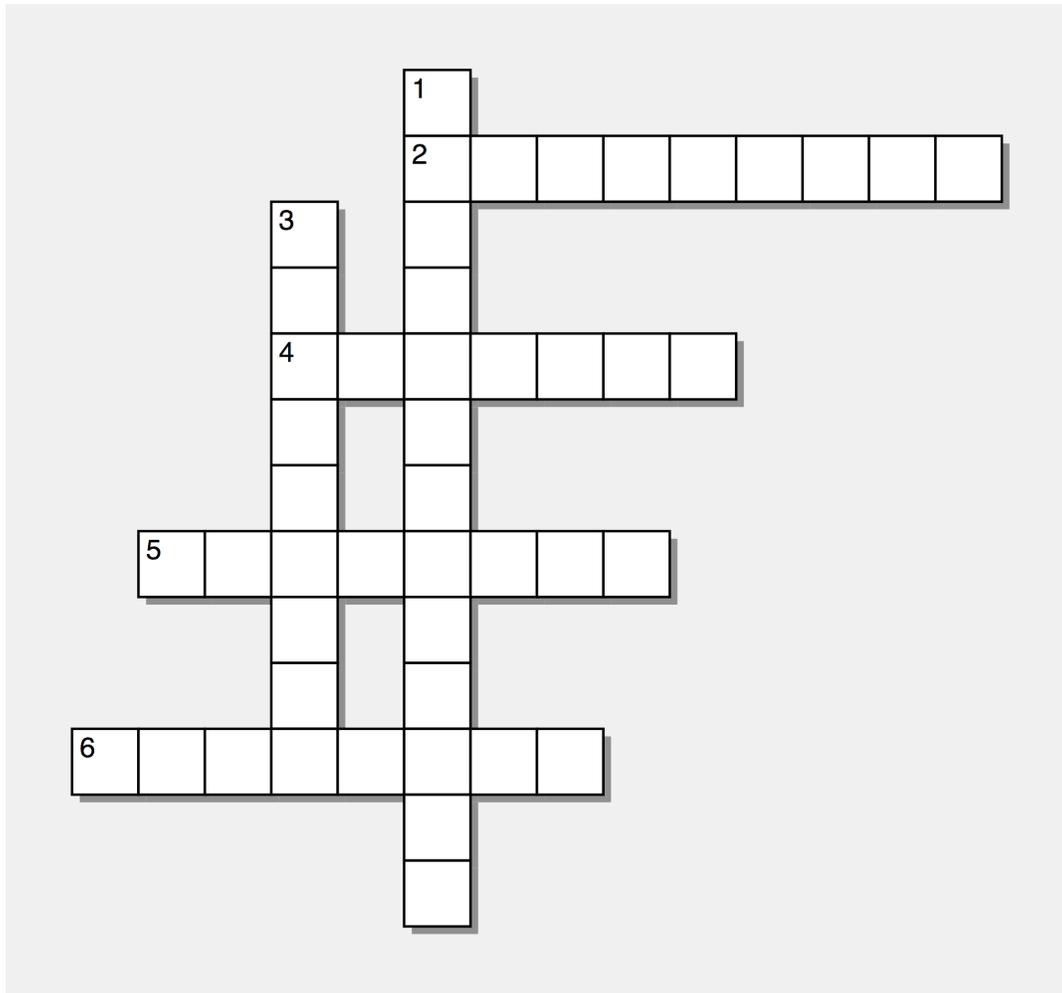


PHYSICAL EDUCATION CROSSWORD PUZZLE

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

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

**Fitness Planning**



**Across**

- 2) The energy system used when the body produces energy without oxygen.
- 4) The body produces the most energy with this system, but at a low intensity.
- 5) Obstacles that prevent something from happening.
- 6) Average in amount or intensity.

**Down**

- 1) The number of calories that a person consumes daily.
- 3) The speed at which the heart is beating, measured in beats per minute.