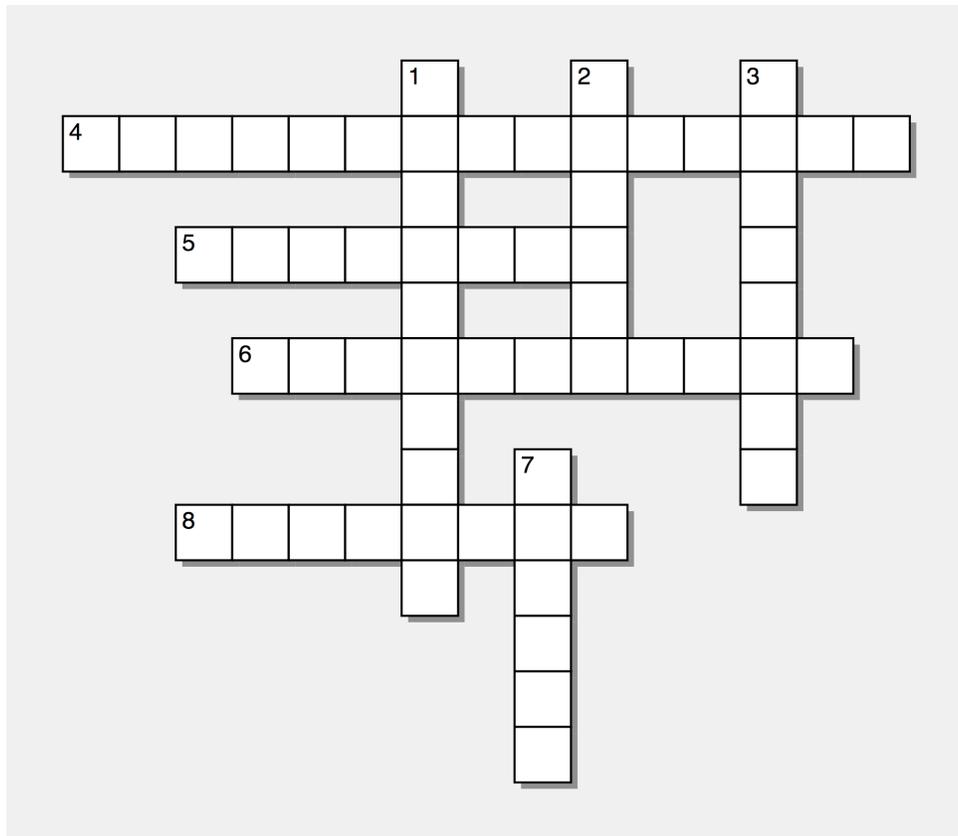


PHYSICAL EDUCATION CROSSWORD PUZZLE

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

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

**Fitness Planning**



**Across**

- 4) The ratio of lean tissue to fat tissue in the body.
- 5) Average in amount or intensity.
- 6) A training principle that refers to increasing the demands on the body to improve fitness.
- 8) A training principle that refers to a load or amount that provides greater stress on the body than it is used to for fitness improvement.

**Down**

- 1) SMART goals are specific, measurable, attainable, realistic and timely.
- 2) To evaluate or judge the quality of an object or a performance.
- 3) Done with great force and energy.
- 7) A brief 5 to 15-minute period of exercise that precedes the workout in order to elevate muscle temperature and increase blood flow to the muscles.