

PHYSICAL EDUCATION MAGIC SQUARE

Name: _____ Class: _____

Magic Square Physical Education [PF.2 & PF.3]

Magic Number: 45

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. Cardiovascular System
- B. Major Body Systems
- C. Muscular System
- D. Organs
- E. Exercise
- F. Conditioning Program
- G. Strength Training
- H. Health-Related Fitness
- I. Skill-Related Fitness

- 11. A part of an organism that is typically self-contained and has a specific vital function.
- 12. Five physical fitness components that directly relate to good health.
- 13. Organ system consisting of skeletal, smooth and cardiac muscles.
- 14. Six components that related to the ability to perform actions well.
- 15. Of or relating to the heart and blood vessels.
- 16. Activity requiring physical effort, carried out especially to sustain or improve health and fitness.
- 17. A group of body organs or structures that together perform one or more vital functions.
- 18. A simple form of learning involving the formation, strengthening, or weakening of an association between a stimulus and a response.
- 19. A physical exercise regimen that using resistance to build muscle and anaerobic endurance.