

PHYSICAL EDUCATION MAGIC SQUARE

Name: _____ Class: _____

Magic Square Physical Education [11/12.2]

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. Dynamic
- B. Endurance
- C. Flexibility
- D. Force
- E. Muscle Contraction
- F. Overload
- G. Specificity
- H. Static
- I. Weight Transfer

- 11. Drive or push into a specified position or state using physical strength or against resistance.
- 12. Lacking in movement, action, or change.
- 13. The quality of bending or stretching easily.
- 14. Change in weight from one foot to another, fully or partially.
- 15. Characterized by constant change, activity, or progress.
- 16. Activation of tension-generating sites with muscle fibers.
- 17. The capacity of something to last or to withstand.
- 18. An excessive load or amount.
- 19. The quality or condition of being specific; working on a specific body area.