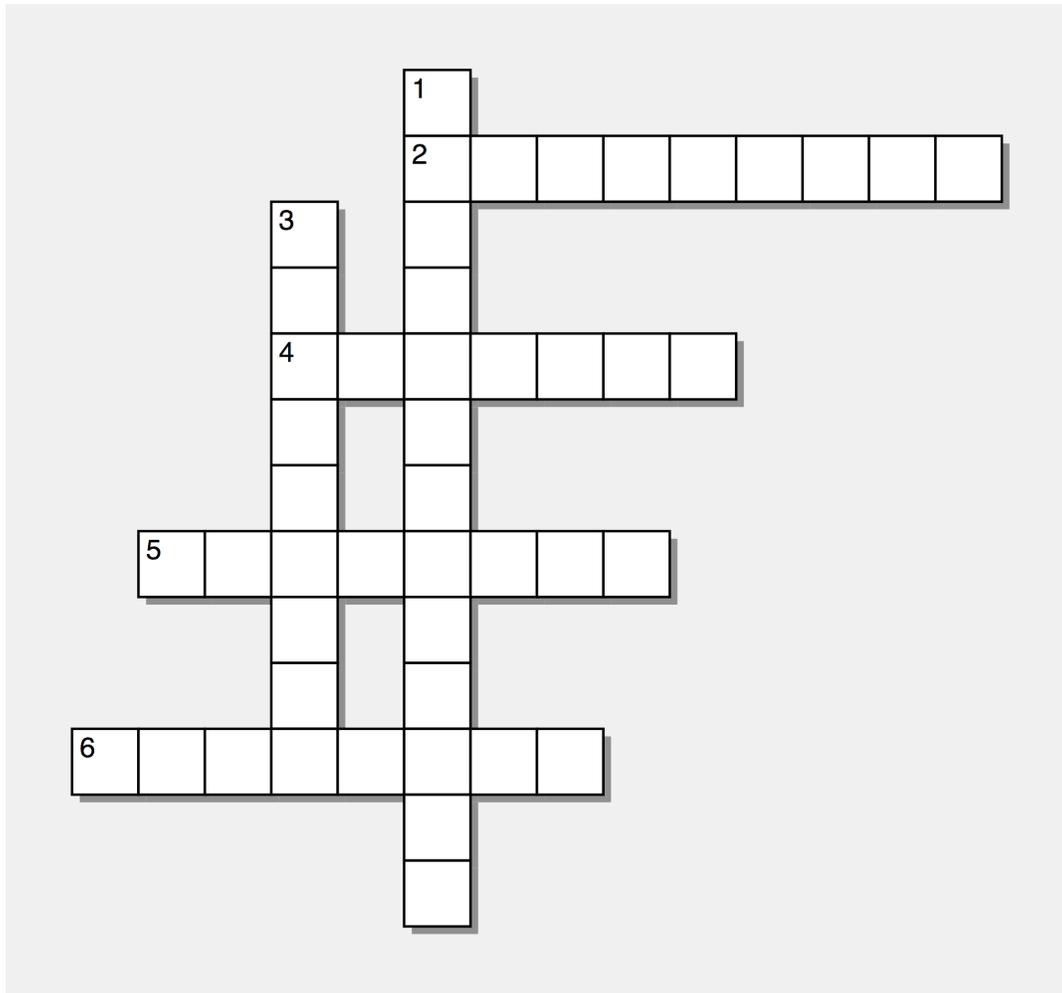


PHYSICAL EDUCATION CROSSWORD PUZZLE

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. [ANAEROBIC]
- 4) The body produces the most energy with this system, but at a low intensity. [AEROBIC]
- 5) Obstacles that prevent something from happening. [BARRIERS]
- 6) Average in amount or intensity. [MODERATE]

Down

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