

PHYSICAL EDUCATION MAGIC SQUARE

Name: _____ Class: _____

Magic Square Physical Education [PF.1]

Magic Number: 15

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 Disease
- B. Cues
- C. Form
- D. Health-Related Fitness
- E. Movement Principles
- F. Movement Skills
- G. Obesity
- H. Physical Conditioning
- I. Skill-Related Fitness

1. Six components that relate to the ability to perform actions well.
2. Conditions that include illness to the heart, generally due to narrow or blocked vessels/arteries.
3. A fundamental source or basis of movement.
4. A signal for action.
5. Foundational movement patterns using various body parts that is the basis of physical literacy.
6. A medical condition characterized by excessive accumulation and storage of fat in the body that causes negative effects on the health of an individual.
7. Five physical fitness components that directly relate to good health.
8. The process of exercise training to become physically fit.
9. The visible shape or configuration of something.