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. Cardiovascular System 11. A part of an organism that is typically self-contained
B. Major Body Systems and has a specific vital function.
C. Muscular System 12. Five physical fitness components that directly relate to
d. Organs good health.
e. Exercise 13. Organ system consisting of skeletal, smooth and
f. Conditioning Program cardiac muscles.
g. Strength Training 14. Six components that related to the ability to perform
h. Health-Related Fitness actions well.
i. Skill-Related Fitness 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.