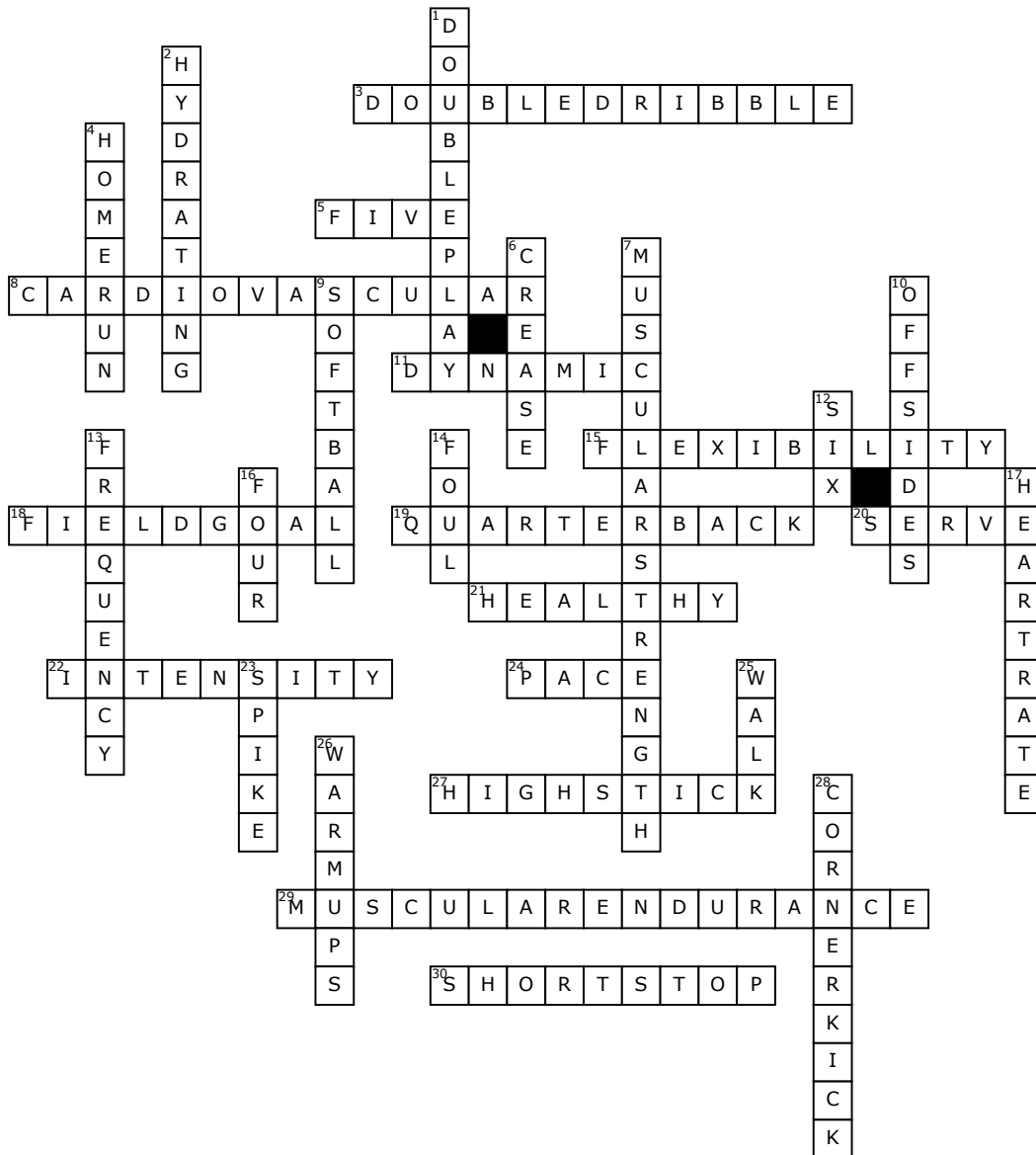


Team sports and health



Across

3. In basketball, when one player dribbles, picks the ball up and dribbles again
 5. Before you can score in ultimate frisbee, there must be how many passes?
 8. Working your heart and lungs over a longer period of time
 11. Stretching muscles while moving, versus holding stretches for a designated time
 15. Sit and reach measures:
 18. scoring in soccer is also called a:
 19. Position in football that throws the ball
 20. Putting the ball in play during volleyball
 21. Being active, involved in fitness or sports promotes a _____ lifestyle
 22. For the FITT principle, the 'I' stands for:
 24. To run at a constant speed for a longer duration.
 27. In floor hockey, players are not allowed to:

29. Lifting light weights and high repetitions:

30. In softball, position between second and third base

Down

1. Fielding team gets two outs in one play
 2. Keeping body healthy by drinking water
 4. Hitting the softball over the fence.
 6. In floor hockey and lacrosse, this is the area that only the goalie is allowed
 7. To lift heavier weight, low repetitions
 9. A Class activity that has balls and strikes
 10. In soccer, when offensive player, without the ball is ahead of ball and only one defender between him/her and goal line.
 12. When measuring your heart rate, how many seconds can you count your heart beats
 13. For the FITT principle, the 'F' stands for

14. In most games an infraction can also be called:

16. In football, how many potential downs does the offense have before turning the ball over or getting another first down?

17. HR is short for:

23. A type of hit used in volleyball that where the ball is hit forcefully downward

25. When the batter has four balls, he/she earns a:

26. Running two laps at beginning of class, is part of:

28. In soccer, when the defense kicks the ball over the end line, the offense earns a: