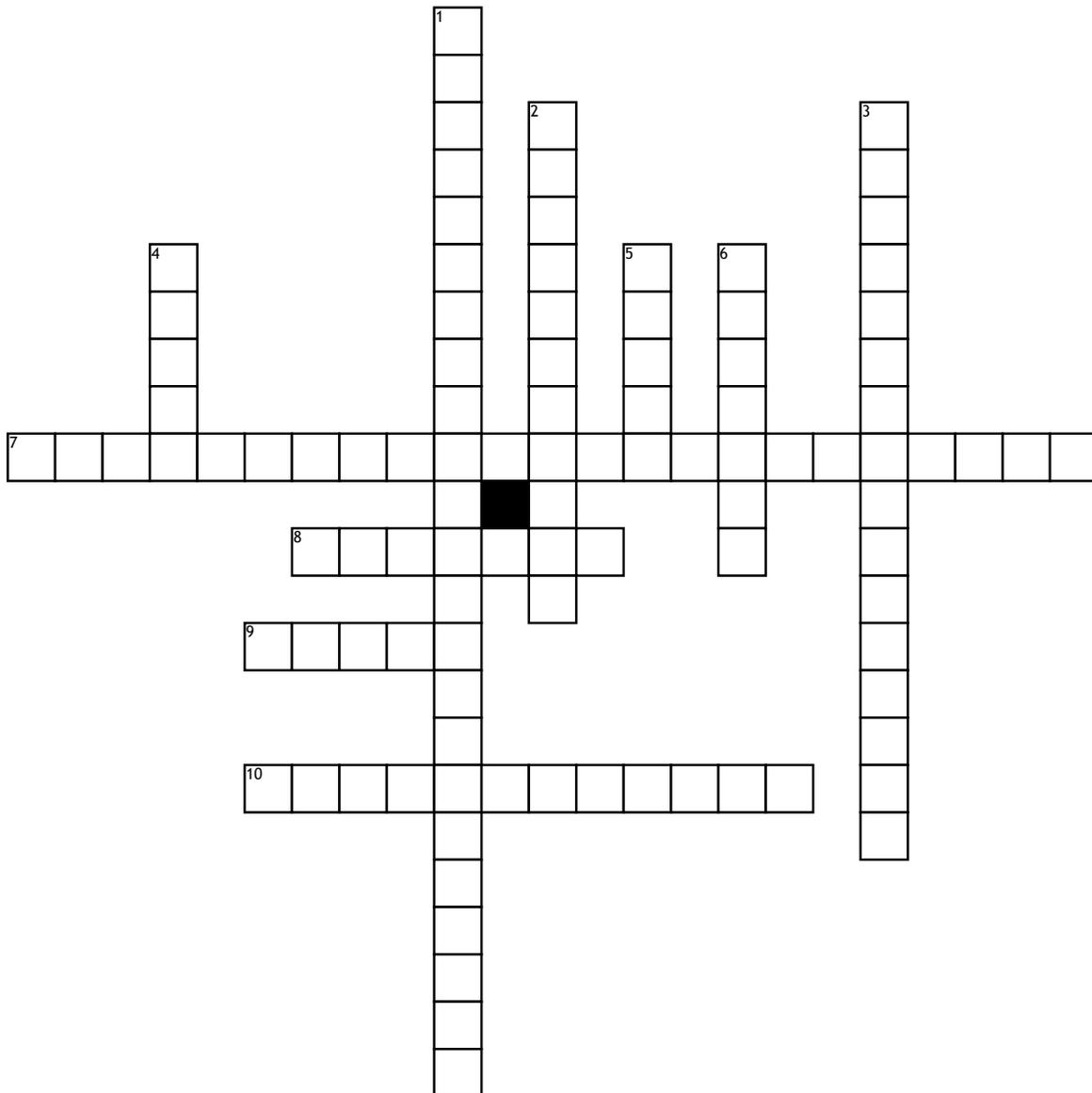


Name: \_\_\_\_\_

# Starter for Ten



## Across

7. What does the 12 min cooper run test?
8. What does the illinois a \_\_\_\_\_ run test ?
9. What does the vertical jump test ? ( vertically)
10. What does the 45 sec alternate ball throw and catch test ?

## Down

1. What does the harvard step test ?
2. What does the sit and reach test ?
3. What does the hand grip dynamometer test ?
4. What does the 30m sprint test ?
5. What does the standing long jump test ? ( horizontally)
6. What does the one legged standing stork stand test ?