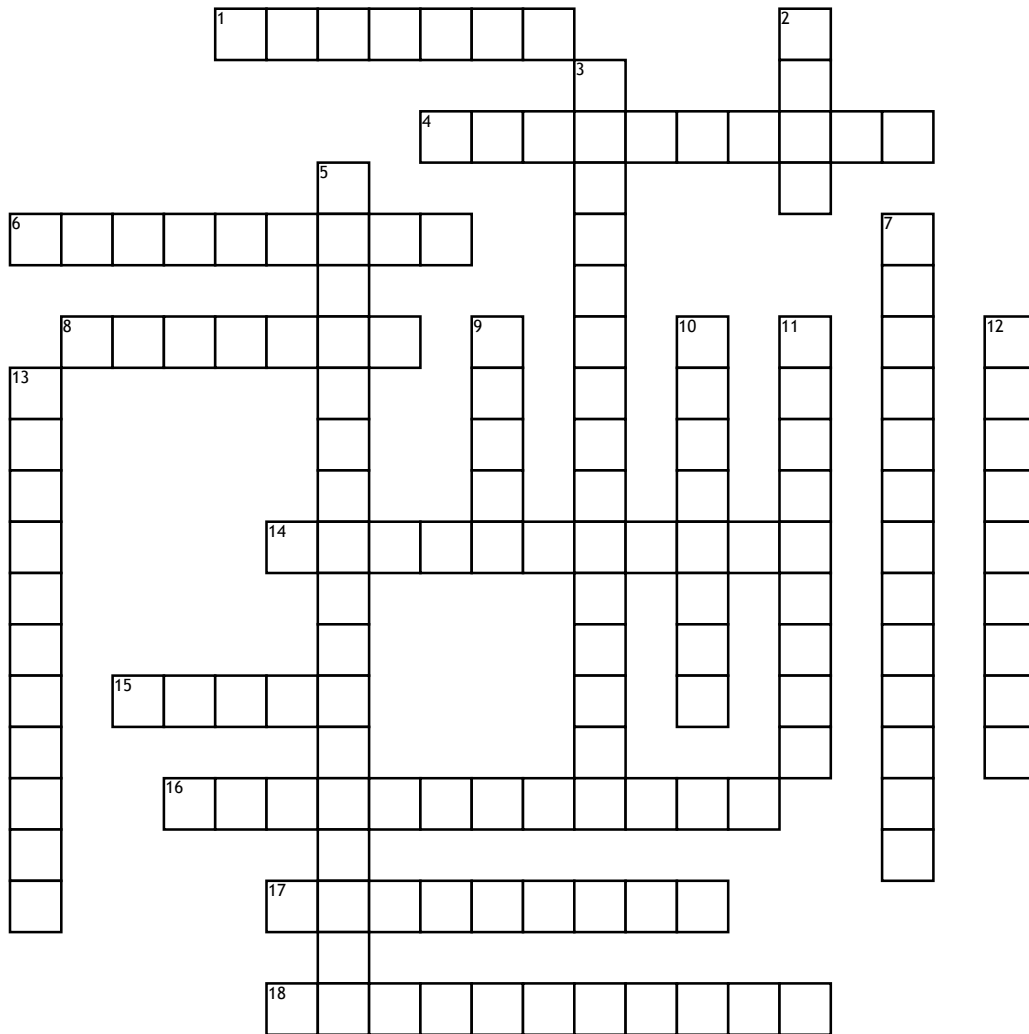


# GCSE PE



**Across**

- 1. The ability to change direction quickly?
- 4. A type of training that an athlete would utilise to focus on power?
- 6. Stating exactly when you intent to reach your target by
- 8. The ability to retain the body's centre of mass above the base of support?
- 14. Effective overload in training must be...?
- 15. How fast we can move our whole body over a distance?

- 16. A decrease in performance due to insufficient rest and recovery from training?
- 17. How hard you work when training?
- 18. How well a task is completed?

**Down**

- 2. A series of questions that should be asked before engaging in increased exercise levels? (Physical activity readiness questionnaire)
- 3. The percentage of body weight that is fat, muscle and bone.

- 5. The ability to use a voluntary muscle many times without getting tired
- 7. The loss of training adaptations due to a reduction in training levels
- 9. The broad jump or vertical jump could be used to test what?
- 10. A clear focussed goal?
- 11. 12 minute run used to test cardiovascular fitness
- 12. How often you train?
- 13. Provides a way of checking to see if you have improved? (SMART)

**Word Bank**

- |             |                   |               |              |
|-------------|-------------------|---------------|--------------|
| Intensity   | Performance       | Reversibility | Plyometric   |
| Progressive | Muscularendurance | Timebound     | Balance      |
| Frequency   | Body composition  | Agility       | PARQ         |
| cooperrun   | Measureable       | Specific      | Overtraining |
| Power       | Speed             |               |              |