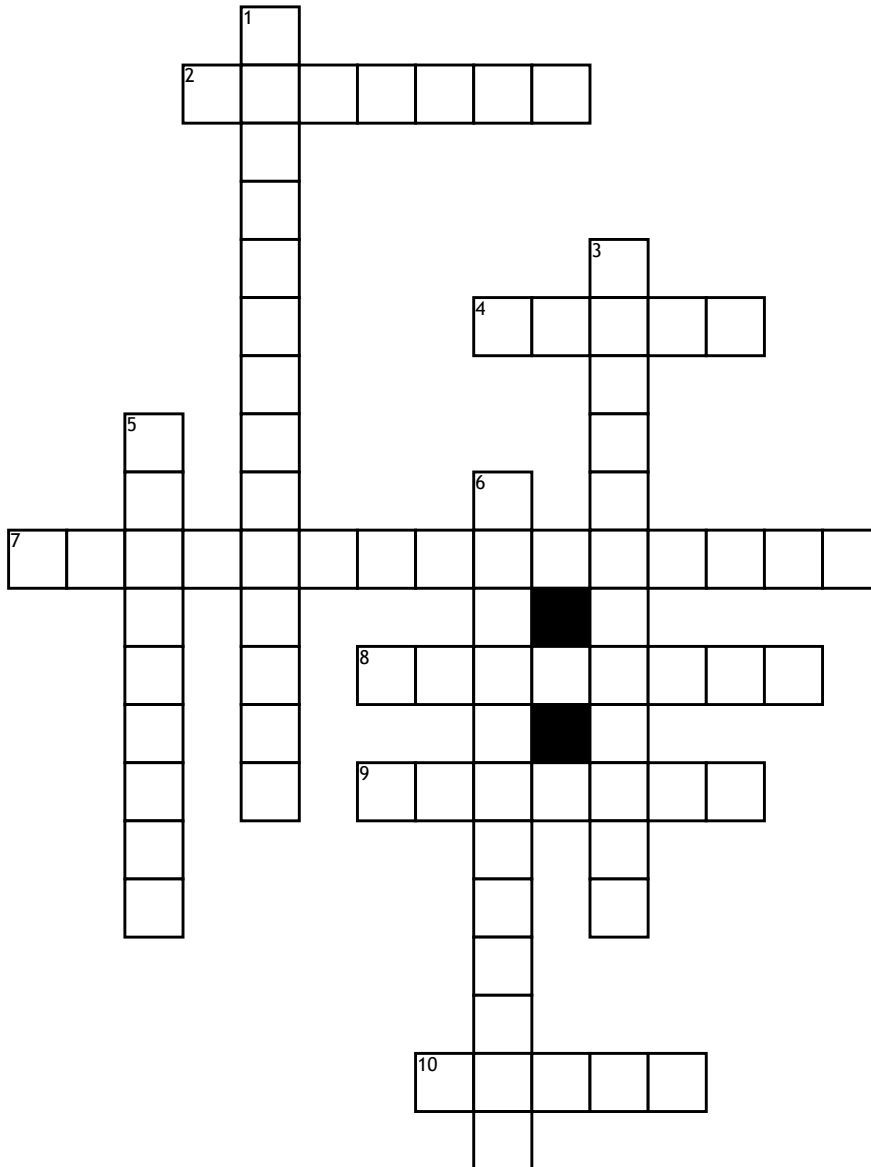


Health and Skill Related Fitness



Across

2. _____ is the ability to maintain equilibrium while stationary, or moving.
4. _____ is defined as the ability to move a body part quickly
7. _____ is the amount of muscle, fat, bone, cartilage etc. that makes up our bodies
8. _____ is defined as the ability of a muscle to exert force
9. _____ is being able to change your direction and the speed at which you are travelling, quickly and efficiently
10. _____ is the product of strength and speed

Down

1. This is also sometimes known as stamina and is the ability of your body to continuously provide enough energy to sustain average levels of exercise
3. _____ is how quickly your brain can respond to a stimulus and initiate a response.
5. _____ is the ability of a muscle to generate force repeatedly over a period of time
6. _____ is the ability to use the body parts and senses together to produce smooth efficient movements.