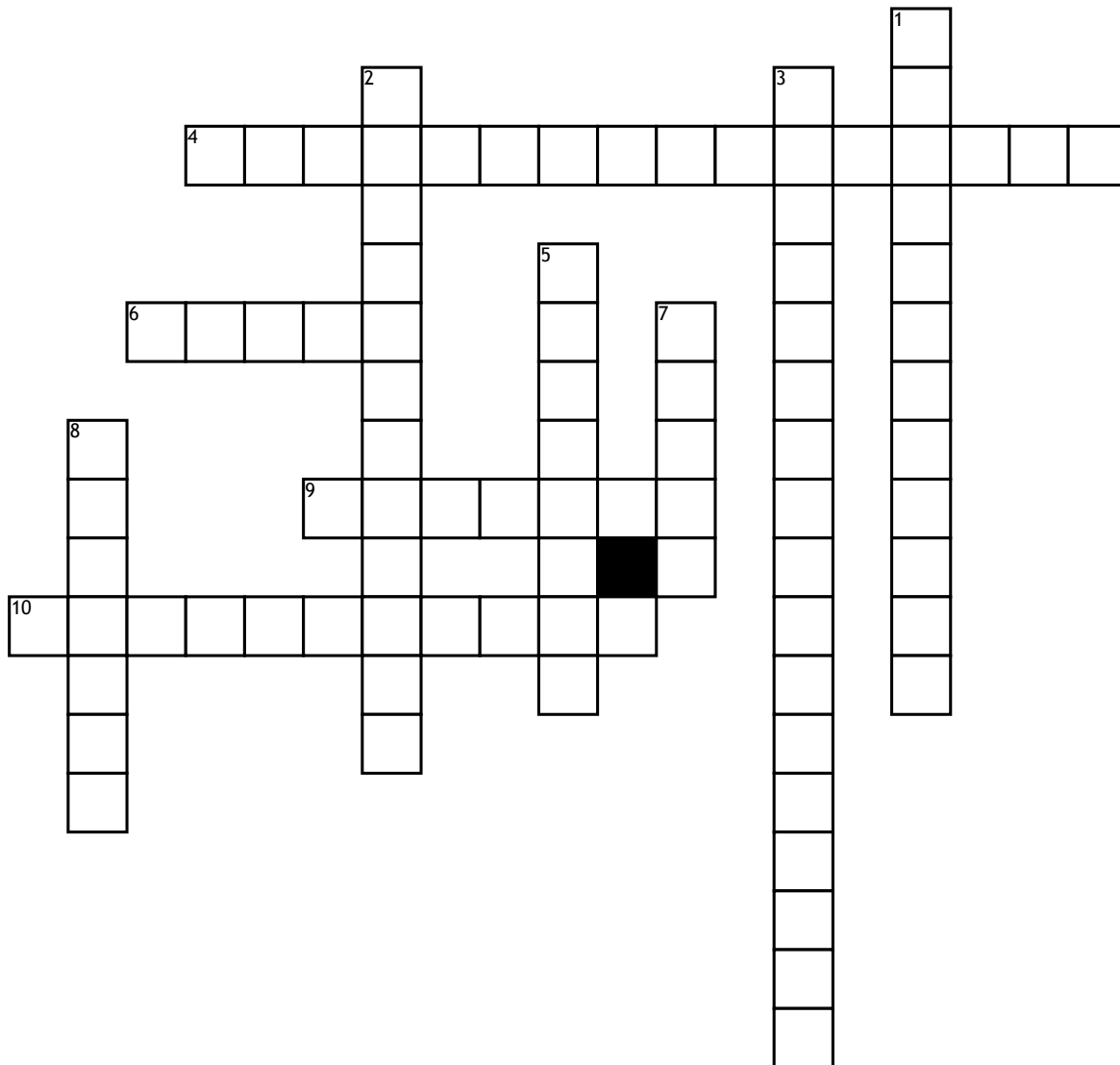


Health and Skill related fitness



Across

4. ability of your heart and lungs to delivery oxygen through your blood to all your working muscles.

6. ability to move your body or parts of your body swiftly

9. ability to control or stabilize the body when a person is standing still or moving

10. ability of your muscles, ligaments and tendons to stretch to allow large movement

Down

1. ability to reach or respond quickly to what you hear, see, or feel.

2. ability to use the senses together with body parts during movement.

3. ability of your muscles to produce efforts that are repeated over and over again.

5. ability of your muscles to exert large force several times.

7. ability to move the body parts swiftly while applying the maximum force of the muscles.

8. ability to change and control the direction and position of the body while maintaining a constant, rapid motion.