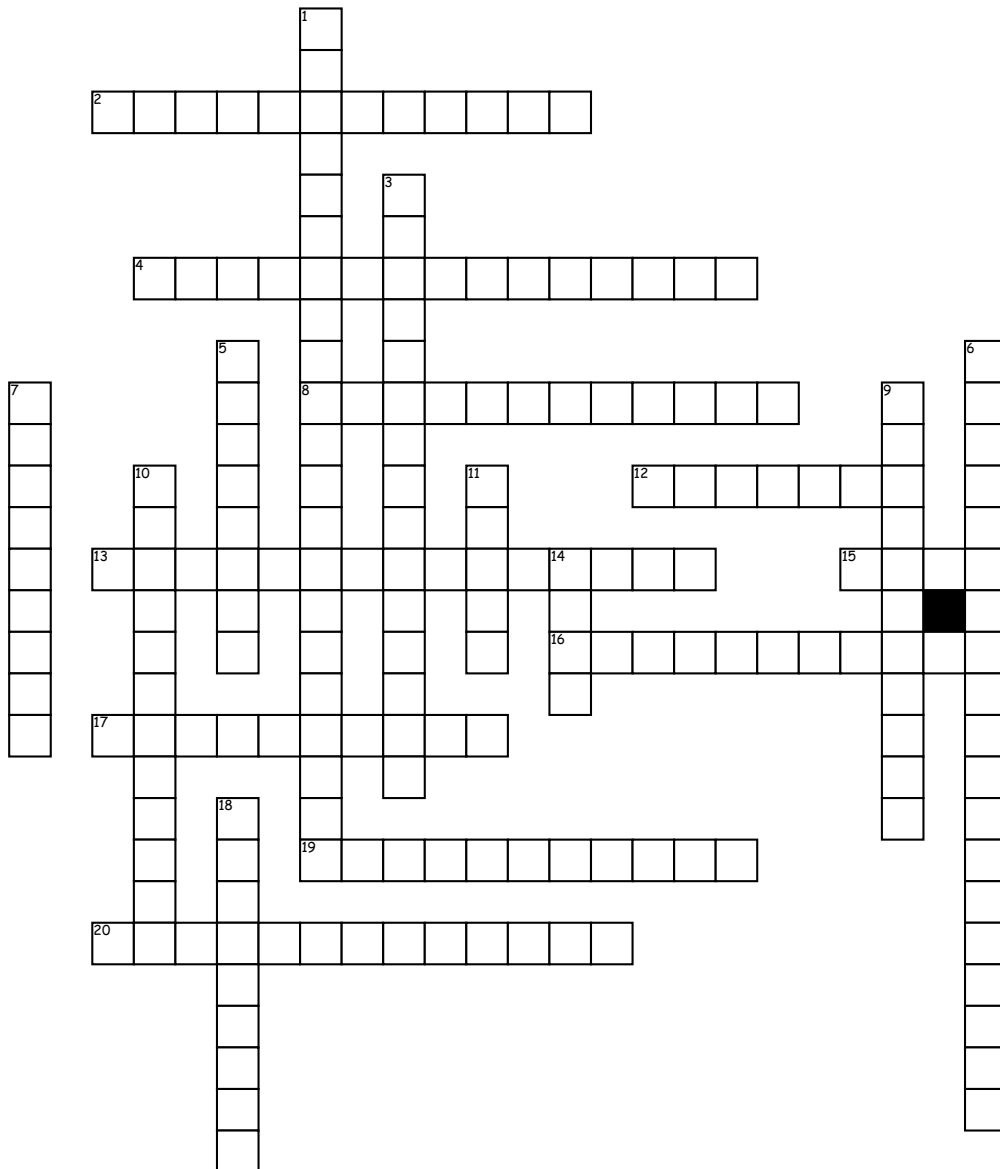


Name: _____

Date: _____

PE Crossword



Across

- 2. When you train beyond your bodies ability to recover
- 4. When planning a PEP the needs of the individual come first
- 8. The ability to use 2 or more body parts together
- 12. The ability to maintain the body's centre of mass above the base of support
- 13. It is the name of a university in America, tests cardiovascular fitness
- 15. How long you train for within each session
- 16. Type of training, develops power

- 17. Develops cardiovascular fitness and makes you run for long periods of time, it is a method of training
- 19. Training needs to be specific to the needs of an individual and the demands of the sport they take part in
- 20. If an individual stops or decreases their training level, then fitness and performance and likely to drop

Down

- 1. The ability of the heart, lungs and blood to transport oxygen
- 3. The percentage of body weight which is fat, muscle and bone

- 5. Develops strength, speed and muscular endurance, it is a type of training
- 6. Working harder than normal whilst gradually and sensibly increasing the intensity of training
- 7. How often someone trains
- 9. The range of motion at a joint
- 10. The time taken to respond to a stimulus
- 11. The ability to put body parts into motion quickly
- 14. The type of training you used to train
- 18. How hard you train during a session