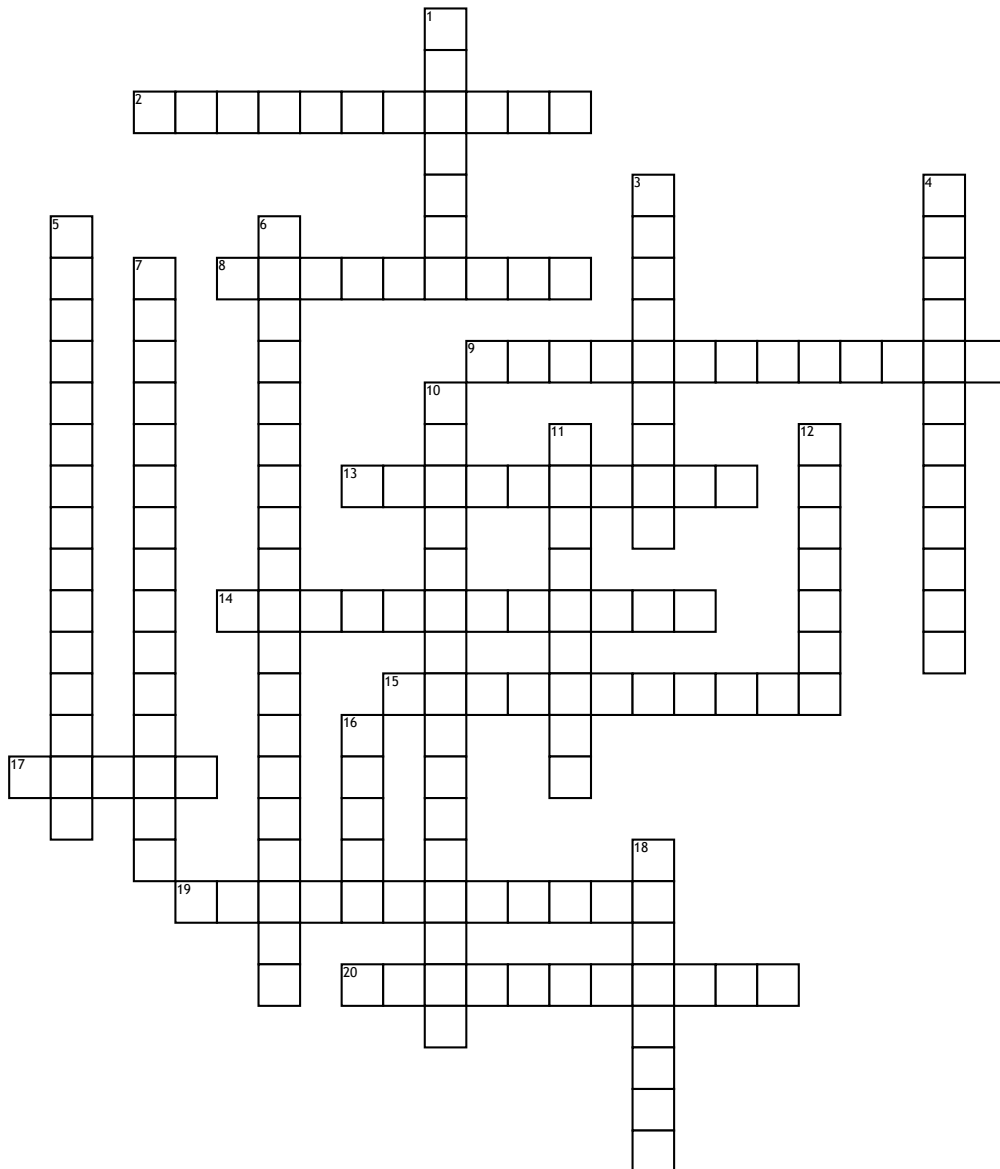


Name: _____

Date: _____

P.E Crossword



Across

2. fitness components: it allows performers to reach stretch and move their joints to gain possession
8. how often someone trains
9. principles of training: if an individual stops or decreases their training level, their fitness and performance is likely to drop
13. methods of training: the type of training that involves activity without rest intervals
14. when you train beyond your bodies ability to recover
15. principle of training: sports training should be relevant and appropriate to the sport that the individual is training for
17. fitness components: the ability to perform strength based movements quickly

19. fitness components: move two or more body parts at once
20. fitness tests: a test that measures your flexibility

Down

1. fitness components: the ability to be able to stay upright or stay in control of body movement
3. fitness tests: a test that will measure your reaction time
4. fitness components: then length of time taken for a person to respond to a given stimulus or event
5. fitness components: used to describe the percentages fat, bone, water and muscles in human bodies
6. principles of training: working harder than normal whilst gradually and sensibly increasing the intensity of training

7. principle of training: personal fitness needs based on age, gender, fitness level and the sport for which we are training on
10. fitness tests: a test which measures the maximum strength of your hand and forearm muscles
11. how hard you train during a session
12. fitness components: ability to move quickly and easily
16. fitness components: the maximum rate at which an individual is able to perform a movement or cover a distance in a period of time
18. methods of training: the type of training that involves high intensity workouts with rest periods in between