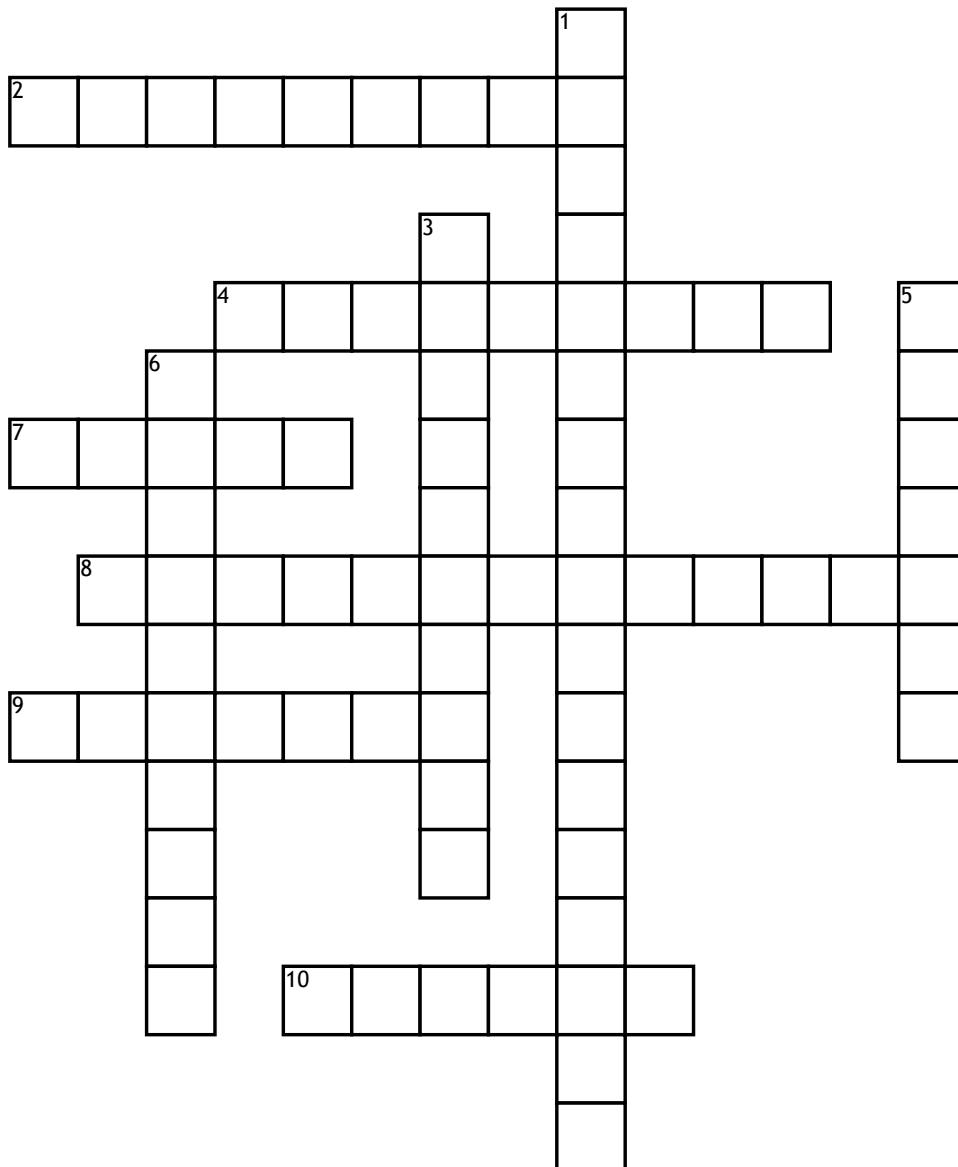


Name: \_\_\_\_\_

# PE Jumble



## Across

2. What is at the end of the muscle attached to a bone that actively moves?
4. Muscles that actively help the prime mover are called?
7. Name one synovial joint which is in the knee?
8. Name one synovial joint which is in the hip?
9. The muscle that produces desired movement, also known as prime mover! This is called?

10. What is at the end of a muscle and is attached to a bone that is stable?

## Down

1. As one muscle contracts the other relaxes. This type of action enables the body to move with stability! What is this called?
3. What is inflammation of a tendon?
5. What is a muscle that stabilises the joint that doesn't move! (So the origin)
6. For a movement to be co-ordinated muscles work in pairs so that control is maintained! What is this called?