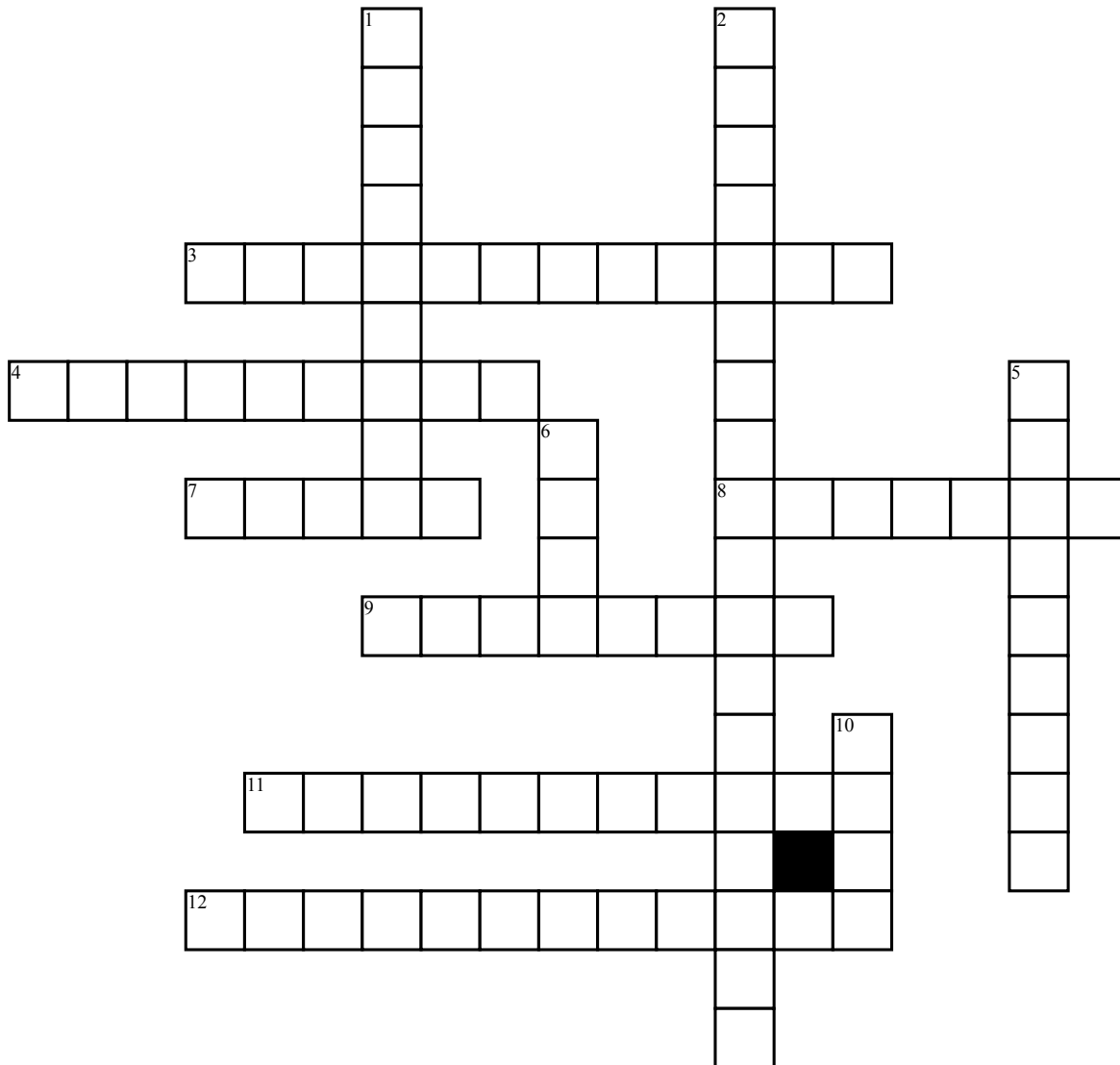


# Physical Education



## Across

**3.** It is the ability to keep an upright posture while standing still or moving.

**4.** This refers to how often you do physical activities that is important.

**7.** It is the ability to perform a movement or cover a distance in a short period of time.

**8.** It is the ability to move and change directions quickly.

**9.** It is the amount of force one's muscles can produce.

**11.** The capacity of the joints to move through its full range of motion

**12.** It is the ability to release maximum force very quickly.

## Down

**1.** It is the ability of the muscle to remain contracted or to contract repeatedly for a long period of time

**2.** it is the optimum level health where healthy individuals can perform daily activities free from any form of fatigue

**5.** This refers to how you perform the physical. Activity. If an activity you do is easy, you will not build fitness and gain other benefits.

**6.** how long you do physical activities

**10.** This refers to the kind of activity you do to Build a specific part of your fitness or gain a specific benefit.