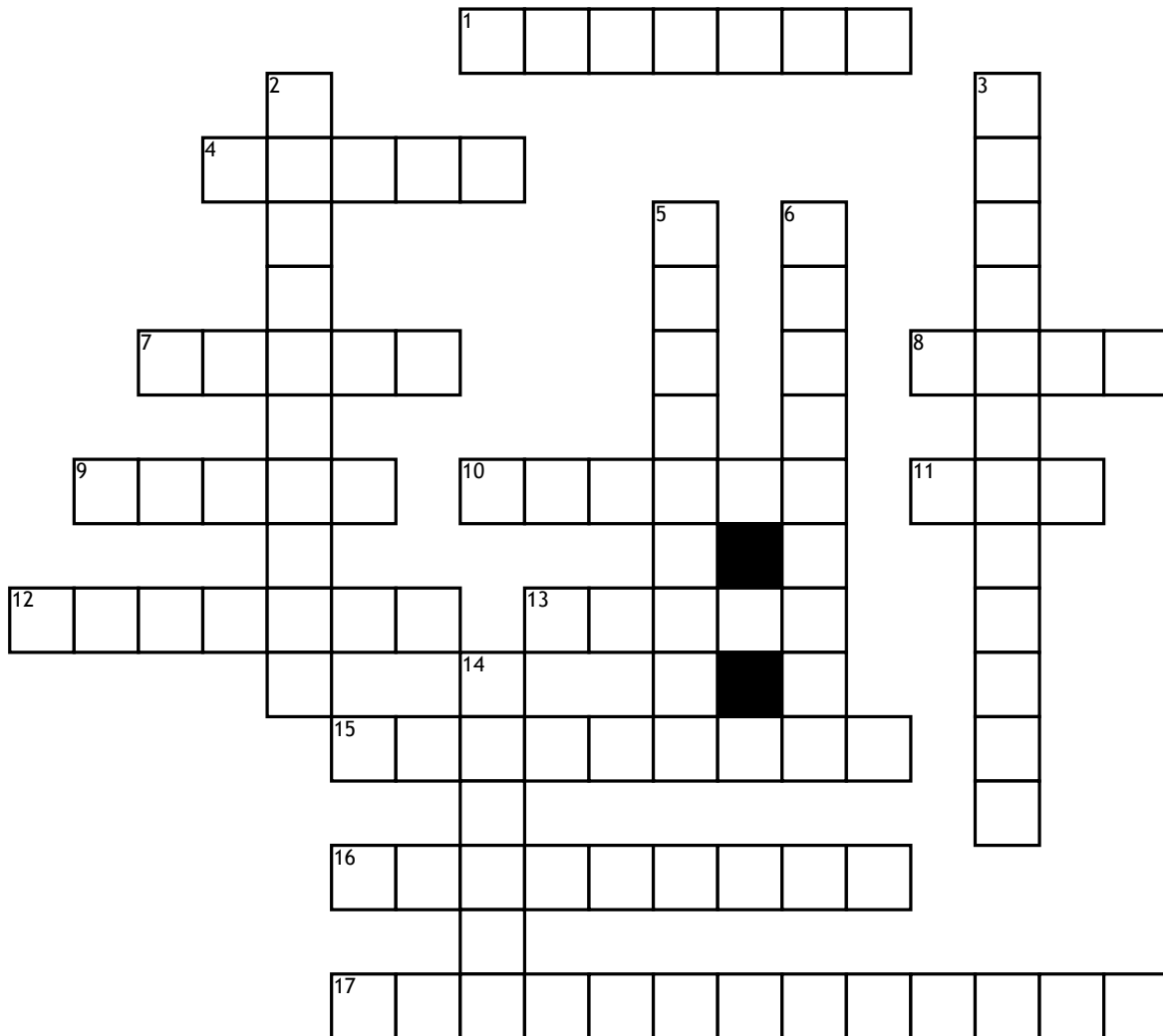


Starter Activity: Skeletal System Word Search



Across

- 1. Joins bone to muscle
- 4. This component of fitness is measured by using the standing jump test
- 7. This part of the skeleton involves the leg and arm bones
- 8. The patella is found at this joint
- 9. The thigh bone
- 10. Completed at the start of a training session

11. An example of a ball and socket joint is

- 12. Involves a series of exercises arranged in a particular way
- 13. The elbow is an example of this type of joint
- 15. The 'I' in FITT stands for
- 16. These bones are found in the fingers and toes of the skeleton
- 17. This fluid lubricates ensures joints work effectively

Down

- 2. A training method used by long distance runners
- 3. This part of the skeleton involves the cranium, ribs and vertebral column
- 5. Joins bone to bone
- 6. You should lift/carry this safely
- 14. A twist or tear to a muscle or a tendon