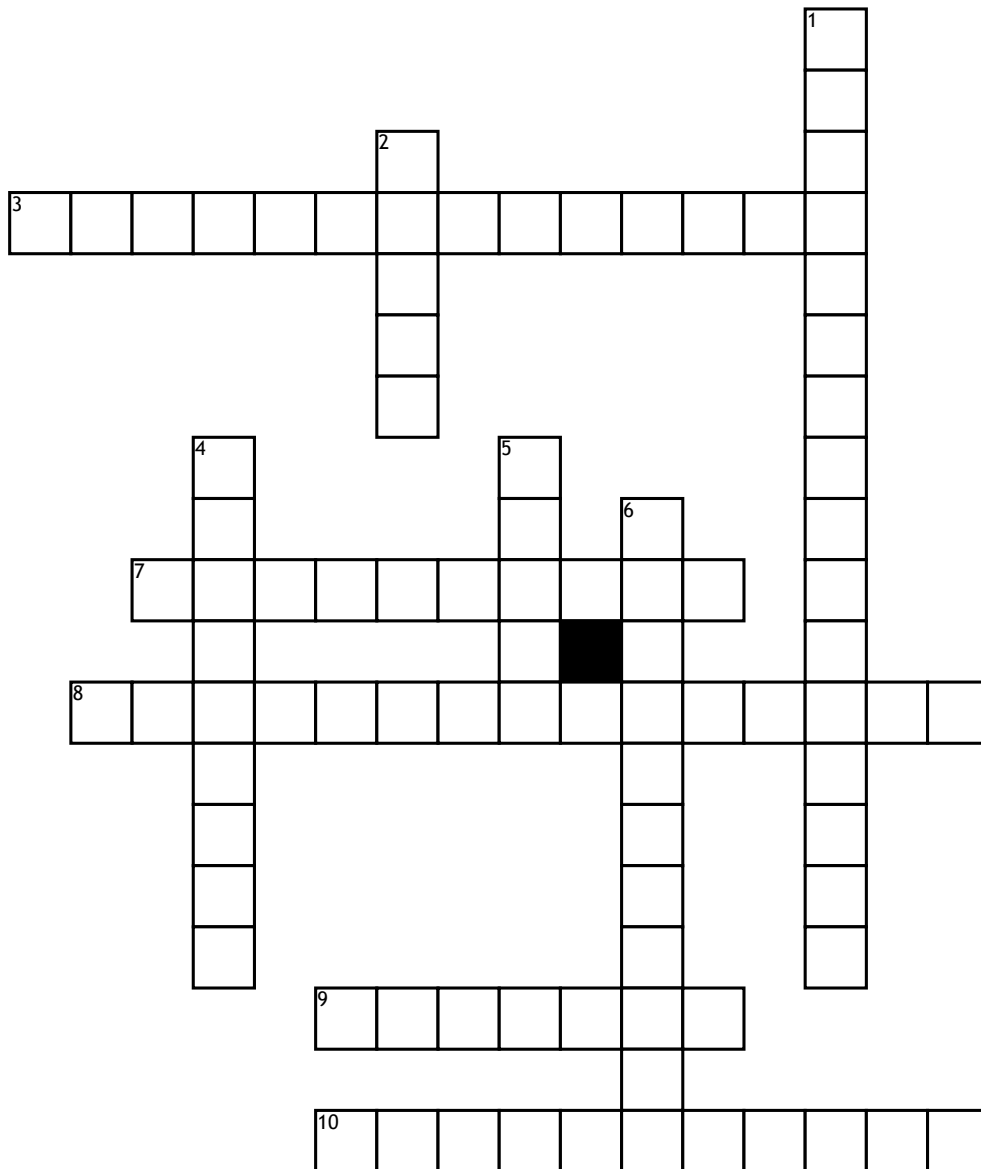


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Year 10 PE exam reflection (2017)



## Across

- 3. Lungs never fully empty.
- 7. Anaerobic pain
- 8. An interval training suitable for games players.
- 9. Continuous training? - oh No!!
- 10. A high jumper would use this.

## Down

- 1. A form of exercise with rest and exercise periods.
- 2. 220-age
- 4. Intense exercise where oxygen is limited.
- 5. Circuit training -easy to .....
- 6. Sea movement breathing