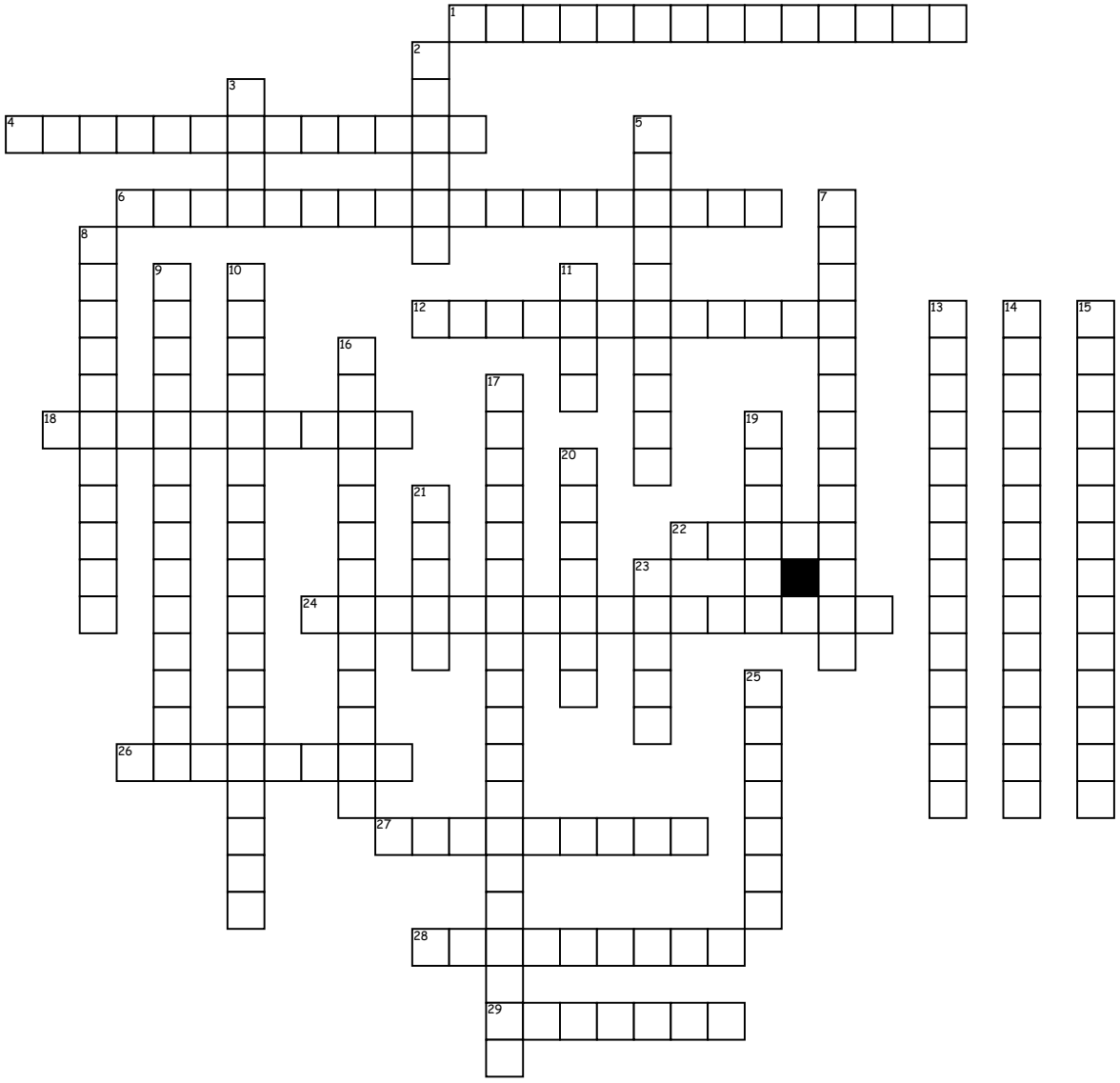
Name: _____ Date: _____

PE crossword



Across

1. a practice of a skil without taking breaks

4. a technique that allows you to avoid anxiety bypicturing something in your mind

6. the process by which you choose to ignore some senses and focus on others

12. a practice of a complex skill that has to be broken down into parts

18. a technique that allows you to avoid anxiety that requires you to sit and relax

22. the information you recieve from your senses

24. a practice of an open skill where the situation is constantly changing

26. the information you get back from intrinsic and extrinsic sources

27. inside, internal

28. outside, external

29. complicated skill, takes a long time to learn

Down

2. a skill where the environment never changes

3. a skill that requires technique and high levels of concentration using small muscle groups

5. the direction and intesity of one's effort

7. a practice of a skill where the situation is always the same

8. a set of targets used to motivate performers and help avoid anxiety

9. a guidance that can be specified for individuals

10. a guidance using equipment

11. a skill where the environment is constantly changing

13. a guidance that is done with demonstrations

14. the decision made when the infromation is all put together

15. a guidance where the coach or teacher moves the performer into the different positions

16. a practice of a basic skill, one fluid motion that can't be broken down

17. a practice of a skill over several sessions

19. the movements your body makes due to your earlier decision

20. a feeling of worry, nervousness or unease about something

21. simple straightforward skill

23. a skill requiring large movements of large muscle groups

25. a state of readiness or alertness

Create your own puzzle at WordMint.com or print one of our 500,000+ pre-made word searches, crosswords, and more.