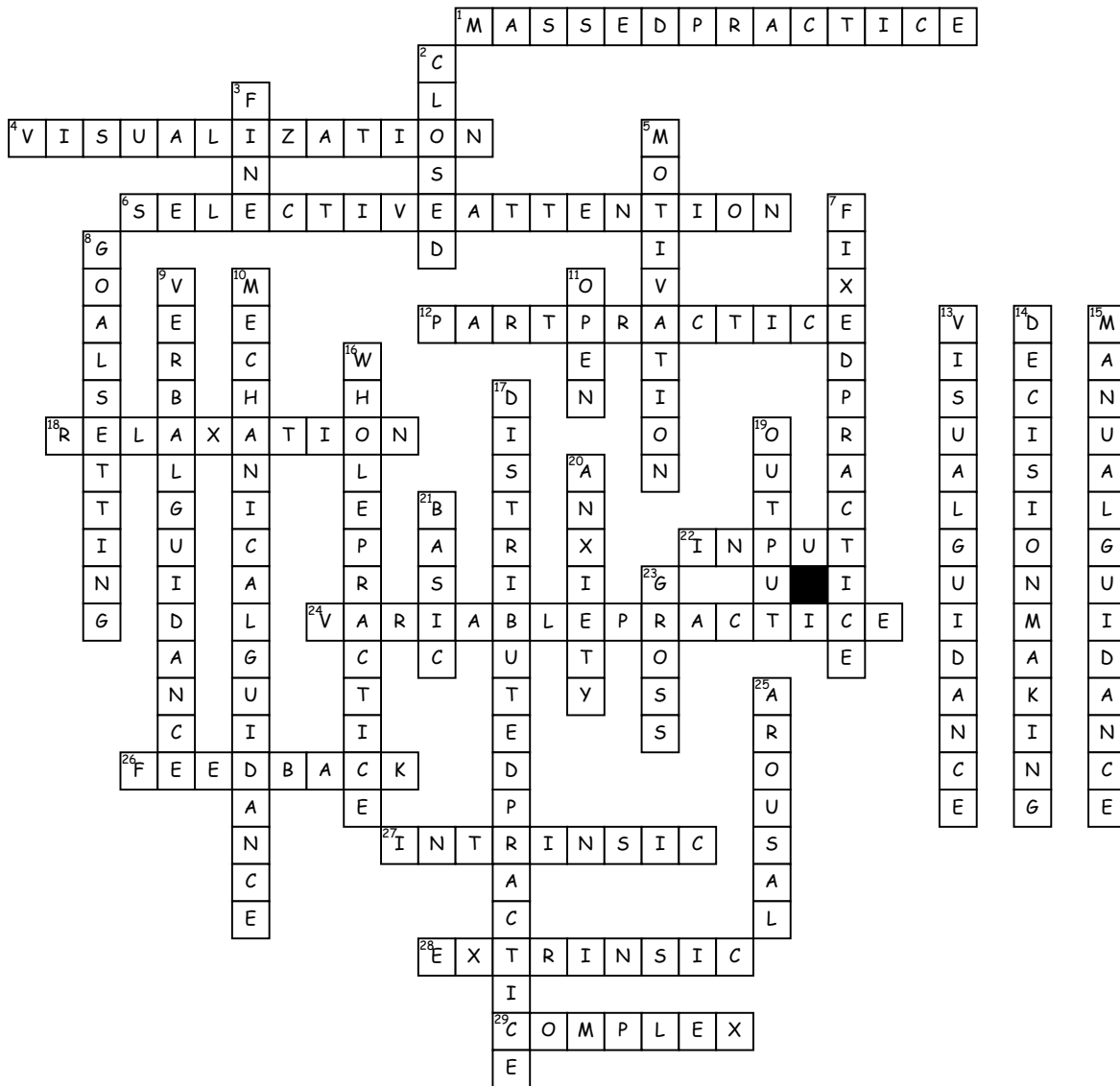


Name: _____

Date: _____

PE crossword



Across

1. a practice of a skill without taking breaks
4. a technique that allows you to avoid anxiety by picturing 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
16. a technique that allows you to avoid anxiety that requires you to sit and relax
22. the information you receive 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 intensity 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 information 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