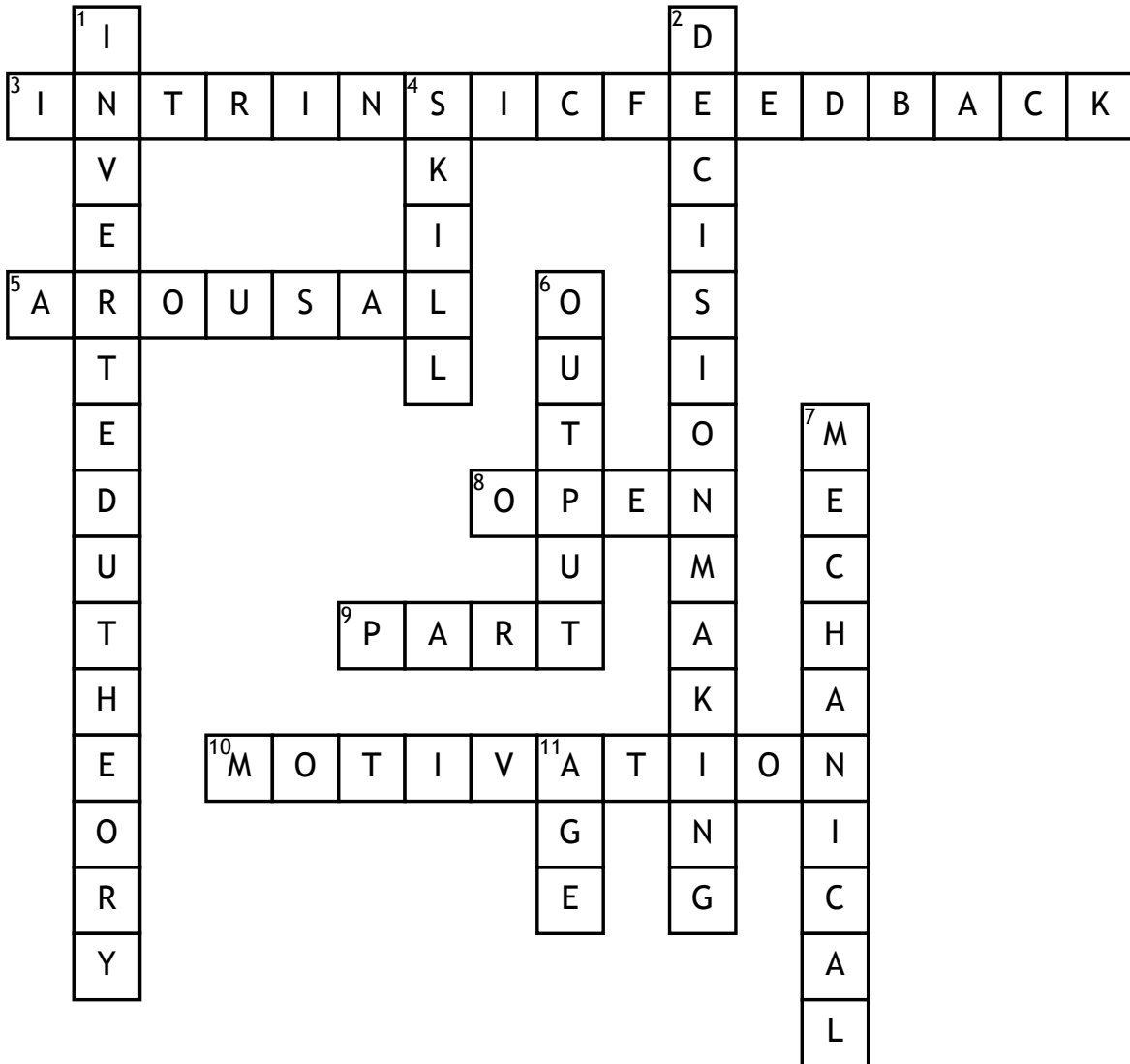


P:E crossword:



Across

3. Feedback that comes from you.
5. A state of readiness or alertness.
8. E.g. A type of skill that you have to adapt a lot for
9. A type of practice when you break it down.
10. What does goal setting improve that begins with a letter "m".

Down

1. Graph demonstrating arousal and performance.
2. What your brain does with input information.
4. The ability to bring about the result you want with maximum certainty and efficiency. This comes with practice.
6. The action taken as a result of the brain's decision.
7. A type of guidance.
11. A factor affecting skill level.