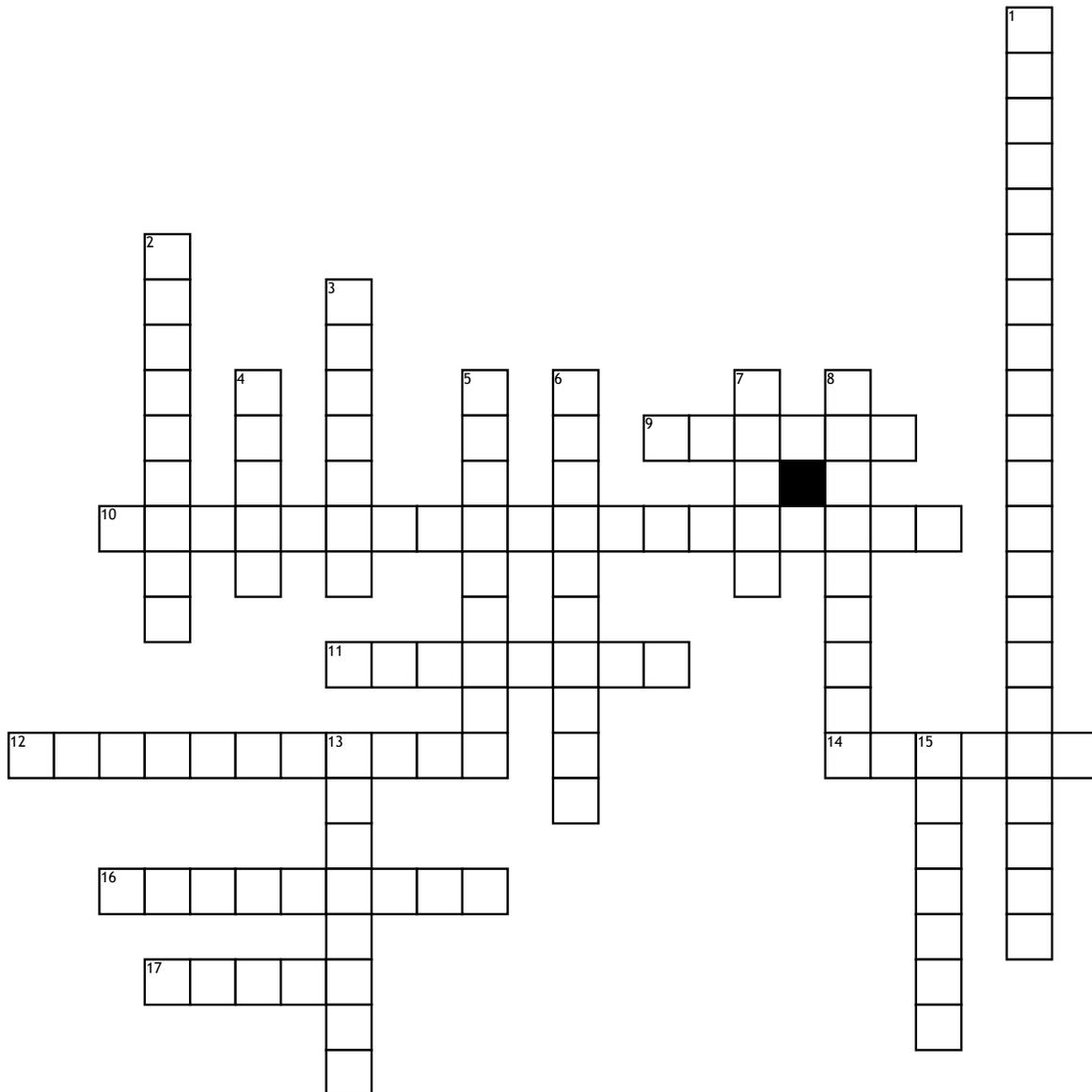


Name: \_\_\_\_\_

# Three years worth of PE!



## Across

- 9. The muscle at the back of the upper arm
- 10. Making training more difficult
- 11. Attaches a bone to another bone
- 12. A principle of training
- 14. A state of complete mental, social and physical wellbeing
- 16. A drug that increases the amount of urine produced and also masks the use of other drugs

- 17. The ability to undertake strength activities quickly (strength x speed)

## Down

- 1. The harvard step test tests what fitness component?
- 2. A muscle contraction that does not produce movement
- 3. A method of training used in sports that change speed and direction
- 4. A joint found in the knee and elbow
- 5. The smallest blood vessel
- 6. The top of the performance pyramid
- 7. A food type that aids digestion, e.g. wholegrain bread, oats, fruit and veg
- 8. A body type that is represented by a high percentage of muscle
- 13. Age comes under what 'category' that influences participation in sport?
- 15. Exercising with the use of oxygen at a moderate intensity