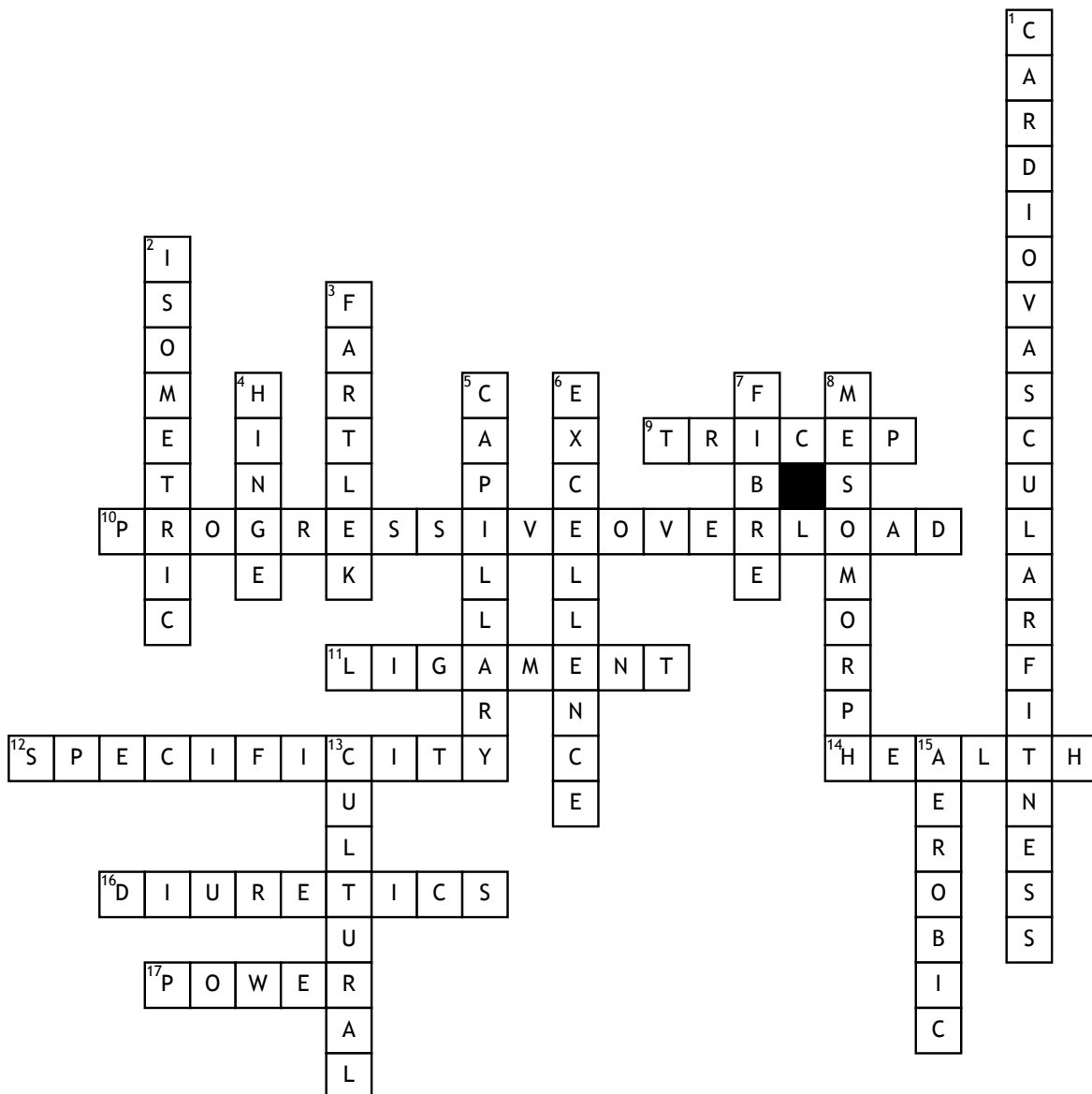


Name: \_\_\_\_\_

# 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