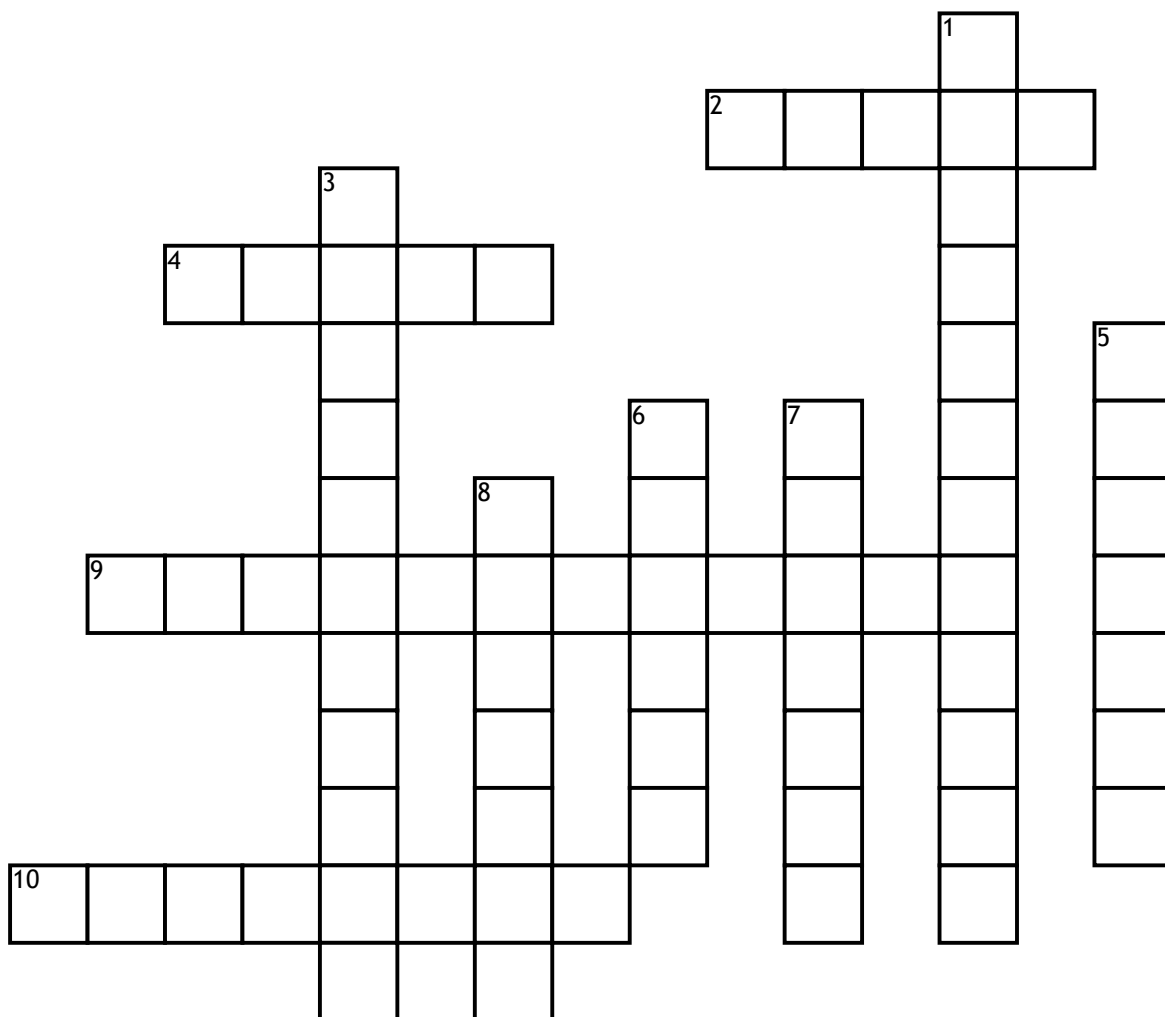


Name: _____

Date: _____

1.1.3



Across

2. the ability to undertake strength performance quickly. $\text{power} = \text{strength} \times \text{speed}$
4. the rate at which an individual is able to undertake a movement or cover a distance in a period of time
9. the ability to use two or more body parts together
10. a form of physical activity which maintains or improves health and/or physical fitness

Down

1. the time between the presentation of a stimulus and the onset of movement
3. how well a task is completed
5. the ability to retain the centre of mass of the body above the base of support
6. a state of complete mental, physical, social wellbeing and not merely the absence of disease and infirmity
7. the ability to change the position of the body quickly and to control the movement of the whole body
8. ability to meet the demands of the environment