

Name: _____

Date: _____

GCSE PE key words

D N N X L J V N A M X Y W Q G A L L E T A P P B
I L U Q E P R O G R E S S I O N Q R Y A W B L Y
C Z G O A E G A L I T R A C J N W Z I G U Z K K
A D B A H Y D J F R E P P F E M U R A I Q L R T
C C A T E D I U M Y A G E X X W T G J L E F A O
I W N O F F L R V Q V D N V P Q U N Z I T W I V
T S R Q L E I N W Y H E I I F L J I L T N V B Z
C S E X Y R E T B E H A S U H V U H H Y D X I E
A V V V Q Q E C N Y Q H U Z S B C C E T W B T K
L O E R S F X V I E K P R J R N S T A C M Q L B
E R R N E H C N O D S W E C F J P E L T R W W A
F Q S A A W S U M U H S M V H K M T T O K A F L
Z Z I Y G W O S D Z S E U V N K W S H X F R O L
U L B R E Y T P O R A M H F W L B C T N I M L A
U A I V Q J L I W F S C A P U L A I N O B U I N
V T L H A D M U N R E T S C E S U T I I U P L D
V E I M U J F L E X I B I L I T Y A O T L I C S
G L T R U L U Q Z X O F A C H G W T J C A P T O
A E Y Q P E N F Q A N I M A T S H S H E Q X F C
Z K C U N S F A B B G R Z T J N G I N T A E C K
L S C Y V P O J B G W F X O K B X D N O Z H E E
R A L U C S A V O I D R A C Y J O E W R U N V T
P I L P J S V A J S F B B H Z B V R W P U L M I
I F M G F X Y T I C I F I C E P S P Q I K Q F H

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|-------------------|-----------------|----------------|---------------|-------------|
| static stretching | ball and socket | cardiovascular | reversibility | flexibility |
| lactic acid | progression | specificity | protection | cartilage |
| overload | skeletal | agility | fitness | humerus |
| patella | scapula | stamina | sternum | warm up |
| fibula | health | radius | tedium | femur |
| hinge | joint | power | tibia | ulna |