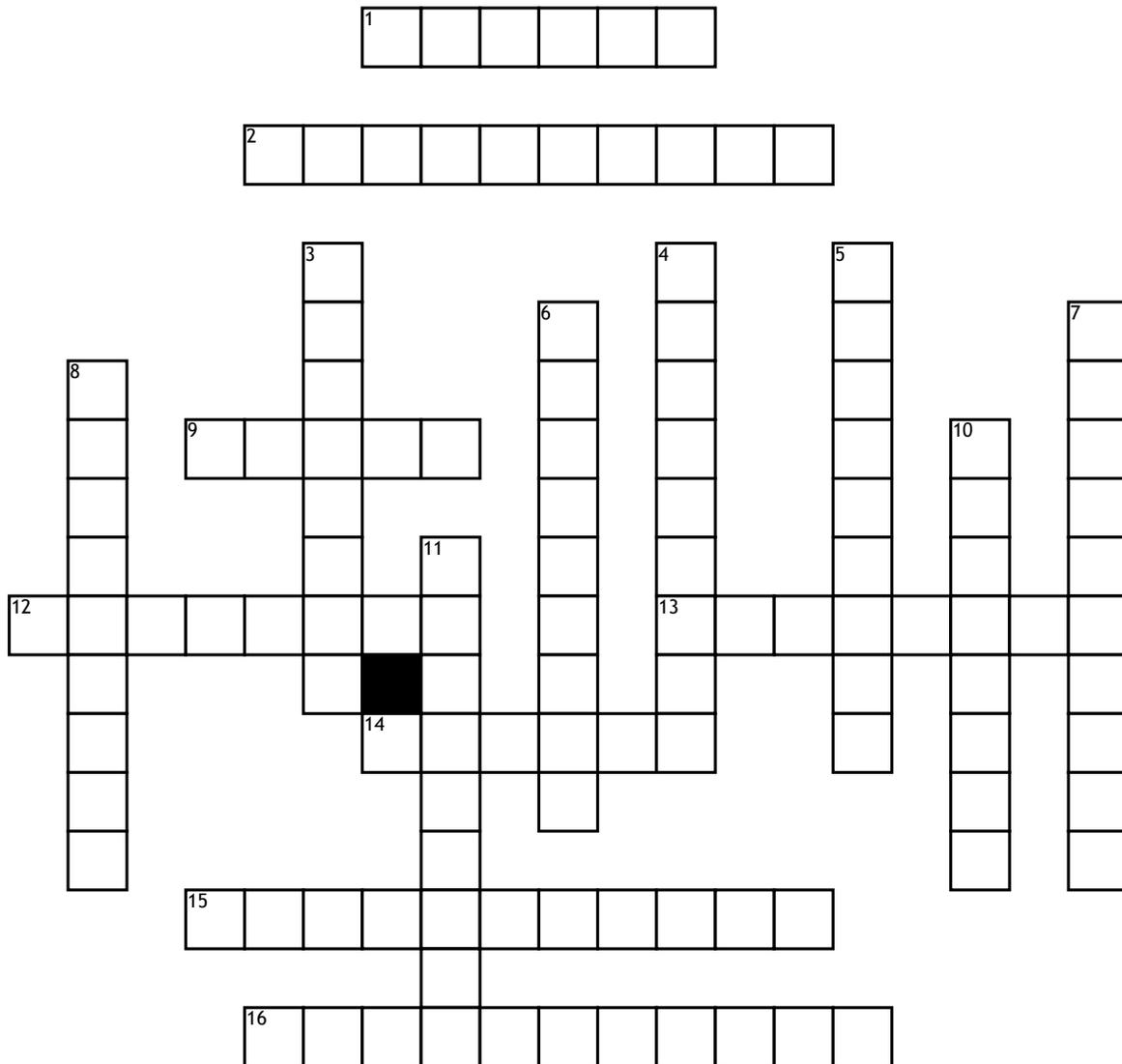


GCSE REvision 2



Across

- 1. What lowers performance levels as you are disinterested?
- 2. Who is targetted by the lesiure industry to do more exercise?
- 9. Who is responsible for the improvements of a players skills and fitness?
- 12. What should you do after a training session?
- 13. What movement takes place at the shoulder when bowling in cricket?

- 14. What is a state of complete mental, physical and social well-being?
 - 15. What is making your training suitable for your sport and needs?
 - 16. What is a rapid loss of water from the body?
- Down**
- 3. What types of outwitting opponents games are hockey, rugby and football?
 - 4. What somatotype would have greater stability??

- 5. What lines the ends of the bones to prevent wear and tear?
- 6. What is the minimum heart rate needed to enter a training zone?
- 7. What is it called when we have to borrow oxygen?
- 8. strength is another way to describe power
- 10. Training here would increase your aerobic capacity
- 11. What term describes how hard you work in a trianing session?