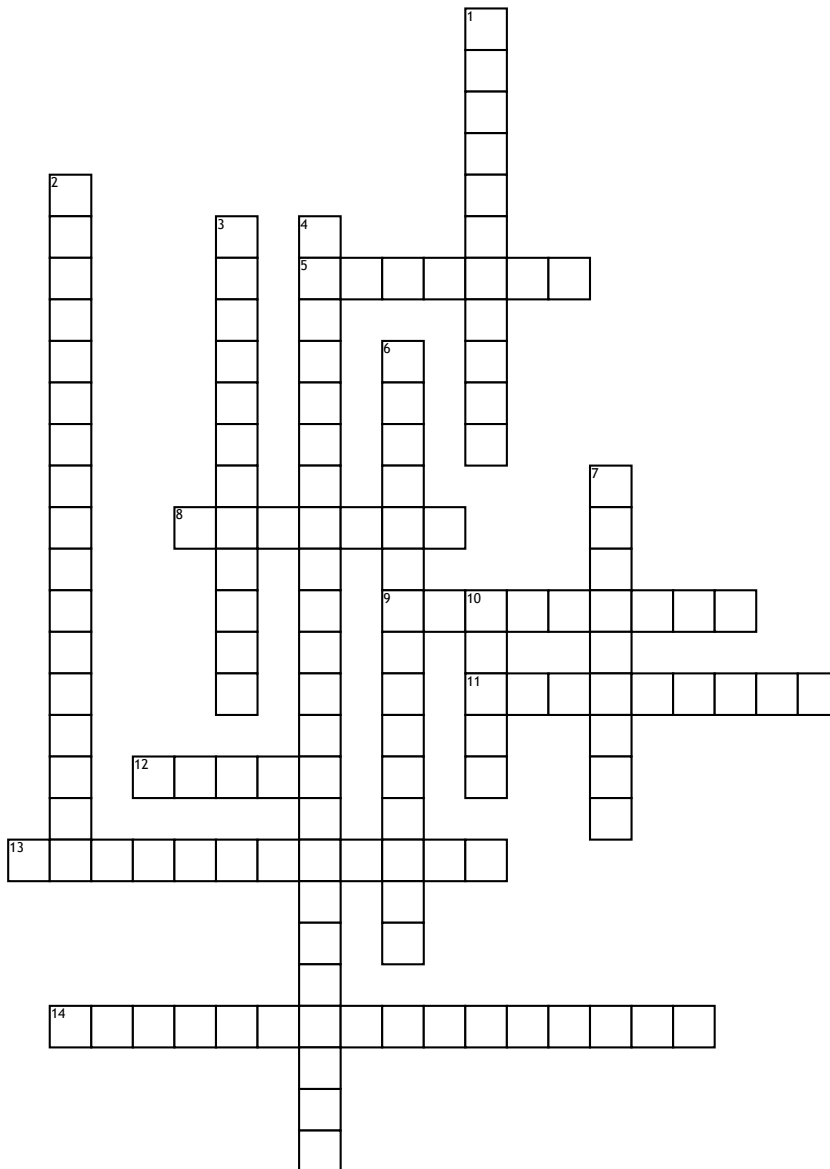


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Health and skill related fitness



## Across

**5.** Changing the position of your body quickly whilst under control

**8.** Ability to retain centre of mass over their base of support

**9.** body type - lots of muscle/ not a lot of fat

**11.** Body type - lots of fat/muscle/weight

**12.** The combination of strength and speed

**13.** Amount of time it takes to initiate movement after the presentation of a stimulus

**14.** Amount of force a muscle can exert against a resistance

## Down

**1.** Range of movement possible at a joint

**2.** The ability to use the muscles many times without fatigue

**3.** Ability to move two or more body parts accurately

**4.** Ability to exercise the whole body for long periods without fatigue

**6.** The percentage of body weight that is fat, muscle and bone

**7.** body type - not a lot of fat/muscle

**10.** The rate that a performer is able to perform a movement or cover a set distance