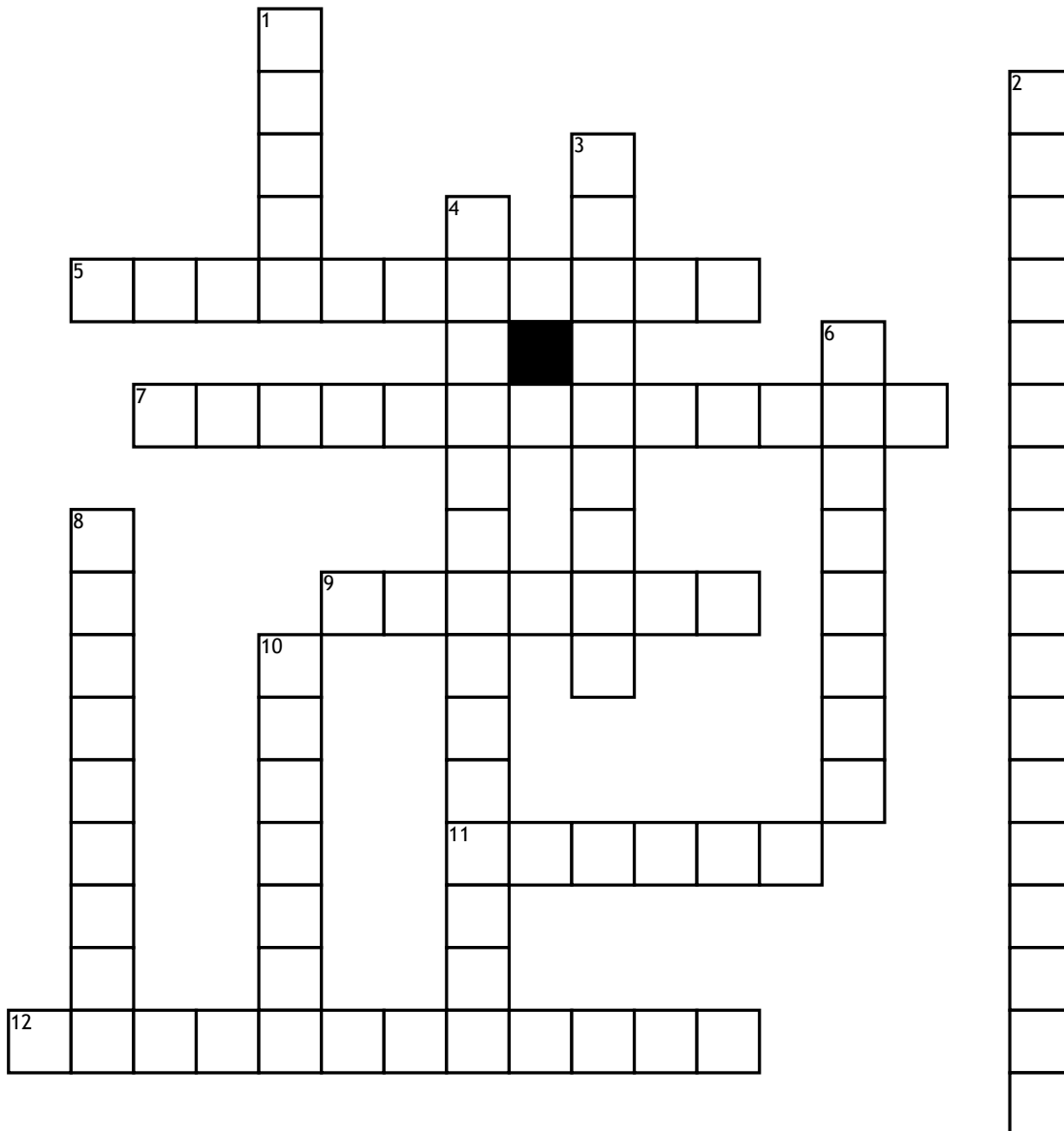


Name: \_\_\_\_\_

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

# PDHPE



## Across

5. What is the bone in the middle of your foot called?

7. What carries oxygenated blood from the lungs to the heart?

9. When doing a bicep curl, what type of muscle is the action creating?

11. What attaches muscle to bone?

12. Where should you place an cold pack for someone who is suffering from heat stroke?

## Down

1. what carries oxygenated blood from the heart to the rest of the body?

2. Equity, diversity and supportive environments are factors in which strategy to promote the health of individuals?

3. what energy system does not need oxygen

4. What is the second biggest killer of young people?

6. What attaches muscle to muscle?

8. What sort of animal bite should pressure immobilisation be used for?

10. What is the leading cause of deaths amongst young adults?