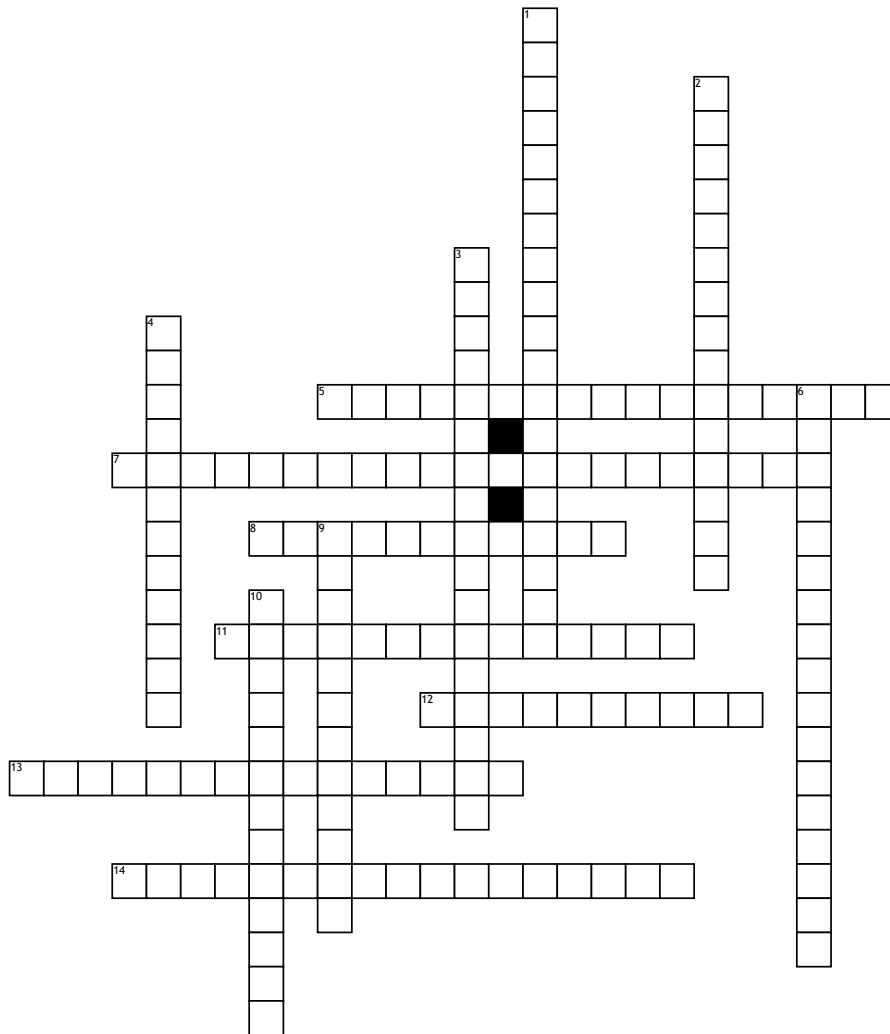


# PE GCSE Homework



## Across

5. What movement does the Deltoid(A) and Pecktoral/Latissimus Dorsi(Ant) do  
 7. What movement does the Deltoid(A) and Latissimus Dorsi(Ant) do  
 8. What movement does the Hamstring(A) and Quadricep(Ant) do  
 11. What movement does the Tricep(A) and Bicep(Ant) do  
 12. What movement does the Hip flexor(A) and Gluteals(Ant) do

13. What movement does the Deltoid(A) and Latissimus Dorsi(Ant) do  
 14. What movement does the Latissimus Dorsi(A) and Deltoid(Ant) do

## Down

1. What movement does the Gastrocnemius(A) and Tibialis Anterior(Ant) do  
 2. What movement does the Rotator Cuffs(A) and Deltoid(Ant) do

3. What movement does the Pectoral(A) and Deltoid(Ant) do  
 4. What movement does the Bicep(A) and Tricep(Ant) do  
 6. What movement does the Tibialis Anterior(A) and Gastrocnemius(Ant) do  
 9. What movement does the Gluteals(A) and Hip flexor(Ant) do  
 10. What movement does the Quadricep(A) and Hamstring(Ant) do

## Word Bank

Flexion-shoulder  
 Circumduction-Shoulder  
 Extension-Hip  
 Planterflexion-Ankle  
 Abduction-shoulder

Adduction-Shoulder  
 Extension-knee  
 Dorsiflexion-Ankle  
 Extension-Elbow  
 Flexion-Elbow

Flexion-Knee  
 Extension-shoulder  
 Flexion-Hip  
 Flexion-shoulder