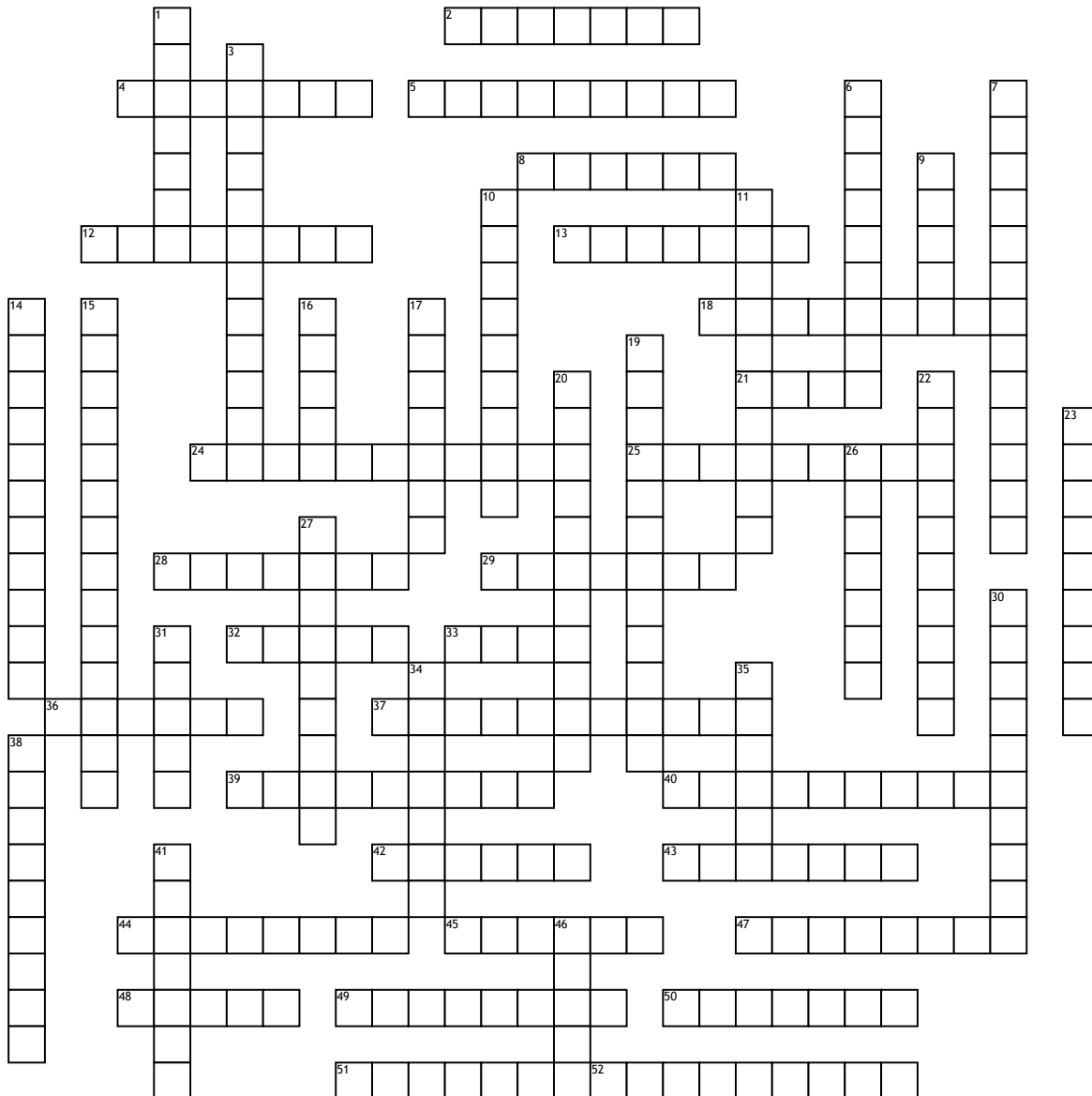


Name: _____

Date: _____

Physical Education Studies - Exam Revision



Across

2. The lower leg when kicking in soccer is an example of which type of motion?
4. A.k.a a knee cap
5. What muscle is located at your thigh?
8. Aerobic means _____
12. A.k.a a collar bone
13. A function of the skeletal system
18. The type of motivation that is driven internally
21. The blood vessel that carries blood to the heart
24. The bones located on the top of your foot
25. Prize money and public recognition are an example of what type of motivation?
28. A.k.a a your skull
29. The heart is what type of muscle
32. The energy system that is dominant for high intensity, short duration exercises
33. A type of bone
36. The bone on the thumb side of your forearm
37. Power and Balance are examples of _____ related components of fitness
39. What is the first stage of motor learning?
40. Which somatotype gains weight easily?
42. Which type of motion occurs in a straight line?
43. The most common type of motion in sports
44. Which plane divides the body into left and right?

45. What type of fitness components are flexibility and body composition?
 47. Which blood vessel carries blood away from the heart?
 48. The strongest bone in your body
 49. A function of the muscular system
 50. You drive a car with your _____ which are located in your wrist
 51. A.k.a a pelvis
 52. The muscle which helps neck rotation
- ## Down
1. A.k.a a shoulder blade
 3. To create movement, the brain sends a _____ to muscles to respond
 6. Movement occurring towards the midline is known as _____
 7. A.k.a a calf
 9. The first fuel type used by the Aerobic Energy System is _____, followed by fats then protein
 10. The type of bone that is shaped specifically for its function
 11. The _____ plane divides the body into top and bottom
 14. Resistance against disease and transporting chemicals are two functions of which system?
 15. Where is smooth muscle located?
 16. The thicker bone in your lower leg

17. A.k.a a your funny bone
19. Part of the skeleton composed of the limbs
20. Gas exchange and facilitating smell are two functions of which system?
22. A 200m swim is an example of an event where the _____ system would be dominant
23. Which somatotype struggles to gain weight and muscle?
26. A.k.a a breast bone
27. The respiratory system is made up of air passages, lungs and which muscle?
30. What are somatotypes?
31. The section of the skeleton that includes the spine and thorax
34. The muscle that covers your shoulder
35. Fibrous connective tissue joining bone to muscle
38. A.k.a a fingers and toes
41. Using all your senses to create pictures of your performance in your mind
46. What type of bone is the femur?