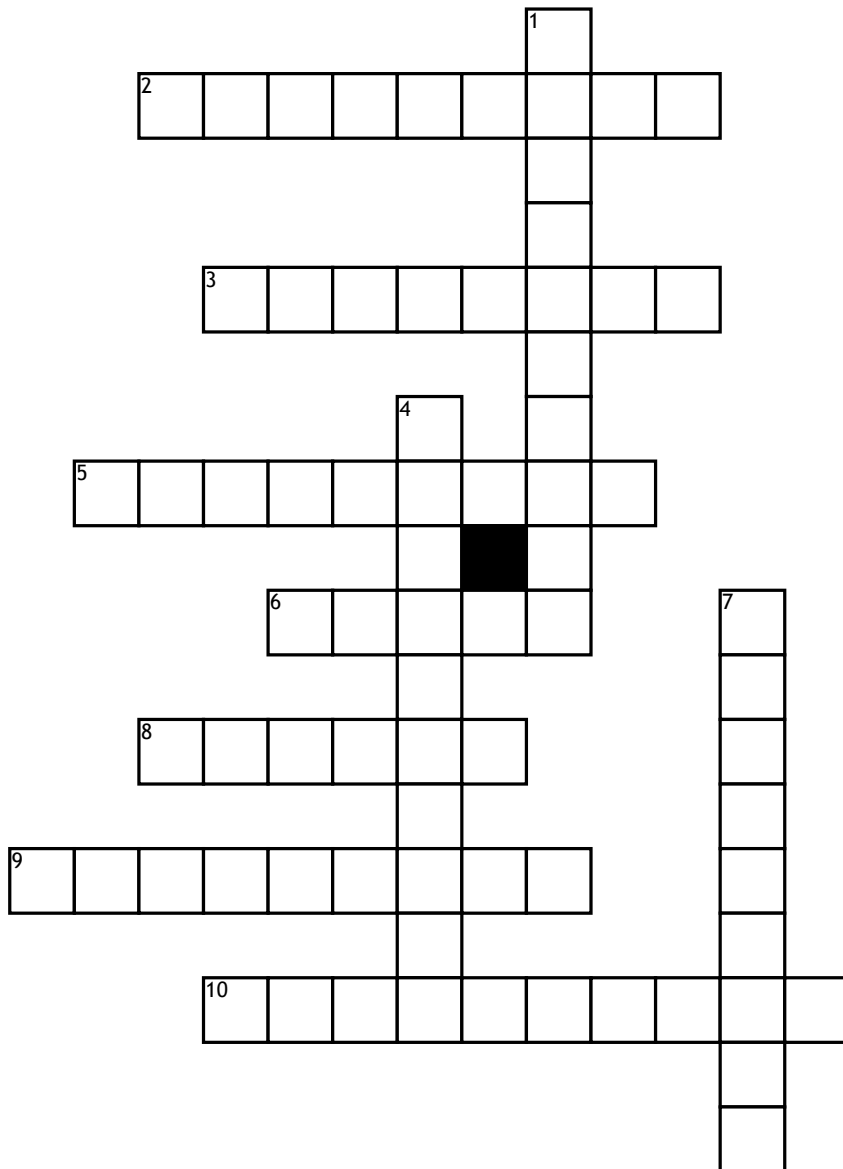


# Year 11 work



## Across

- 2. A type of movement that moves a limb away from the midline
- 3. Attaches bone to bone
- 5. A type of motivation that is done for fun and enjoyment
- 6. A type of goal setting principle
- 8. Attaches muscle to bone
- 9. large muscle covering the back of both shoulders

10. A build up in the muscle could reduce the amount of exercise performed

## Down

- 1. A type of joint that only moves in 2 directions
- 4. The opposing muscle that controls the movement
- 7. A type of movement that moves a limb towards the midline