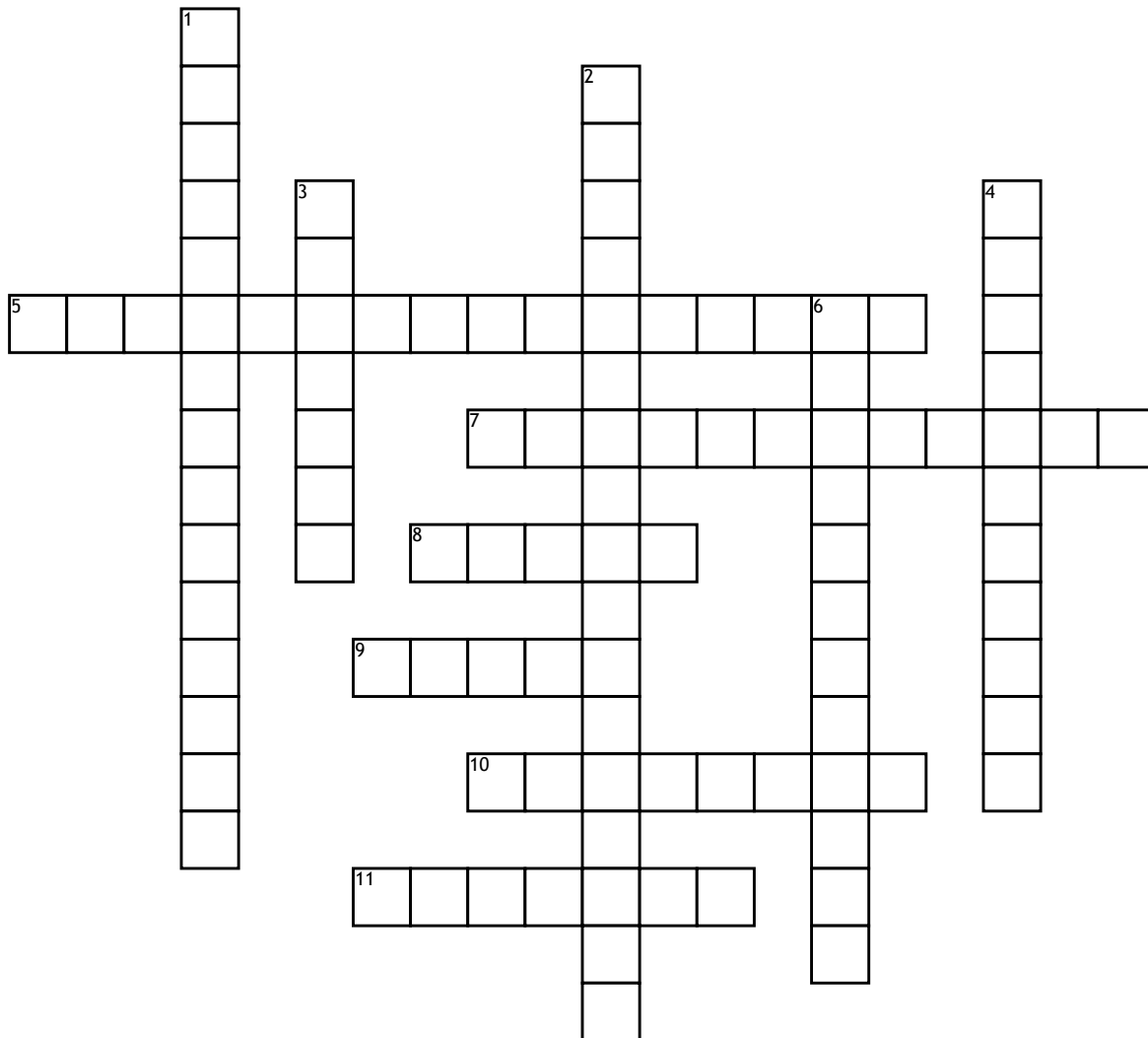


Name: _____

Date: _____

crispy crossword



Across

5. the ability of your cardiovascular and respiratory system to sustain moderate intensity exercise over extended periods
7. the amount of time it takes to respond to a stimulus
8. strength at speed
9. the ability to move quickly
10. the ability for a muscle or muscle group to work together
11. the ability to maintain your body weight over a centre of mass

Down

1. fat to fat-free mass
2. the ability for a muscle or muscle group to work repeatedly
3. the ability to change direction at speed whilst maintaining balance
4. the range of movement in a joint or series of joints
6. the ability to move two or more body parts under control, smoothly and efficiently