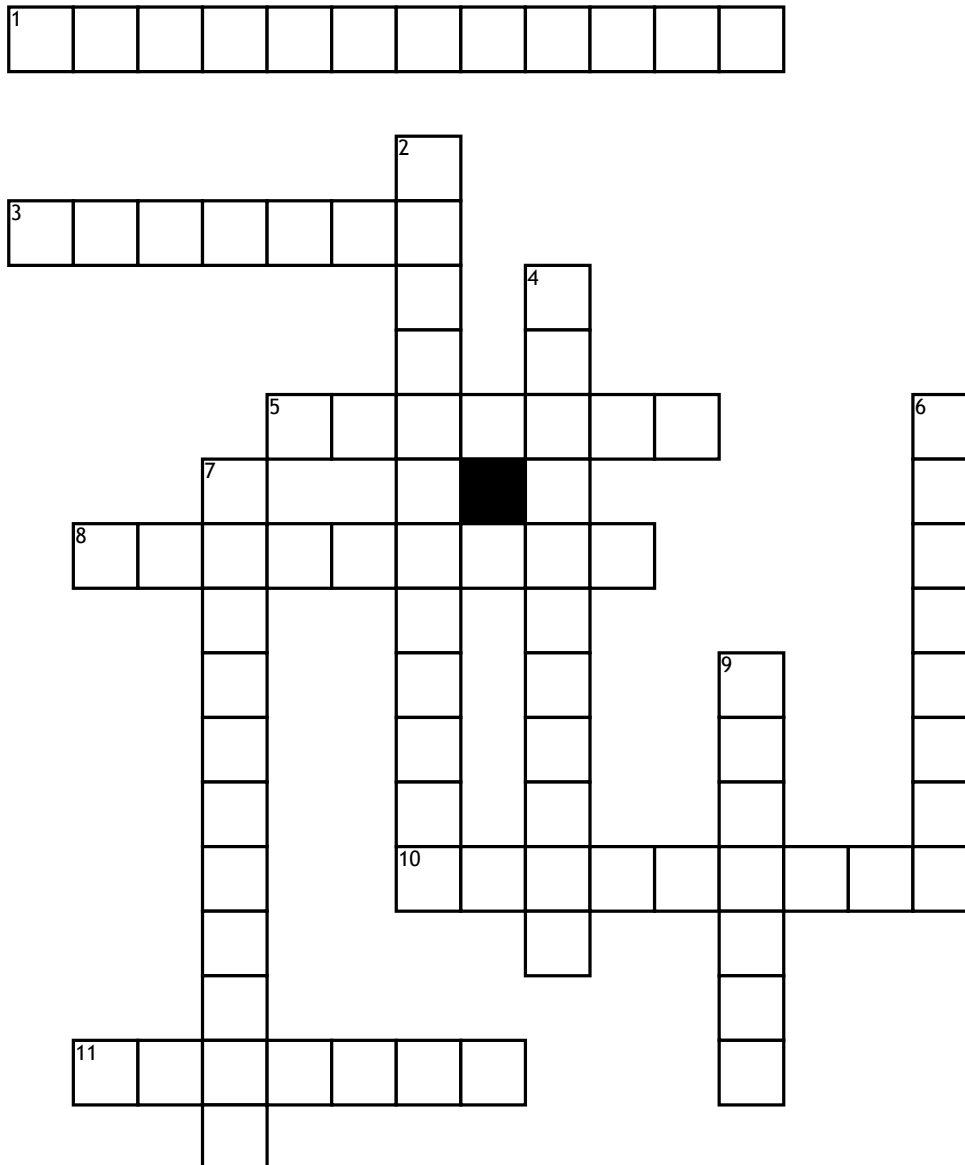


Name: _____

Date: _____

homework revision



Across

1. The ability to use different (two or more) parts of the body together, smoothly and efficiently.
3. The maintenance of the centre of mass over the base of support. Reference can be made to whilst static (still) or dynamic (whilst moving).
5. The ability to meet/cope with the demands of the environment
8. type of respiration. Without oxygen. When exercise duration is short and at high intensity, the heart
10. A somatotype characterised by being tall and thin. Individuals with narrow shoulders and narrow hips.

11. The ability to move and change direction quickly (at speed) whilst maintaining control
- ## Down

2. The time taken to initiate a response to a stimulus
4. The range of movements possible at a joint.
6. The ability to overcome a resistance. This can be explosive, static or dynamic
7. The substance in the red blood cells which transports oxygen
9. type of respiration. With oxygen. When exercise is not too fast and is steady, the heart can supply all the oxygen that the working muscles need.