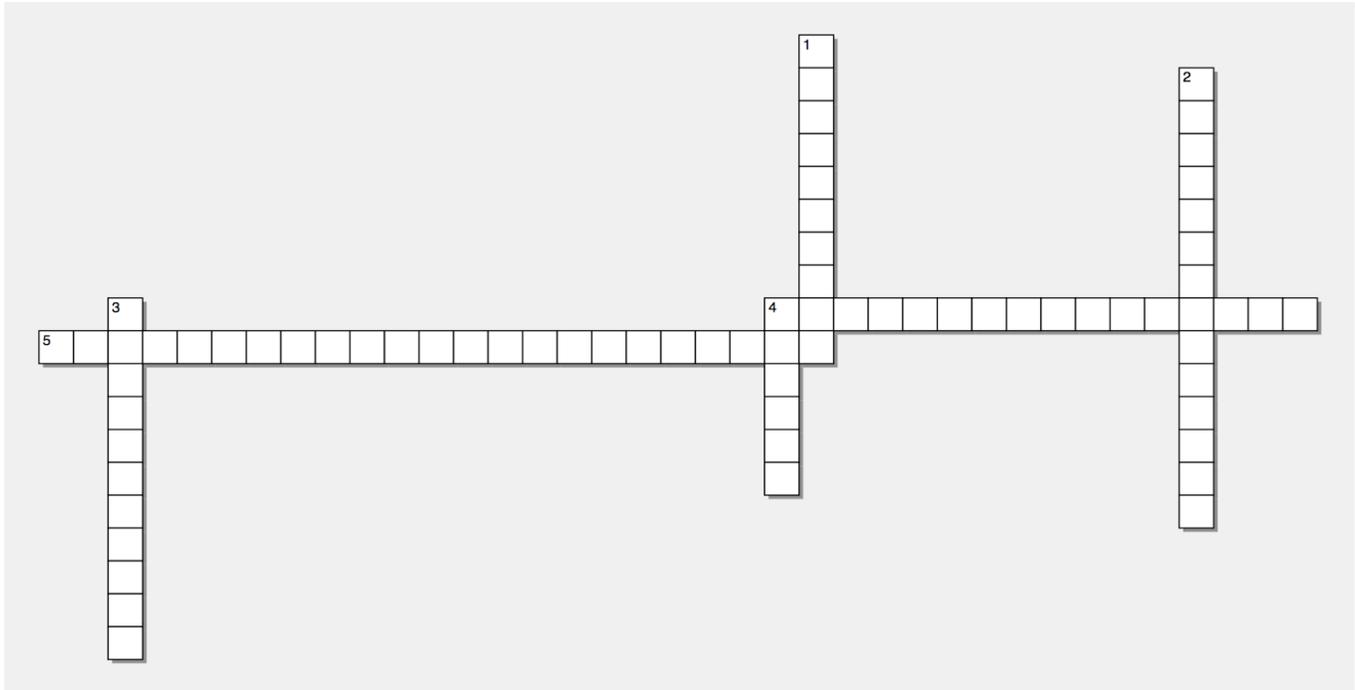


PHYSICAL EDUCATION CROSSWORD PUZZLE

Name: \_\_\_\_\_

Complete the puzzle. Talk to a family member or friend about what each word means to you.

**Anatomical Basis of Movement**



**Across**

- 4) A sectioned view of the body that includes the frontal plane, the sagittal plane, and the transverse plane. [PLANESOFMOVEMENT]
- 5) Fundamentals of the study of movement within the human body. [BIOMECHANICALPRINCIPLES]

**Down**

- 1) Muscles in the abdomen (stomach). [ABDOMINALS]
- 2) The group of three muscles that make up the buttocks. [GLUTEALMUSCLES]
- 3) Muscles in the pelvis, lower back, hips, gluteus, and abdomen, that help stabilize movement. [COREMUSCLES]
- 4) The area of the lower trunk that supports and protects organs of the body. The pelvic muscles support the organs. [PELVIS]