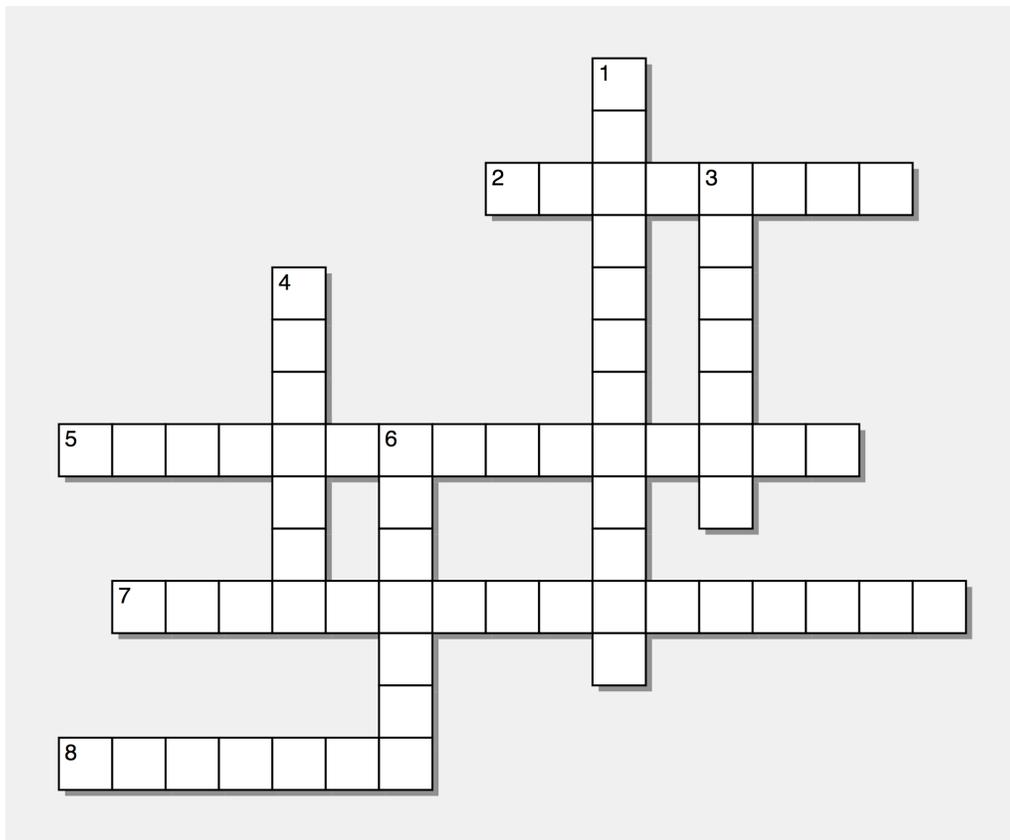


PHYSICAL EDUCATION CROSSWORD PUZZLE

Name: _____

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

Motor Skill Development



Across

- 2) A brief 5 to 15-minute period of low intensity exercise that immediately follows a primary conditioning period.
- 5) A single point from which the body's weight is evenly distributed, creating perfect balance.
- 7) The elements important in the study of human movement: body awareness, space, and qualities of movement (force, balance, time, and flow).
- 8) To observe something to get important information about it.

Down

- 1) A skill-related fitness component that is the ability to combine movements of several parts of the body.
- 3) Something that is constantly changing or moving.
- 4) The team or players in a game or sport who are trying to steal away possession of the ball/object and stop the opponent from scoring a goal or point.
- 6) The team or players in a game or sport who are attempting to score or move the ball forward.