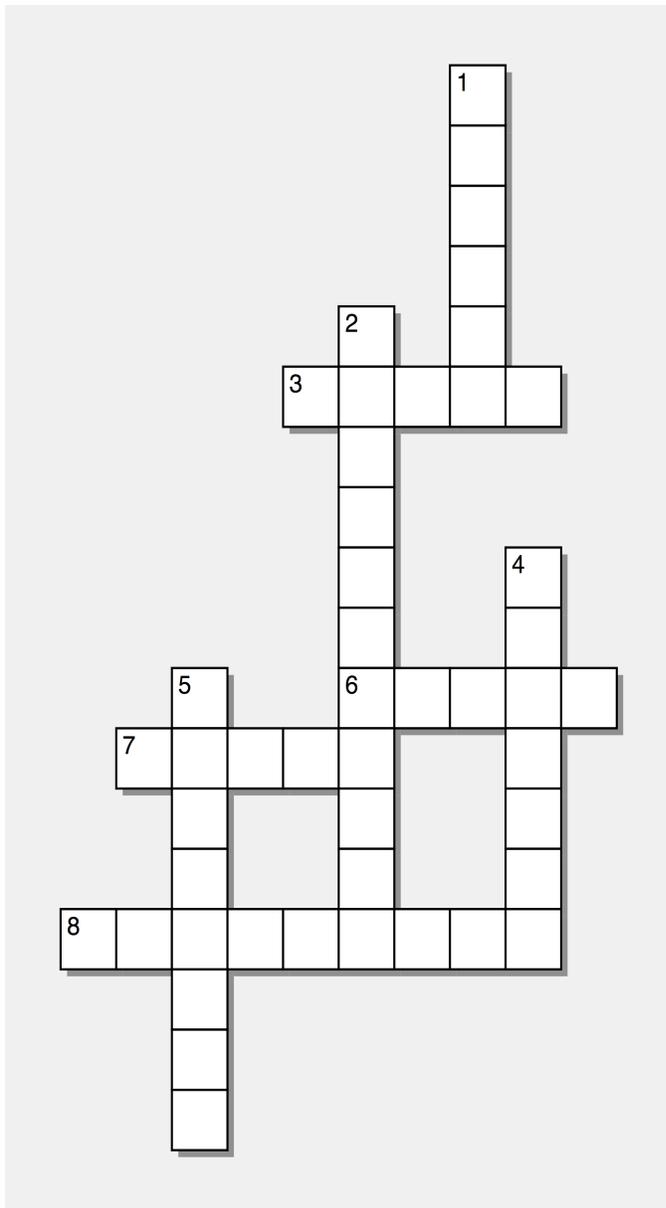


PHYSICAL EDUCATION CROSSWORD PUZZLE

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

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

**Anatomical Basis of Movement**



**Across**

- 3) A skill-related fitness component that is a combination of strength and speed.
- 6) A skill-related fitness component that is the ability to move the body rapidly from one point to another.
- 7) A structure in the body where two parts of the skeleton fit together.
- 8) The action of moving a limb from a bent to a straight position.

**Down**

- 1) Body tissue that can change its size to move body parts.
- 2) A group of body organs that together perform vital functions. Examples are cardiorespiratory, vascular, muscular, and skeletal.
- 4) The action of moving a limb from a straight to a bent position.
- 5) The action of turning around an axis or center.