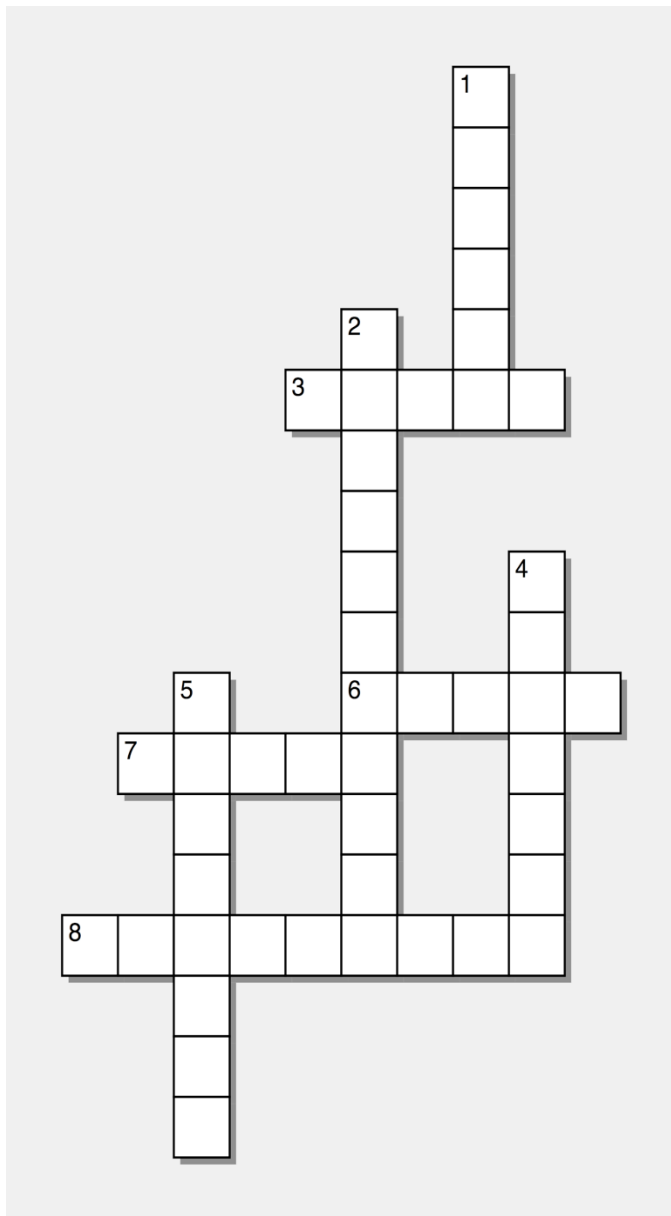


PHYSICAL EDUCATION CROSSWORD PUZZLE

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. [POWER]
- 6) A skill-related fitness component that is the ability to move the body rapidly from one point to another. [SPEED]
- 7) A structure in the body where two parts of the skeleton fit together. [JOINT]
- 8) The action of moving a limb from a bent to a straight position. [EXTENSION]

Down

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