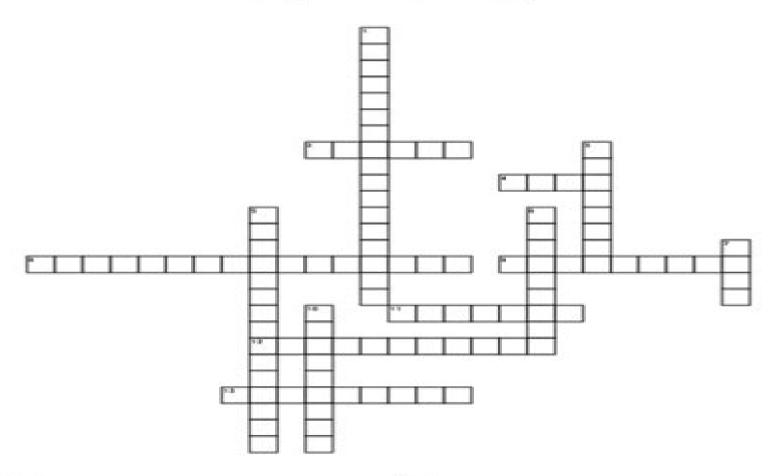
# **Physical Activity**



#### Across

[2] the ability of the heart and lungs to provide oxygen to the working muscles for a long period of time.

[4] How long you train

[8] the ability of the muscle or muscles to push or pull with maximum force.

[9] Involving little physical activity.

[11] Body uses axygen to work the muscles

[12] the muscles ability of the muscles to move a joint through a full range of motion.

[13] Body does not use oxygen to work the muscles-

#### Drown

[1] the ability of the muscles to repeat a movement or hold a position for a long period of time.

[3] form of movement that causes your body to use energy.

[5] ability to carry out daily tasks easily and have enough reserve energy to respond to unexpected demands.

[6] How hard you train

[7] What kind of workout

[10] How often you train.

# **Physical Education 12 Crossword Answers**

SJ Ball

**Physical Education 12 Crossword Answers:** 

#### Decoding Physical Education 12 Crossword Answers: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Physical Education 12 Crossword Answers**," a mesmerizing literary creation penned by a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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