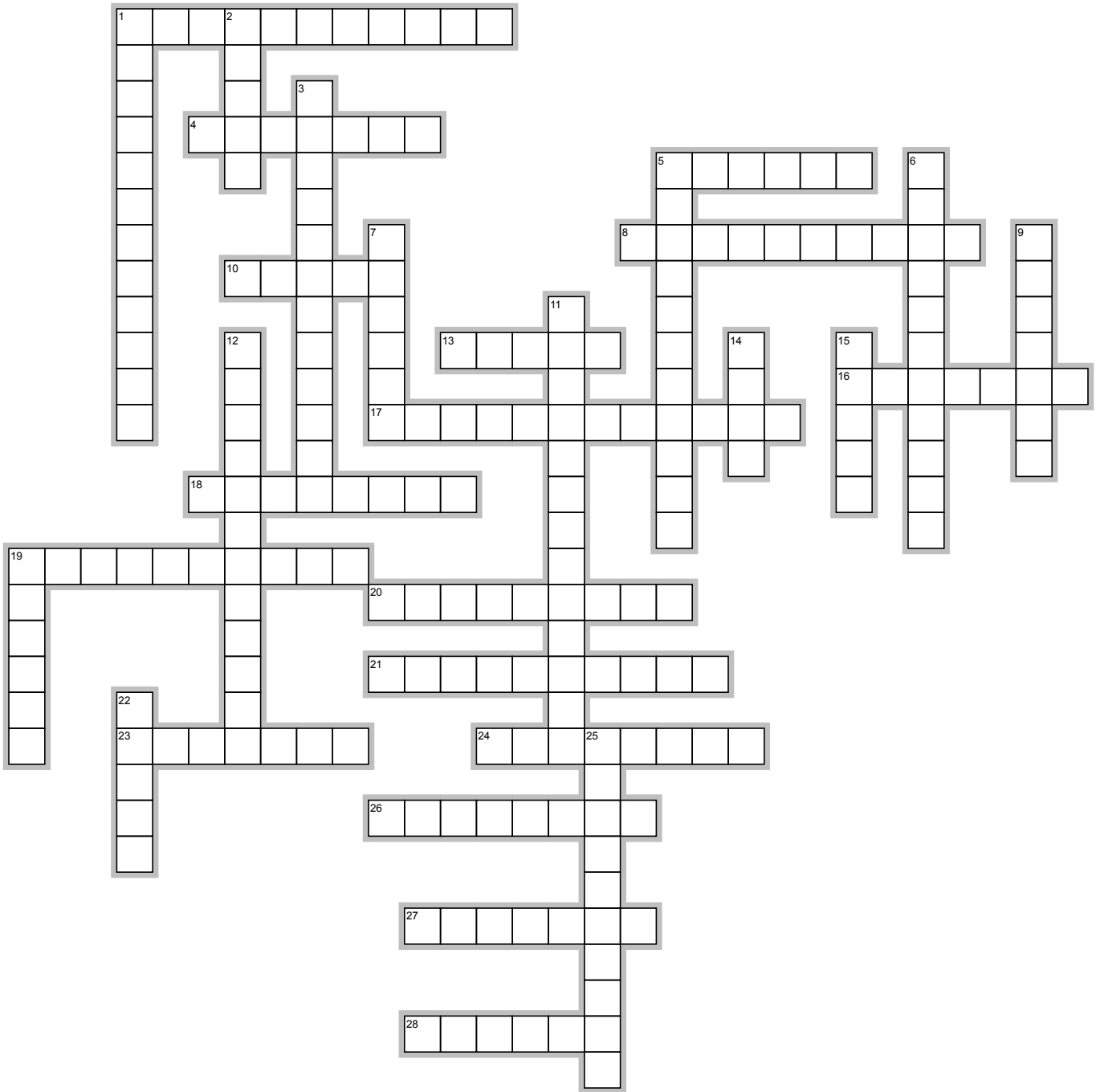


JUMP 2 IT!

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Name _____
Period _____



Word bank

ADVANTAGE AGILITY APARTCROSS ARMPITS BALANCE BALLS BASIC BELL BENEFIT
CAPACITY CEMENT COMPOSITION COORDINATION CRISSCROSS ELBOWS FLEXIBILITY
HEELTOE JUMPTURNJUMP LEFTRIGHTJUMP MUSCULAR POWER REACTIONTIME
RUBBERIZED SIDESTRADDLE SKIER SPEED STRENGTH TOETOUCHES WOODEN
WOUNDEDDUCK WRISTS

JUMP 2 IT!

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Across

1. body ___ is the % of muscle compared to % of body fat
4. Improving timing is a physical ___ of jumping rope.
5. best jumping surface is a ___ floor
8. DFA gym floor is a ___ floor.
10. left-right
13. ability to cover a distance in a short time
16. ability to change position of body and control movement of whole body
17. apart-together
18. maximum force exerted against a resistance
19. cross-open
20. one ___ of jumping rope is its reasonably safe.
21. touch right-touch left
23. standing in the middle of the rope it should come up to your ___
24. another name for endurance
26. ___ endurance is the ability persist in involving localized effort
27. to keep an upright posture while either standing or sitting
28. pull ___ to sides of the body while turning rope

Down

1. integration of eye, hand, and foot movement
2. strength and speed are involved in ___
3. time it takes to get moving once you see the need to move
5. toes-heels
6. range of motion about a joint
7. once rope is turning, turn the rope with your ___
9. heel-toe-heel-toe
11. double side swing and jump
12. forward 180
14. forward-backward
15. your weight should be on the ___ of the feet
19. the worst jumping surface
22. jump-jump-jump
25. straddle cross