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

**Motor Skill Development**

**Across**
4) A skill-related fitness component that is the ability to quickly change body position.
5) A course along which a body moves as it travels through general space.
6) A skill-related fitness component that is the time it takes a person to respond to what they can hear, see, or feel.
7) To unite; join together.

**Down**
1) A skill-related fitness component that is the ability to combine movements of several parts of the body.
2) Something that is always changing or moving.
3) The quality of being correct, precise, or on target.
8) To make or become better.