Name: ________________________________________

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. [AGILITY]
5) A course along which a body moves as it travels through general space. [PATHWAY]
6) A skill-related fitness component that is the time it takes a person to respond to what they can hear, see, or feel. [REACTIONTIME]
7) To unite; join together. [COMBINE]

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