

The short and long term effects of exercise

“Crossword”



UNTAMEDED
EDUCATION

“Crossword”

Task Instructions

1. Write a key word or phrase from the Short Term and Long Term Effects of Exercise Topic in each of the numbered lines.
2. Use the clues for each line to help you.
3. When you have finished ask your teacher for the answers.

Hints

- Look at the number of letters each word or phrase has and count out your answer before writing it in.
- Write in the answers you are sure of first and then use the letters that cross other answers to help you.

Variations/Extensions

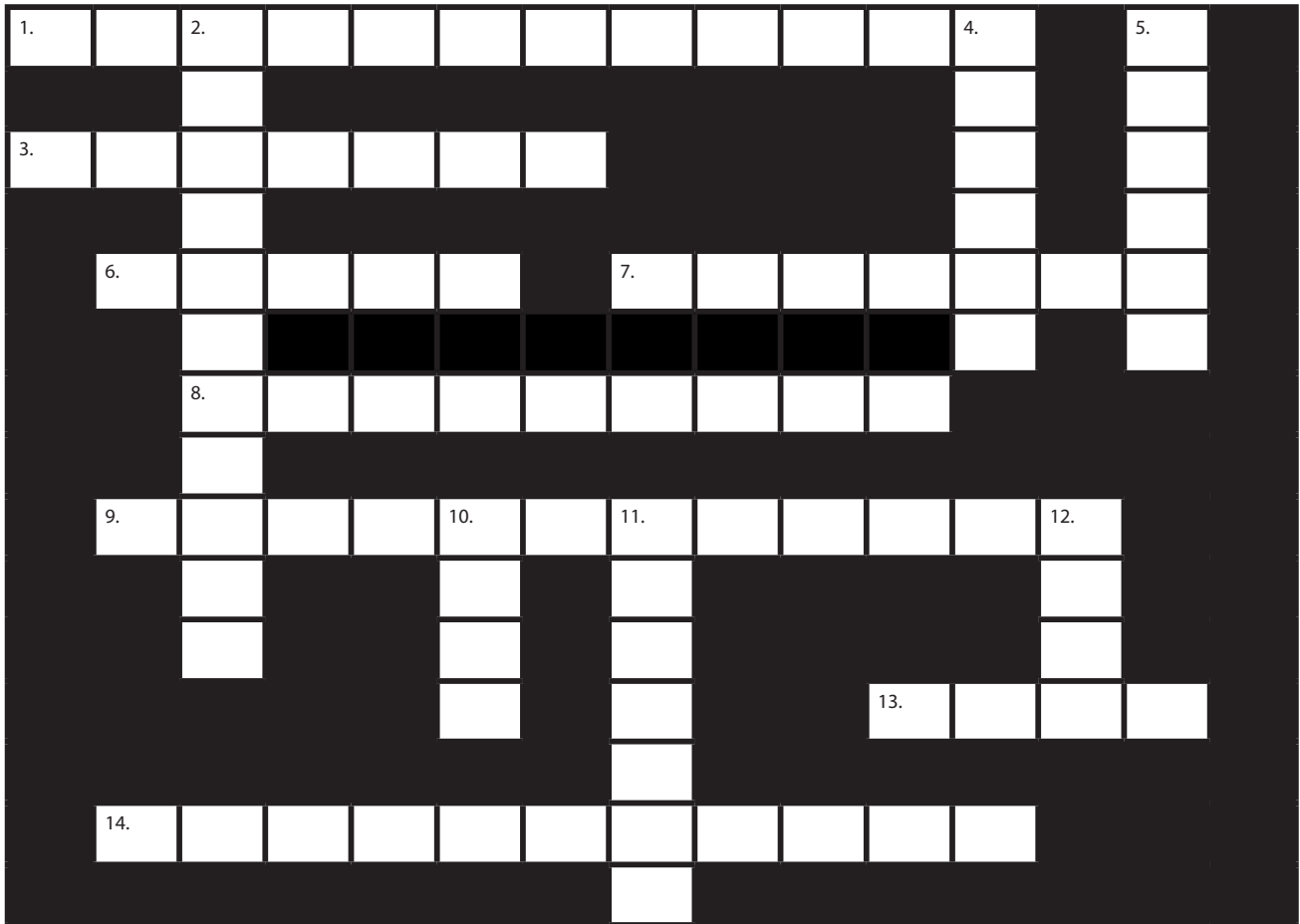
1. Blow up the crossword to A3 or A2 size and set it as a small group exercise.
2. Combine the crossword with charades or pictionary. One student is given the answer and they must act it out or draw it for their team.

The Learning

1. The crossword is a mini test of information so it can be an effective starter (to revise previous learning) or a plenary.
2. It reinforces and revises the spelling of keywords.
3. The brain is stimulated by challenges and solving puzzles.



“Crossword”



Across

1. The amount of blood pumped out in one beat increases in the short term.(6,6)
3. This exchange increases. (7)
6. After exercise your head may feel this way. (5)
7. Delayed onset of muscle soreness (DOMS) describes muscle _____(7)
8. This type of exercise increases lactic acid production quickly. (9)
9. Increased temperature is caused by an increase in muscular _____.(12)
13. These term effects include hypertrophy and increased stamina. (4)
14. Resting heart rate decreases (11).

Down

2. Breathing rate and depth are part of these changes.(11)
4. Muscles need this special stuff to contract.(6)
5. Another stomach churning effect.(6)
10. In the short term breathing _____ and heart _____ increases.(4)
11. An increase in this output will get that blood flowing. (7)
12. Exercise makes this organ red, hot and sweaty.(4)

“Crossword”

Answers

Across

1. Stroke Volume
3. Gaseous.
6. Light.
7. Fatigue.
8. Anaerobic
9. Contractions.
13. Long.
14. Bradycardia

Down

2. Respiratory.
4. Energy.
5. Nausea.
10. Rate.
11. Cardiac.
12. Skin.

