



S.S.E.R. LTD.

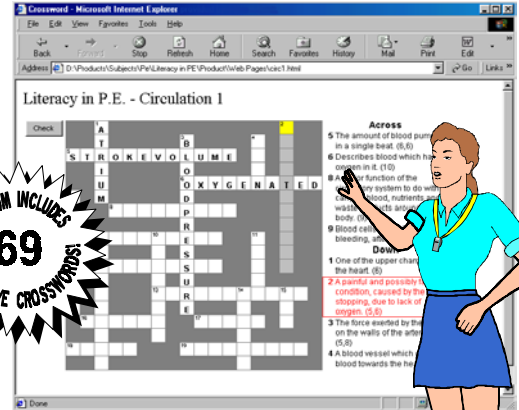
School Software & Educational Resources

HEAD OF P.E.

PUPIL AGE RANGE 11 - 16

LITERACY IN P.E./SPORTS STUDIES

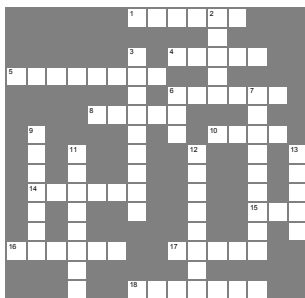
- **A MULTI-FACETED, DIFFERENTIATED RESOURCE;**
- **AVAILABLE ON CD ROM OR AS PHOTOCOPY MASTERS;**
- **CD ROM FEATURES INTERACTIVE CROSSWORDS;**
- **INCLUDES FREE DUPLICATION AND SITE LICENCE;**
- **630 KEY TERMS IDENTIFIED - READING AGE 11-16;**
- **OVER 200 CROSSWORDS, WORDSEARCHES AND ASSOCIATED WORD EXERCISES.**



The correct use and understanding of terminology is fundamental to success in Sports Studies. 'Literacy in P.E.' offers many exciting ways to work with the language of Sport, Health and Fitness, allowing you to support the development of Literacy within your own Department.

The CD ROM features all crosswords in HTML web format - you can view, complete, check and print from within your favourite web browser such as MS Internet Explorer or Netscape Navigator - even use an interactive whiteboard to complete the crosswords! This major resource provides a comprehensive glossary of over 600 terms and is available on CD ROM or as printed photocopy masters (239 pages). There is also coverage of core prefixes and this is extended into a cross-curricular approach to allow P.E. to contribute to the development of literacy across the curriculum. All solutions are provided.

LITERACY IN P.E. - CROSSWORD INJURY & HEALTH AND SAFETY 1



- Across**
- Eating too much before doing strong exercise can cause this. (6)
 - A group of minor scratches or cuts. (5)
 - A crack or break in a bone. (8)
 - A common cause of a fracture, a sudden force. (6)
 - A memory aid for 'Danger, Response, Airway, Breathing, Circulation'. (5)
 - An area of hard, dry, painful skin on the foot, caused by tight footwear. (4)
 - An injury of a muscle caused by sudden overstretching, which tears some of the muscle fibres, sometimes called a 'pulled muscle'. (6)
 - A memory aid for 'Airway, Breathing, Circulation'. (3)
 - The common name for an injury which involves damaged blood vessels; some internal bleeding occurs. (6)
 - A beating of the heart, which can be detected at places where arteries come close to the surface. (5)
 - A painful blow to the abdomen can cause this brief injury. (7)
- Down**
- A painful condition involving involuntary contraction of muscles. (5)
 - A vital life sign which must be checked for casually. (9)
 - Applying this to an injury can help reduce swelling by contracting blood vessels near the injury. (3)
 - A common injury to the knee or back. (9)
 - A painful sore caused by badly fitting shoes; burst if otherwise it will be very painful and get infected! (7)
 - A skin injury. (8)
 - A type of fracture where a bone comes through the surface of the skin. (8)
 - A condition occurring after an accident or injury caused by a drop in blood pressure. (5)

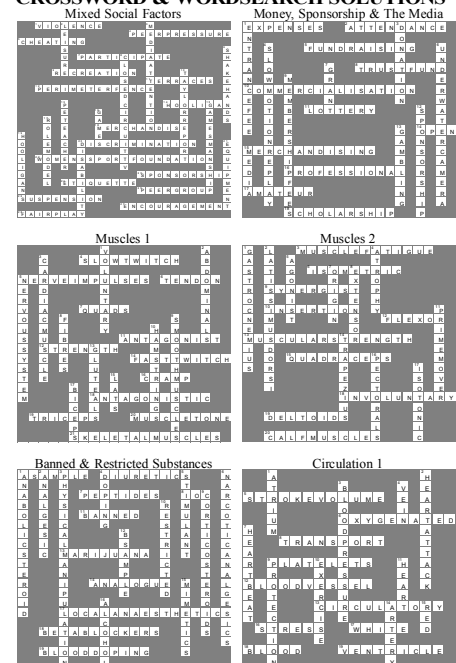
LITERACY IN P.E. - WORDSEARCH BANNED & RESTRICTED SUBSTANCE



- Below is a list of words related to BANNED & RESTRICTED SUBSTANCES
- Try to find them in the wordsearch.
- The words can only be found in rows or columns; no words are hidden along diagonals.

- | | |
|------------------|-----------------------|
| ALCOHOL | DOPING |
| ANABOLIC STEROID | IOC |
| ANALGESIC | LOCAL ANAESTHETICS |
| ANALOGUE | MARIJUANA |
| A-SAMPLE | MIMETICS |
| BANNED | NARCOTIC ANALGESICS |
| BETA-BLOCKERS | PEPTIDES |
| BLOOD DOPING | PHYSICAL MANIPULATION |
| B-SAMPLE | RESTRICTED |
| CORTICOSTEROIDS | STIMULANT |
| DIURETICS | |

LITERACY IN P.E. CROSSWORD & WORDSEARCH SOLUTIONS

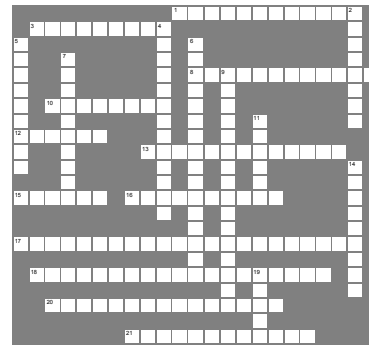


USE MS WORD TO EDIT TERMINOLOGY OR ALTER CLUES AND DEFINITIONS!

Topics	Number of Terms	Number of Crosswords
Fitness, Health & Hygiene	48	3
Facilities, Organisations and Events	51	3
Circulation	41	2
Diet & Energy	53	3
Bones	51	2
The Respiratory System	35	2
Joints	21	1
Muscles	42	2
Skills	28	1
Training	43	2
Exercise	33	2
Factors affecting Performance	86	4
Injury and Health & Safety	55	3
Social Factors	28	1
Money, Sponsorship & The Media	20	1
Banned & Restricted Substances	21	1
Prefixes	48	3
Mixed Revision 1	Various	6
Mixed Revision 2		12
Mixed Revision 3		9
Mixed Revision 4		6

**FEATURING
17 TOPICS EACH
CONTAINING CROSSWORDS,
WORDSEARCHES, ANSWERS,
WORD COMPREHENSION
EXERCISES AND WEB
CROSSWORDS!**

LITERACY IN P.E. - CROSSWORD CIRCULATION 2



- Across**
- The proper name for red blood cells. (12)
 - The blood pressure measured when the ventricles relax. (9)
 - A condition of constantly high blood pressure. (12)
 - The main blood vessel that takes deoxygenated blood to the heart from the body. (4,4)
 - Pains in the chest caused by the heart not getting enough blood. (6)
 - The blood vessel that takes blood from the lungs to the heart. (9,4)
 - The liquid in the blood and waste products
 - The proper name for...
 - An important function with maintaining the...
 - The part of circulatory body to the internal to the heart. (8,11)
 - The blood vessel that to the lungs. (9,6)
 - Describes blood wh...
- Down**
- The blood pressure measured when the ventricles contract. (8)
 - The product of stroke volume and heart rate: the amount of blood pumped by the heart per minute. (7,6)
 - The number of heart beats per minute. (5,4)
 - A device which measures blood pressure. (16)
 - Arteries split into these smaller vessels; they take blood to capillaries. (10)
 - The part of the circulation that takes blood to and from the lungs. (9,7)

LITERACY IN P.E. SUPPORT SHEET

LITERACY IN P.E. - CROSSWORD SUPPORT FACTORS AFFECTING PERFORMANCE 2

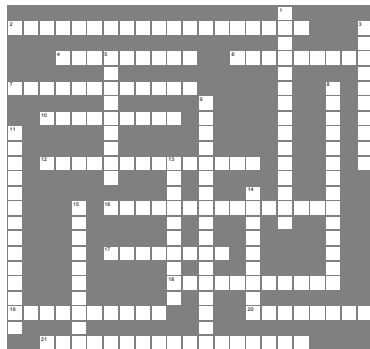
The following list gives the answers to the crossword in alphabetical order. You can use them to help you solve the crossword.

- | | |
|---------------|----------------|
| AGGRESSION | GENDER |
| AGILITY | HAYFEVER |
| ANXIETY | MOBILITY |
| AROUSAL LEVEL | MOTIVATION |
| ASTHMA | MUSCULAR POWER |
| COORDINATION | REACTION TIME |
| DYNAMIC | REALISTIC |
| EXPLOSIVE | RELAXATION |
| FATIGUE | SERGEANT JUMP |
| FLEXIBILITY | SLEEP |
| FLU | TIMING |
| FORCE | |

LITERACY IN P.E. - CROSSWORD SUPPORT FACTORS AFFECTING PERFORMANCE 3

Differentiate by allowing the pupils to choose a crossword or wordsearch - the associated word exercise ensures a similar outcome. Provide a support sheet (as seen to the right) with the crosswords to provide a differentiated intermediate task level between those of the crosswords and wordsearches. Extra resources to facilitate differentiation are provided on the CD ROM.

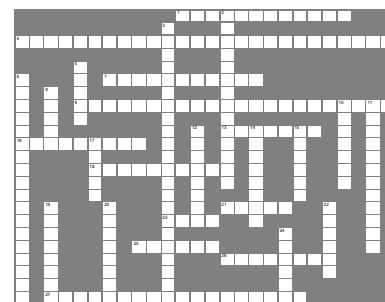
LITERACY IN P.E. - CROSSWORD FACTORS AFFECTING PERFORMANCE 4



- Across**
- The practice of increasing carbohydrates before a sporting event to make sure that glycogen stores are full. (12,7)
 - Characteristics that a person is born with and can do little about. (9)
 - The type of respiration that does not require oxygen; it builds up lactic acid. (9)
 - A natural hormone that increases muscle growth; men have more of it than women. (12)
 - Describes motivation that comes from within the individual such as the desire to win, the feeling of achievement, or the need for a challenge. (9)
 - Describes endurance of the heart and lungs, and how well they can keep the muscles supplied with oxygen. (14)
 - A technique to help concentrate and prepare the mind. (6,9)
 - Due to this, the amount of available oxygen in the air is reduced; it can significantly affect performance. (8)
 - The act of doing a competitive sporting activity. (11)
 - The zone of pulse rate between 80% and 90% of maximum. (6,4)
 - The amount of water vapour in the air; this affects performance because sweat does not evaporate as easily in humid air, so it cannot cool the body. (8)
 - Slowly and carefully extending limbs beyond their normal range using a training partner. (7,10)
- Down**
- A common graph of alertness which shows how changes in arousal level affect performance. (8-1,6)
 - As ICT finds more applications in sport this has a greater affect on preparation and training. (10)
 - Describes motivation that comes from outside the individual such as rewards or pressures, e.g. prize money or an influential trainer. (9)
 - A regular hormonal change in women that can affect performance. (9,5)
 - How well the muscles can use the oxygen supplied to them by the heart and lungs over an extended time; the ability of the muscles to continue to work against resistance. (8,9)
 - This is the amount of oxygen that can be carried to the muscles in the blood; it reduces with age. (6,8)
 - Means 'body shape'. (10)
 - The body type with broad shoulders, narrow hips, square head, strong muscles and little body fat. (9)
 - Another name for flexibility. (10)

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LITERACY IN P.E. - CROSSWORD SKILLS



- Across**
- The cycle of action, feedback, input and decision making. (8,4)
 - A theory which describes the way skills are performed using the brain as a computer. It involves input, decision making, output and feedback. (11,10,5)
 - A state of balance; the centre of gravity is exactly above the area of support. (11)
 - The fact that the brain can only process a certain amount of information at once. (7,7,8)
 - A quality we are born with. (7)
 - A basic sporting movement; a group of these performed together in a pattern, make a skill. (9)
 - The ability of the brain to interpret the information that is received, using experience. (10)
 - The body's computer. An organ which analyses sensory information, manages memory and controls voluntary movement. (5)
 - Describes a skill which is affected by external factors in the sporting environment like kicking a rugby ball (affected by the wind) or driving a formula one racing car (affected by the rain). (4)
 - The brain process of storing and recalling past events. Used to make informed decisions on future actions. (6)
 - The type of transfer where the learning of one skill makes it more difficult to learn another skill, e.g. some rugby league players have difficulty adjusting, if they convert to rugby union. (8)
 - External feedback on the outcome of performance. (9,2,7)
 - External feedback on the standard of performance regardless of outcome. (9,2,11)
 - A learned ability to perform techniques effectively. (5)
 - The ability of the brain to filter out the information that is not required, e.g. a footballer taking a penalty may not be aware of the noise of the opposing crowd. (9,9)
 - Describes a simple skill like throwing, jumping or running. (5)
 - Describes an intricate skill that requires a higher level of coordination, like putting back spin on the cue ball in snooker, or serving in tennis. (7)
 - Describes a skill which can be used in another sport, e.g. running that can be used in the long jump as well as the 100m sprint. (12)
 - Describes feedback on the successful parts of a performance. (8)
 - The type of feedback which comes from an inner sense of body movement and position, e.g. a gymnast may 'feel' their performance went well. (8)
 - The ability to coincide movements with maximum effect. Information that the brain receives about a situation, it then processes the information to make a decision. (5)
 - Information that the brain receives from the outcome of the performance, e.g. a rugby player might decide to kick the ball a little more to the left because of the failure of the last attempt. (8)
 - Describes feedback that comes from outside the athlete, e.g. a boxer who sees his opponent on the floor knows that the punch was good. (8)
 - Describes a skill which is hardly affected by the sporting environment, like gymnastics where the conditions are very similar at each event. (6)
 - Actions that the brain decides to make, e.g. 'kick the ball'. (6)
- Down**
- One of the most important jobs the brain does all the time; it involves processing information from perception and memory. (8,6)

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SUITABLE TO SUPPORT CLASSWORK, HOMEWORK OR EXAM REVISION!

LITERACY IN P.E. - WORDSEARCH BANNED & RESTRICTED SUBSTANCES

ASAMPLECDIUREETICSDFRN
 NXNCHVFGONHJMKUJTLSDA
 AUANYMPEPTIDEESGTIOCDR
 BDLFSGWIREFVGRKMLQPC
 OZGXIDBANNEDDRREVUBRHO
 LSEWCLSDGNHJKMSRLFTFT
 IRSTAGHJNMBSKLTDAFIJI
 CGIALRYHNMSLPHRCNVCFG
 SXCDMARIJUANAYIHTNOMA
 TLXDAVFGBHMNJMKLPSXN
 ESWDNFRGTGHPJKNTJKLTYA
 RCXZIBVANALOGUENMMCKL
 OKLPPSDFGBENHYDGI FRGT
 IXZCUVFGABGHNNJMMKOLE
 DCDLLOCALANAEESTHETICS
 TRJKAKLDCCKGBEHSSTKDLI
 JUBETABLLOCKERSLMISSGC
 RETGIHJNHMKLGTGHCPLMS
 SXBLOODDOPINGZXCSBGHN
 QWHYNNJMLMKLPCBSDFGTR

- Below is a list of words related to **BANNED & RESTRICTED SUBSTANCES**.
- Try to find them in the wordsearch.
- The words can only be found in rows or columns; no words are hidden along diagonal lines.

- | | |
|------------------|-----------------------|
| ALCOHOL | DOPING |
| ANABOLIC STEROID | IOC |
| ANALGESIC | LOCAL ANAESTHETICS |
| ANALOGUE | MARIJUANA |
| A-SAMPLE | MIMETICS |
| BANNED | NARCOTIC ANALGESICS |
| BETA-BLOCKERS | PEPTIDES |
| BLOOD DOPING | PHYSICAL MANIPULATION |
| B-SAMPLE | RESTRICTED |
| CORTICOSTEROIDS | STIMULANT |
| DIURETICS | |



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LITERACY IN P.E. - WORDSEARCH DIET AND ENERGY

DUODENUMBINGHNKJMKLPSDZXSAQWEDXC
 ISDFWTFTEJNFDFWQWSDDEHYDRATIONBGD
 GJNDISFAISDFGADDFVGBBTHNKSDGCFMIL
 EDFGHAMANJMKLLOJOULENJMDFRGTRMKL
 SLFPFCTNBKMDIXOCDFVBNXANWATERPLS
 TMKFATSOULUBLEHTIODINEDDMKLFWICFV
 JSVGTXYXLCFVOKMLFGSDRCINPROTEINIC
 VDISDAMINOACIDISLPLWGFVFGTHNBGH
 ENTJMCSSGEGAOCDBBODDYCOMPOSITION
 ZCALCIUMJNSNLNJKLZSVGSMKLSDSXSBZ
 XSMCGDDNJMONOUNSATURATEDNHCGBGTEF
 CFTIGVSBGTPMRSQGFJKMLVITXSCAFQVSG
 VGNHGHVIFHJILLMPSDWSURINEERXQVH
 BGDJMKIXWATERESOLUBLEMSBDOBKLPJT
 NJMKLXTKMGKLCICVBHAMKLSFSXONJMYK
 KLJKCDAXSUCFCJNMKSLDSURETHRANJMJ
 XGVITAMINISVGVGBHEFRGEPNZYLKFDJS
 CZITMKLITBIGHNJELEKPDMCJMKLTXDBGTHN
 AXTHNONESSENTIALLMENJMGGOITREXBTIS
 RFAFCFGADIMKLSKJWJTACBGHHSANMDRF
 BGMXDKJLMNJMKSFGTADAVFGLDTGBHAC
 OGRONEFPIBIGHJCKLPBCLLKJHXEKMLCG
 HNNMHJMKLVLJLUNLMOVOGNKLSHGHDEH
 YMCXFIBREFHYDRORCHLORICCOJNMKLEJ
 DMKLDXANJMKLQDVBQOCISIHJNMIRALS
 RNHJMDLHJJKMOYGLSCGEMLPFGSDFJEK
 ANAEMTIANHJKMOGSDRRLKDFXLMFQVH
 SKCNMJJNDFGPOLYUNSATURATEDXKNDIEP
 ELKGLUCOSEKMLPXCDTVDGBNXXZMKLND
 LKDSQWEHNNJSATURATEDGAHNNJMKLFTX
 FJLSGMDXMLNPODFGTHJKPERISITALSIS

- Below is a list of words related to **DIET AND ENERGY**.
- Try to find them in the wordsearch.
- The words can only be found in rows or columns; no words are hidden along diagonal lines.

- | | | |
|---------------|-----------------|-----------------|
| BOSE TISSUE | FATTY ACIDS | POLYUNSATURATED |
| ACIDS | FIBRE | PROTEIN |
| GLUCOSE | GLUCOSE | RICKETS |
| SATURATED | GOITRE | SATURATED |
| SCURVY | HYDROCHLORIC | SCURVY |
| SIMPLE | IODINE | TRACE ELEMENTS |
| URETHRA | IRON | URETHRA |
| URINE | KCAL | VITAMIN A |
| VITAMIN C | KILOCALORIE | VITAMIN C |
| VITAMIN D | KILOJoule | VITAMIN D |
| VITAMINS | KJ | VITAMINS |
| WATER | METABOLISM | WATER |
| WATER SOLUBLE | MINERALS | WATER SOLUBLE |
| | MONOUNSATURATED | |
| | NON-ESSENTIAL | |
| | NUTRIENTS | |
| | OBESITY | |
| | OESOPHAGUS | |
| | PERISTALSIS | |

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The topics and associated terminology in 'Literacy In P.E.' have been selected to match those encountered by pupils aged between 11-16 and covers examination courses in Sports Studies. Print the word exercises (below left) on the back of crosswords or wordsearches to complement those activities and to provide pupils with a topic glossary.

'Literacy In P.E.' complements your literacy strategy and is easily adapted, e.g. Key word lists, wall displays, literacy diaries, exam revision, etc.

LITERACY IN P.E. - WORD EXERCISE A SKILLS

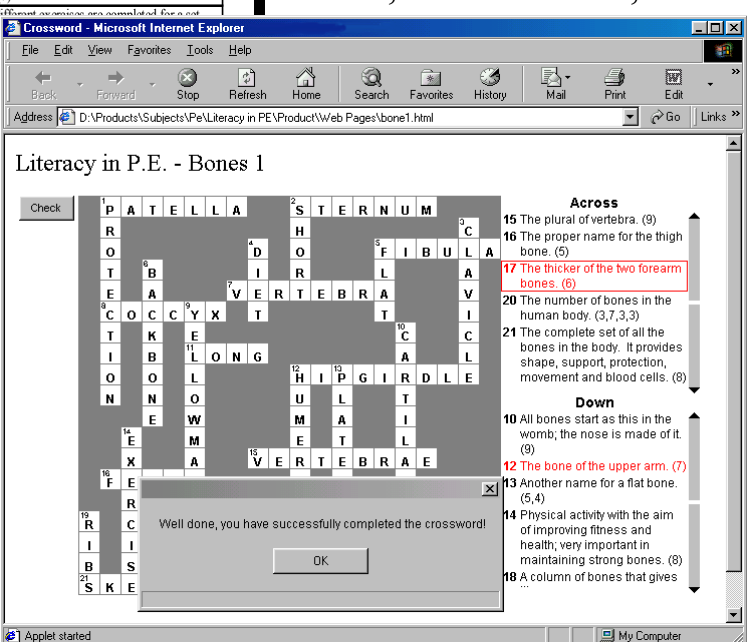
- Now complete the following table.
- The words are from the **SKILLS** crossword.
- Write down your own explanation of the words.

Word or Phrase	Explanation
Ability	
Basic	
Brain	
Closed	
Complex	
Decision Making	
Equilibrium	
External	
Feedback	
Feedback Loop	
Information	
Processing Model	
Input	
Internal	
Knowledge of	
Performance	
Knowledge of	
Results	

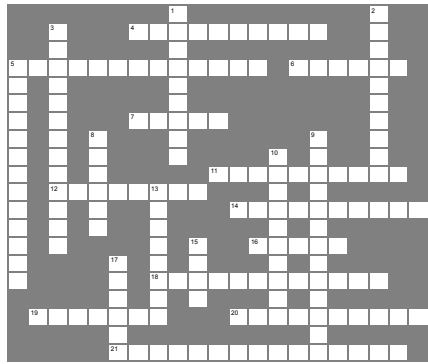
LITERACY IN P.E. - WORD EXERCISE A TRAINING 1

- Now complete the following table.
- The missing words are the answers from the **TRAINING 1** crossword.
- The words will be in alphabetical order when the table is completed.

Word or Phrase	Explanation
	A state of mind to avoid in training. (7)
	Describes training in which several different exercises are completed for a set period or a set number of repetitions.
	Describes the type of training done during a period of rest.
	Describes training done at a constant pace. (10)
	Important to do this after training to reduce lactic acid levels and remove it from the body.
	When a person shows others how to do something themselves. (13)
	Describes a circuit of general exercises.
	A measure of how often training takes place.
	Describes the amount of vigour and energy used during training.
	Describes the type of training involving intervals of work and rest. (8)
	A training method which tries to get the best performance by only allowing a single rest period.
	Doing too much training so that the body becomes tired.
	Describes training done just before the main period in the year for competition.
	The number of repetitions of an activity.
	Describes interval training with exercises.
	Describes a circuit of skills exercises.
	The meaning of 'fartlek'. (5,4)
	Describes a circuit in which each activity is done for a set period.
	Doing exercise and practising skills to improve performance.
	Important to do this before training to increase body temperature and blood flow.
	Using weights for resistance training to build muscle. (6,8)



LITERACY IN P.E. - CROSSWORD MUSCLES 1



- Across**
- Muscle fibres that contract very slowly and are good for repeated use over a long time. (4,6)
 - These tell the muscles to contract; they are sent from the brain. (5,8)
 - A strong band of fibrous tissue that attaches muscles to bones. (6)
 - The short name for the quadriceps muscles. (5)
 - The relaxing muscle of an antagonistic pair. (10)
 - The amount of force exerted or resisted by a muscle or muscle group. (8)
 - Describes muscle fibres that contract very quickly and powerfully; good for producing speed. (4,6)
 - A painful condition involving involuntary contraction of the muscles. (5)
 - Describes muscles which work in pairs against each other. (12)
 - Muscles on the underside of the upper arm with three insertion points. They work antagonistically with the biceps, to straighten the arm; used in throwing. (7)
 - The slight, constant muscle contraction that is always present, even when the muscle is not being actively used. (6,4)
 - Another name for voluntary muscles. (8,7)
- Down**
- A type of muscle contracted at will; these are the most common muscles. (9)
 - These are sometimes called the stomach muscle help the body to bend, twist and maintain correct posture. (10)
 - The name for the muscle of the heart; an involuntary muscle, which works continually without tiring. (10)
 - The system which coordinates all the nerve impulses which are sent to the muscles. (7,6)
 - A muscle is made of lots of these. (6)
 - Another name for involuntary muscles; muscle internal organs that contract automatically. (6,1)
 - The muscles at the back of the thigh which bend the knee; used in kicking and cycling. (10)
 - The muscles of the buttocks; used in walking, standing and hip rotation. (8)
 - The short name for the latissimus dorsi muscles. (4)
 - Muscles with two insertion points at the front of upper arm, allowing the arm to bend; used for catching and lifting. (6)

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The check button provides immediate feedback to the user by removing all letters and words which have been incorrectly entered. Each user can also print off a copy of their completed crossword (already checked and verified) from within the browser.



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Literacy In P.E. (Print Masters)	LPEPR	Photocopy masters - printed on high quality paper. (No interactive crosswords)		£47.00 *^	£47.00 *^	
	LPEPRS	Photocopy masters - you must also order, or have previously ordered, item LPECD to obtain this low price!		£20.00 *	£20.00 *	

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