

For questions 1–8, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line. There is an example at the beginning (0).

MUSCLE MEMORY

Although cycling is beyond the (0) *CAPABILITIES* of all but the most advanced robots, many humans, even small children, are able to do it (1) _____, thanks to a remarkable phenomenon called muscle memory. Basically you don't need to be Tommaso De Vecchis (see image) to achieve this!

Muscle memory refers to the (2) _____ of complicated physical skills, such as typing at high speed, playing a musical instrument or performing a gymnastic routine, through extensive (3) _____.

While these activities initially require great conscious effort, with practice we eventually get to the point where we can do them completely

(4) _____, freeing valuable brain processing power and

(5) _____ space for other tasks. Recent research even suggests

that the (6) _____ of muscle memory may take place through observation alone, without the need for physical movement.

One downside of muscle memory is that we have no conscious control over it. This is highly (7) _____ for elite sportspeople, for

example, who may forget all their finely tuned motor skills under the intense pressure of international competition, reverting to

(8) _____ incompetent beginners.  **LIVEWORKSHEETS**

moment of glory.

CAPABLE

EFFORT

MASTER

REPEAT

CONSCIOUS

STORE

ACQUIRE

PROBLEM