

Fitness Components

Watch the 11 components of fitness video:

<https://www.bbc.co.uk/bitesize/guides/zxd4wxs/revision/2>

Listen carefully to the video and match the terms to their definitions. An example has been done for you.

| Terms | Definitions |
|-------------------|--|
| Flexibility | The ability to overcome a resistance, for example squatting. |
| Speed | A skill, where you use 2 or more parts of the body. |
| Agility | The ability to the same activity for a long time. |
| Stamina | The range of movement around a joint. |
| Balance | The maximum rate a person is able to perform a movement or cover a distance. |
| Muscular strength | The ability to move or change directions at speed. |
| Coordination | You can do this static or dynamic. |

Time to get active! Choose one of the components and think of an activity you could do to test it. Then test it out!

For example: How much stamina do you have? You could test this by going for a run.