|  |
| --- |
| **Skill Related Fitness**  The Six Skill Related Fitness components are;  **1. Agility** **2. Balance** **3. Coordination** **4. Power** **5. Reaction Time** **6. Speed** |
| **Agility**  Picture  **DEFINITION: Agility:** the ability to change the position of the body quickly and to control the movement of the whole body.  Agility means changing direction at speed.  Gymnasts require agility when performing floor work exercises such as somersaults and flic flacs.  A rugby player requires agility to dodge a defender. |

**Balance**

Picture

**DEFINITION: Balance:** the ability to retain the centre of mass(gravity) of the body above the base of support with reference to static (stationary), or dynamic (changing) conditions of movement, shape and orientation.  
  
There are two different types of balance STATIC and DYNAMIC.

**Coordination**



**DEFINITION: Coordination:** the ability to use two or more body parts together.  
  
 Racket games require good hand-eye coordination in order to strike the ball or shuttle correctly  
  
In football there are several types of coordination;  
  
**Hand-eye coordination** for the goalkeeper to catch a shot at goal or catch or punch the ball when under pressure.  
  
**Foot-eye coordination** needed to strike the ball to pass, shoot or control it.  
  
Head-eye coordination needed to strike the ball with the head in order to clear a corner or to aim at the target to score.  
  
At other times players may need **chest-eye or thigh-eye coordination** to control the ball, so coordination is a high priority skill.

**Power**



**DEFINITION: Power:** the ability to undertake strength performance quickly. Power = strength X speed  
  
Power increases as a result of an increase in strength or speed.  
  
Examples of power include, driving off the sprinting starting blocks, throwing a javelin and a football throw in.

**Reaction Time**



**DEFINITION: Reaction Time:** the time between the presentation of a stimulus and the onset of movement.  
  
For example, the time between the trigger being pulled, the gun firing and the athletes starting to run.   
  
In a game of badminton or football the player has to react to each type of shot.

**Speed**



**DEFINITION: Speed:** the differential rate at which an individual is able to perform a movement or cover a distance in a period of time.  
  
Speed includes:  
  
**Leg speed**, eg. Usain Bolt  
  
**Hand speed,** eg, boxer Joe Calzaghe  
  
**Speed of thought**, eg, Tennis atar Rafael Nadal.

|  |
| --- |
| **Health Related Exercise**  The Five Health Related Exercise components are;  **1.Cardiovascular fitness** **2.Muscular strength** **3.Muscular endurance** **4.Flexibility** **5.Body composition edit.** |
|  |
| **Cardiovascular Fitness**  Picture  **DEFINITION: Cardiovascular fitness:** the ability to exercise the entire body   **Cardiovascular fitness** describes the efficiency of the heart, lungs and bloody vessels to deliver oxygen to the working muscles so that you can keep working for a long time.  Cardiovascular is the most important is the most important aspect of Health Related Exercise.  It allows people to follow a  healthy, active lifestyle without getting too tired.  This is the fitness that is required to allow sportsmen and women to play long hard matches in football, rugby, netball, tennis and many other sports. | |

|  |  |
| --- | --- |
| **Muscular Strength**  Picture  **DEFINITION:  Muscular strength:** the amount of force a muscle can exert against a resistance.  **Muscular strength** enables the lifting of very heavy weights, for example weight lifting  Muscular strength can be developed by lifting heavy weights with few repetitions or by high-intensity strength work.  It is required in activities like weight lifting where the competitor is required to make one massive effort, but is also required in games such as rugby where the two packs push against each other in a scrum. |  |
| **Muscular Endurance**  Picture  **DEFINITION: Muscular endurance:** the ability to use the voluntary muscles many times without getting tired.  **Muscular endurance** enables muscles to be exercised repeatedly without getting tired, for example in activities such as running and swimming.  It is necessary for many sports and physical activities. Some form of training to improve this area of fitness, such as press-ups or sit-ups.  Muscular endurance is often associated with games such as tennis which take a long time and require strong shots at the end of the game as well as at the beginning.  People need muscular endurance in their everyday life to complete daily chores. |  |

|  |  |
| --- | --- |
| **Flexibility**  Picture  **DEFINITION: Flexibility:** the range of movement possible at a joint.  **Flexibility** is important in everyday life, for example being able to bend over to tie your shoelaces.  Flexibility is most often demonstrated by athletes such as gymnasts, but those who play racket games such as badminton also need to be flexible.  Yoga is a popular activity to improve fitness. |  |
| **Body Composition**  Picture  **DEFINITION: Body composition:** the percentage of body weight that is fat, muscle and bone.  **Body composition** is influenced by genetics, although it can be improved by exercise and diet. Height and weight are genetic.  Elite athletes work hard to achieve a good body composition for their sport. |  |

|  |  |
| --- | --- |
|  |  |