

## SKILL RELATED COMPONENTS OF FITNESS

TAMALPAIS HIGH SCHOOL  
CORE 2 – PE  
NYGAARD – SPRING 2017



### LEVEL 1.0 ASSESSMENT

- Identify and Define each of the 6 Skill-Related Components of Fitness.

### COMPONENT #1

Distance  
Time  
Short  
Period

### SPEED

- The ability to cover a **distance** in a **short period** of **time**, or the rate at which an object covers distance.



### COMPONENT #2

Direction

Control

Quickly

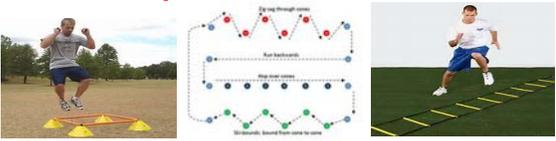
Change

Body

Movement

### AGILITY

- The ability to **change directions quickly** and to **control** the **movements** of your whole **body**.



### COMPONENT #3

Senses

Integration

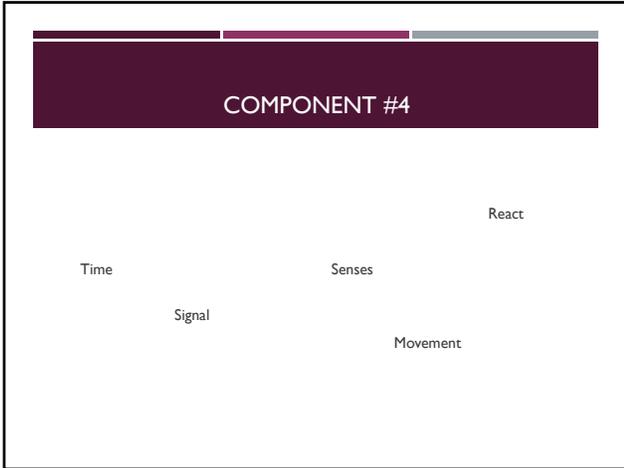
Body

Parts

### COORDINATION

- The **integration** of your **senses** along with **parts** of your **body**.

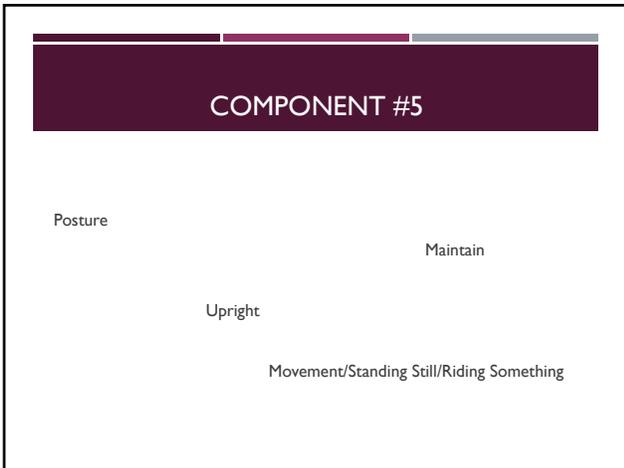




### REACTION TIME

- The amount of **time** it takes to start a **movement** once your **senses signal** the need to move.

A photograph of a soccer goalkeeper in a grey uniform diving horizontally to catch a ball in front of a goal.



### BALANCE

- The ability to **maintain** an **upright posture** while **standing still, moving or riding something**.

A photograph of a person surfing on a wave during a vibrant sunset with orange and red hues.

