

6.4 – Skill Related Components of Fitness Handout

Skill-Related Component of Fitness	Activities	How activities would help your Health Related Components of Fitness (cardio, muscle endurance or flexibility)		
		Cardio - the ability of the heart (cardio) and circulatory system (vascular) to supply oxygen to muscles for an extended period of time	Muscle Endurance - the ability of the muscles to work over an extended period of time without tiring out.	Flexibility - the ability of a joint to move through a full range of motion.
Agility → The ability to quickly and accurately change the direction of the whole body in space	<ul style="list-style-type: none"> - Quick feet on + grid - Agility ladder patterns 			
Balance → The ability to maintain equilibrium (balance) while in one spot or moving	<ul style="list-style-type: none"> - Wobble Board - Balance/Squat - Yoga poses (triangle, lunge, leg hold) 			
Coordination → Using body parts in order to perform motor tasks smoothly and accurately	<ul style="list-style-type: none"> - 2 Ball Juggling - Skipping 			
Power → The amount of force a muscle can exert	<ul style="list-style-type: none"> - Jump Squats - Medicine Ball Throw (against wall) 			
Reaction Time → The ability to respond quickly to stimuli	<ul style="list-style-type: none"> - Reaction Ball Partner Toss - Tennis Ball Toss Against Wall 			
Speed → The amount of time it takes the body to perform specific tasks	<ul style="list-style-type: none"> - 25m sprints (length of gym) - 4 Cone Drill 			



BALANCE: The ability to maintain equilibrium (balance) while in one spot or moving

- Hold each of these yoga poses for 10 seconds
- Repeat each 3 times

Do you think this is linked to Cardio? Muscle Endurance? Or Flexibility?





BALANCE: The ability to maintain equilibrium (balance) while in one spot or moving

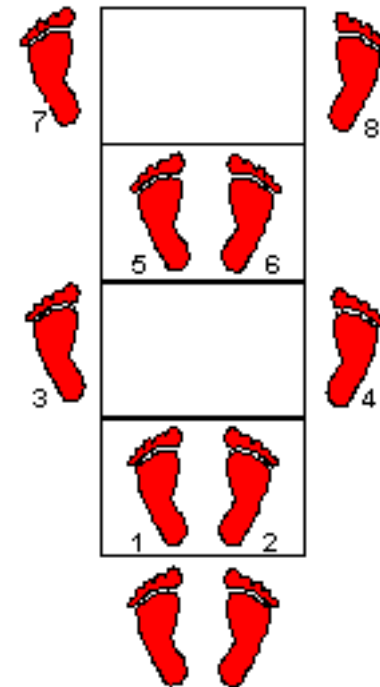
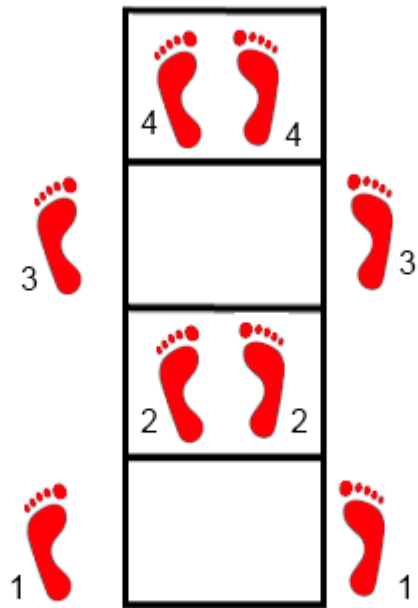
- Try to balance on board as long as you can (5 tries – alternate with partner)
- If you are successful, try to squat on the balance board.

Do you think this is linked to Cardio? Muscle Endurance? Or Flexibility?

Agility: The ability to quickly and accurately change the direction of the whole body in space

Attempt each of these patterns on the agility ladder 3 times each

Do you think this is linked to Cardio? Muscle Endurance? Or Flexibility?

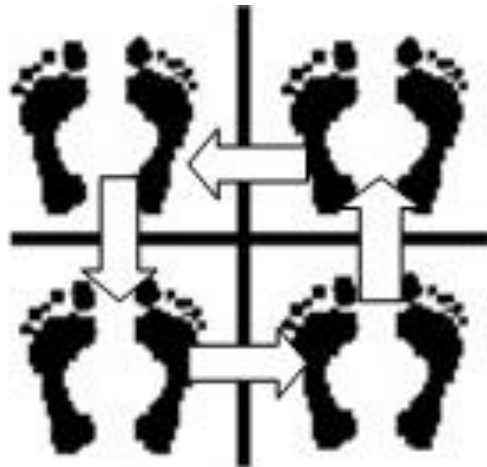


Agility: The ability to quickly and accurately change the direction of the whole body in space

Attempt each of these patterns on the + grid for 30 seconds each with two feet as shown.

Next, complete each of these patterns for 30 seconds on 1 foot.

Do you think this is linked to Cardio? Muscle Endurance? Or Flexibility?

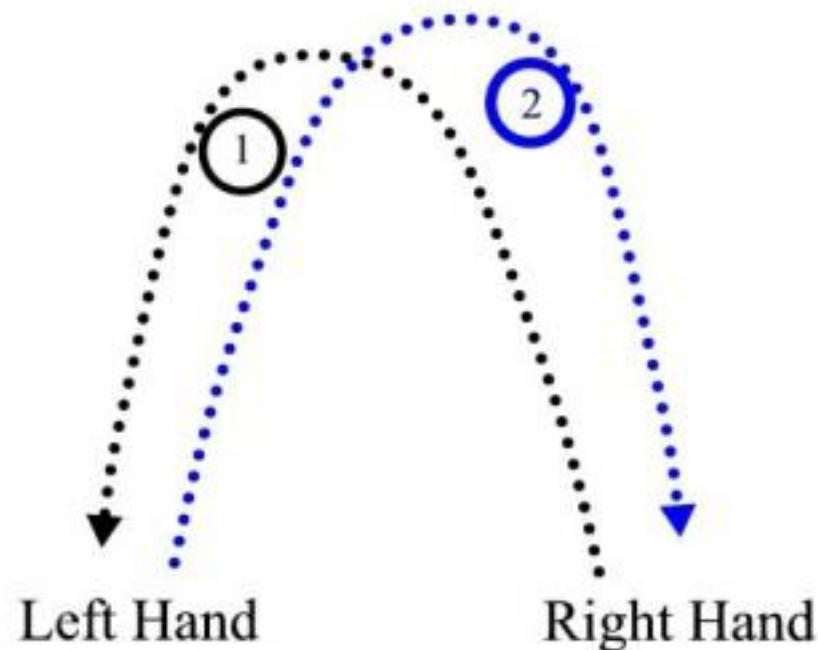


COORDINATION: Using body parts in order to perform motor tasks smoothly and accurately

Try to juggle two tennis balls – throw up both at the same time and catch in opposite hands.

Try for 15 catches in a row!

Do you think this is linked to Cardio? Muscle Endurance? Or Flexibility?



COORDINATION: Using body parts in order to perform motor tasks smoothly and accurately

Skipping – skip for 2 minutes in a row

Challenge – skip, cross the rope, skip, cross rope...

Do you think this is linked to Cardio? Muscle Endurance? Or Flexibility?



POWER: The amount of force a muscle can exert

Throw a medicine ball underhand as high as you can against the wall... your feet may leave the floor on this one!

10 throws in a row... repeat if time.

Do you think this is linked to Cardio? Muscle Endurance? Or Flexibility?



POWER: The amount of force a muscle can exert

Do 12 jump squats in a row, rest and repeat 3 times.

Do you think this is linked to Cardio? Muscle Endurance? Or Flexibility?



REACTION TIME: The ability to respond quickly to stimuli

Have partner stand behind you, have them throw a tennis ball at the wall (your back is to your partner). React to the tennis ball quickly and try to catch it before it passes you. Have partner throw 10 tennis balls and then switch. You should stay low (knees bent) throughout the drill and partner should throw balls at a quick pace.

Do you think this is linked to Cardio? Muscle Endurance? Or Flexibility?



REACTION TIME: The ability to respond quickly to stimuli

Stand 2 meters from your partner... take turns tossing the reaction ball to one another. Stay low (knees bent) throughout your time at this station. React quickly so the ball does not pass you!

Do you think this is linked to Cardio? Muscle Endurance? Or Flexibility?



SPEED: The amount of time it takes the body to perform specific tasks

Complete 5 sprints the length of the gym during your time at this station

You can rest as you walk back to your starting point each time

Do you think this is linked to Cardio? Muscle Endurance? Or Flexibility?



SPEED: The amount of time it takes the body to perform specific tasks

Complete this course 4 times. Rest between sets while your partner completes the course.

Do you think this is linked to Cardio? Muscle Endurance? Or Flexibility?

