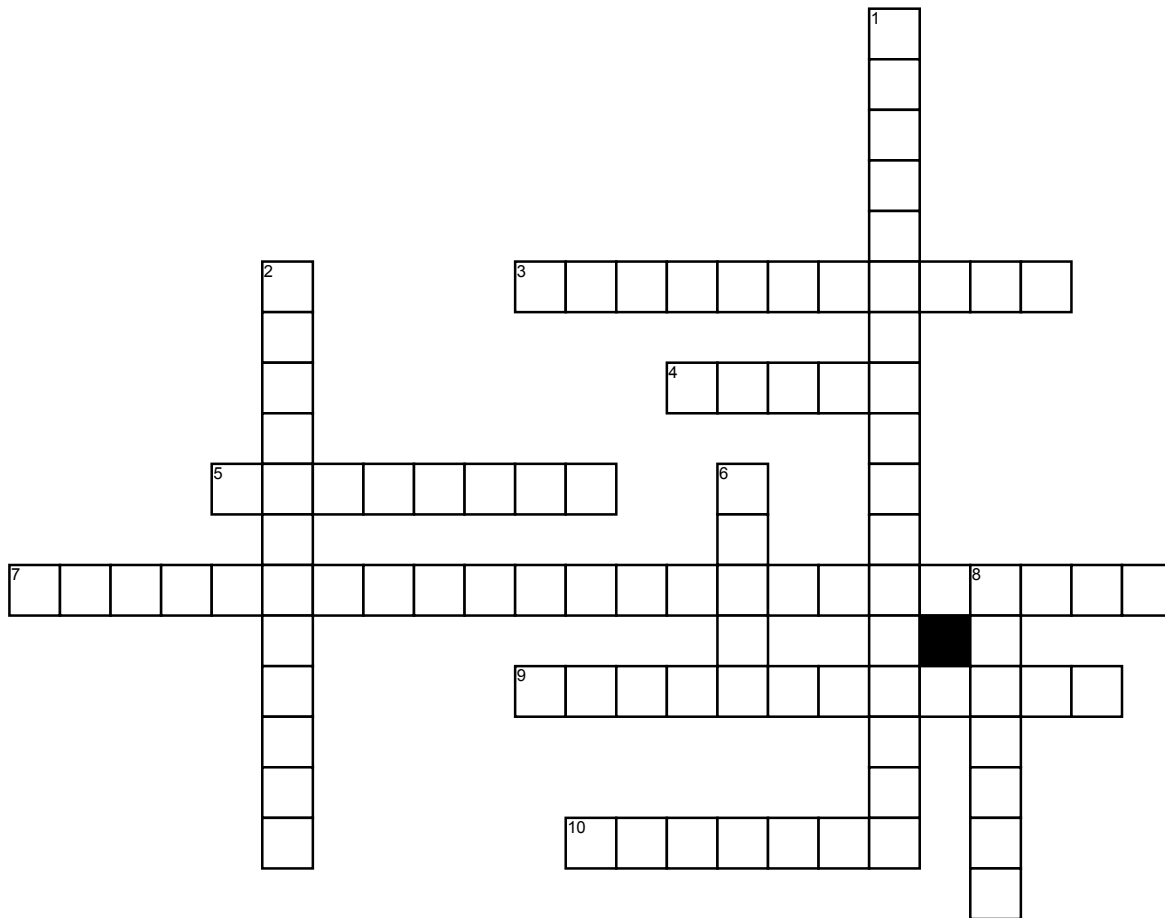


Name: _____

Date: _____

Components of Fitness



Across

- 3.** The amount or range of movement that you can have around a joint
- 4.** A combination of speed and strength
- 5.** Ability of a muscle to exert force for a short period of time
- 7.** The ability to continuously exercise without tiring
- 9.** The ability of repeating a pattern or sequence of movements with fluency and accuracy
- 10.** The ability to keep your body mass or centre of mass over a base of support

Down

- 1.** The ability of the muscle or group of muscles in the body to repeatedly contract or keep going without rest
- 2.** The time it takes for you to initiate an action or movement, or the time it takes someone to make a decision to move
- 6.** Ability of the body to move quickly. Movements may be the whole body or parts of the body
- 8.** How quickly you can change direction under control and maintaining speed, balance and power