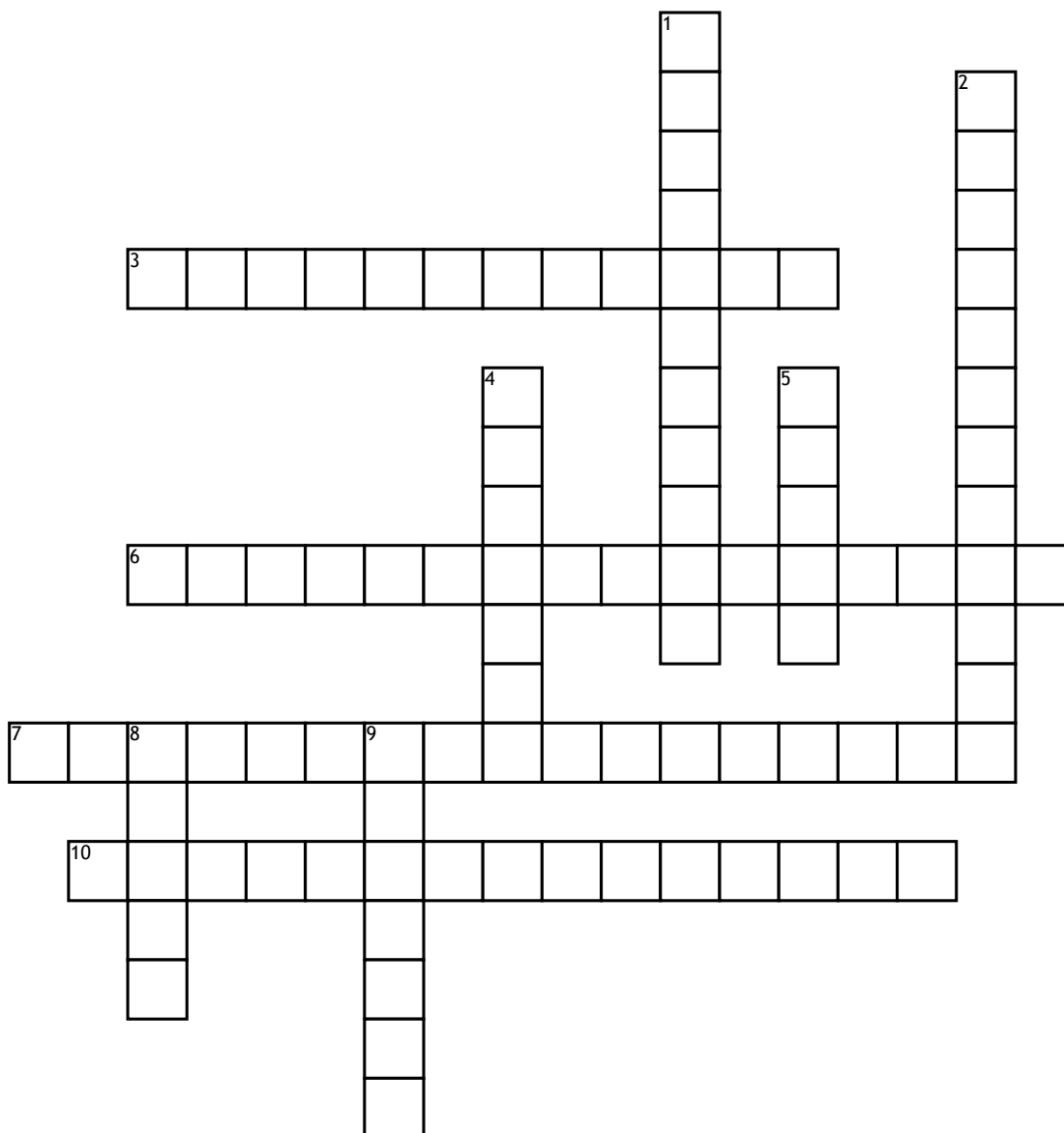


Components of Fitness (Shade HR yellow & SR red - Draw a line and state an example activity for each)



### Across

- 3.** The ability to use 2 or more parts of your body together.
- 6.** The amount of force that a muscle can exert against a resistance. Underpinned by the amount of muscle fibres available.
- 7.** The ability to repeatedly use your voluntary muscles over a long time without getting tired.
- 10.** The ability to take in, deliver and use oxygen over a prolonged period of time, most commonly characterised by a person's VO2 max.

### Down

- 1.** The range of movement at a joint
- 2.** The time it takes you to move in response to something (a stimulus).
- 4.** The ability to retain the body's centre of mass (gravity) above the base of support
- 5.** The ability to exert a maximal force in as short a time as possible. Strength x Speed
- 8.** The ability to move a part of the body quickly.
- 9.** The ability to change your body's position or direction quickly.