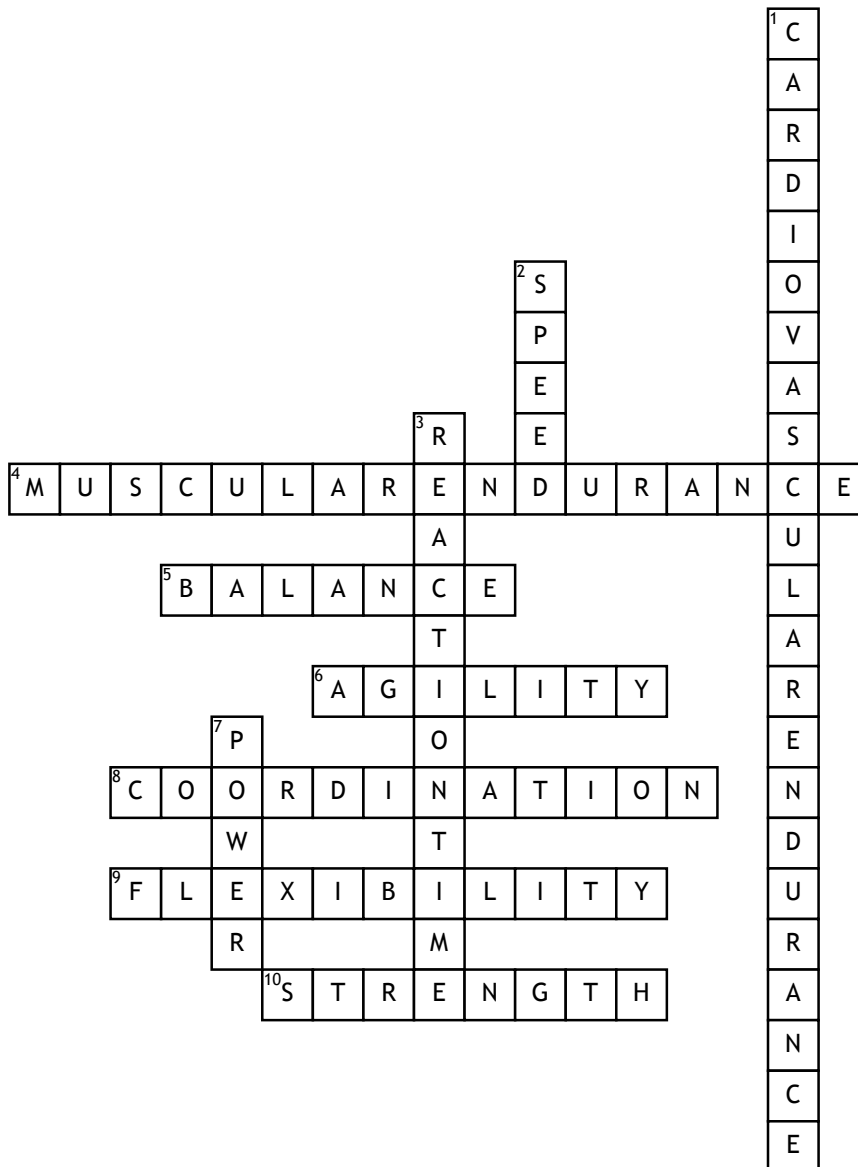


Name: _____ Date: _____

Components of fitness



Across

4. The ability of the muscle or group of muscles in the body to repeatedly contract or keep going without rest?
5. The ability to keep your body mass or centre of mass over a base of support?
6. The ability to change direction under control and maintaining speed, balance and power?
8. The ability of repeating a pattern or sequence of movements with fluency and accuracy?

9. The amount or range of movement that you can have around a joint?

10. The ability of a muscle to exert force for a short period of time?

Down

1. The ability to continuously exercise without tiring?
2. The ability of the body to move quickly?
3. The time it takes for you to initiate an action or movement?
7. The combination of strength and speed?