

Name: _____

Date: _____

Health and Skill Related Fitness Components

Across

2. The ability to move quickly once a signal to start moving is received.

8. The ability to use muscles for a long period of time without tiring.

11. The ability to change body positions quickly and keep the body under control when moving.

12. The ability to combine strength with speed while moving.

Down

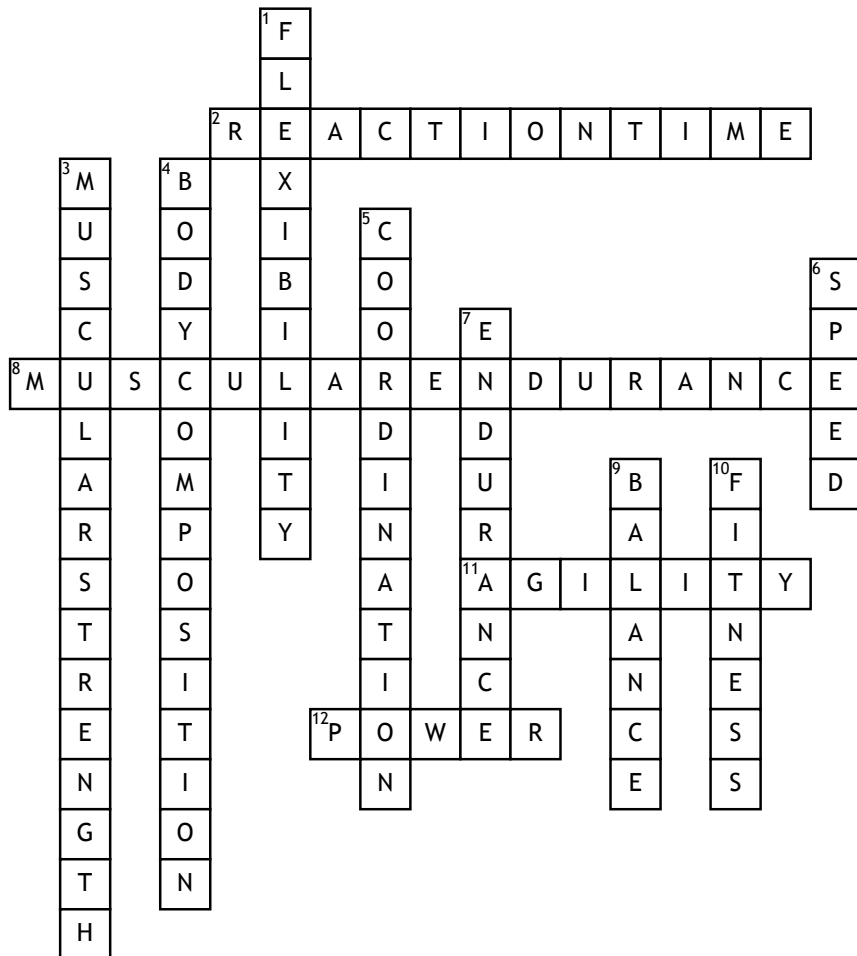
1. The ability to use your joints fully through a wide range of motion.

3. The ability of muscles to lift a heavy weight or exert a lot of force one time.

4. The combination of all of the tissues that make up the body such as bones muscle, organs and body fat.

5. The ability of body parts to work together when you perform an activity.

6. The ability to get from one place to another in the shortest possible time.



7. Cardiovascular

_____ - The ability of the heart, lungs, blood vessels, and blood to work efficiently and to supply the body with oxygen.

9. The ability to keep the body in a steady position while standing and moving.

10. There are 11 components of _____

