Component **Reaction Time** of Fitness Cardiovascular Coordination Endurance **Endurance** Muscular Flexibility Strength Speed Balance Agility Power Fitness is made up of 10 Components speed support speed, while maintaining control perform a movement or cover a distance in a period of The maximum rate at which an individual is able to The ability to overcome resistance The time taken to initiate a response to a stimulus The product of speed and strength. Power = strength x repeated contractions, avoiding fatigue The ability of a muscle or a muscle group to undergo The range of movement possible at a joint body together, smoothly and efficiently The ability to use two or more different parts of the the working muscles The ability of the heart and lungs to supply oxygen to Maintaining the centre of the mass over the base of The ability to move and change direction quickly, at **Definition** Year 7 Physical Education carry out everyday Improves ability to 2. Sports and Physical Activity improves your Physical Health respiratory systems of musculoskeleta Improves efficiency and cardio-**Improves Components** of Fitness It helps to avoid obesity function. Making it more efficient at pumping blood Improves heart Reduces chances of including Type 2 some illnesses, diabetes