

Year 7 Physical Education

1. Fitness is made up of 10 Components

2. Sports and Physical Activity improves your Physical Health

Component of Fitness	Definition
Agility	The ability to move and change direction quickly, at speed, while maintaining control
Balance	Maintaining the centre of the mass over the base of support
Cardiovascular Endurance	The ability of the heart and lungs to supply oxygen to the working muscles
Coordination	The ability to use two or more different parts of the body together, smoothly and efficiently
Flexibility	The range of movement possible at a joint
Muscular Endurance	The ability of a muscle or a muscle group to undergo repeated contractions, avoiding fatigue
Power	The product of speed and strength. $\text{Power} = \text{strength} \times \text{speed}$
Reaction Time	The time taken to initiate a response to a stimulus
Strength	The ability to overcome resistance.
Speed	The maximum rate at which an individual is able to perform a movement or cover a distance in a period of time.

