

NAME:

GRADE LEVEL:

Rearrange the Jumbled letters to form a word that represents a component of physical fitness. Write the answer on the line.

\_\_\_\_\_ 1. ( **C E B A N A L** ) is the ability to control and remain stable when moving.

\_\_\_\_\_ 2. ( **D S E P E** ) is the ability to perform quick movements or cover a distance in a short period.

\_\_\_\_\_ 3. ( **W R O E P** ) is the ability to produce a strong force very quickly.

\_\_\_\_\_ 4. ( **Y T I G L I A** ) is the ability to move and change direction quickly.

\_\_\_\_\_ 5. ( **D R C E U N A E N** ) is the ability to perform coordinated bodily movements for a long period of time.

\_\_\_\_\_ 6. ( **N I C O R O N A I D T O** ) is described as the working together of the different body parts to produce a smooth and efficient controlled movement.

\_\_\_\_\_ 7. ( **E X I Y T I L B I L F** ) is the ability of the muscles to pull joints with ease.

\_\_\_\_\_ 8. ( **U S M C L U A R R E G T H N S T** ) is the ability of the muscles to produce or exert effort.