

A. F. Adderley Junior High School
Physical Education Department
Physical Fitness Skill Related Components

Name: _____ Grade: _____

Instructions: Fill in the blank with the appropriate answer from the word bank related to physical fitness skill related components.

Reaction Time	Agility	Coordination	Speed
Fitness	Balance	Movement	Power
Skill Related Fitness	Hand Eye Coordination		

1. _____ Performing a specific activity and covering distance in a short period of time.
2. _____ Using your hands and eyes together.
3. _____ Being able to respond quickly.
4. _____ Having ability to do strength performance.
5. _____ Ability to change and control direction quickly.
6. _____ Maintaining good balance.
7. _____ Having the ability for the senses and body parts to be used during movement.
8. _____ Being able to remain upright whilst standing.
9. _____ Hitting a tennis ball against the wall using a racket.
10. _____ When you have sufficient energy to avoid fatigue