Name:_____

I.Classify the following fitness components . Drag each name in the correct box.

| Agility | coordination | flexibility | speed | balance |
| Reaction time | cardiovascular fitness | body composition | power |
| Muscular strength | | muscular endurance |

| HEALTH RELATED COMPONENTS | SKILL-RELATED COMPONENTS |
|---|---|
| | |

II. Select ALL picture that show active physical activity.

☐ Watching TV

☐ Jogging

☐ Sleeping

☐ Bike Riding

☐ Walking

☐ Eating