

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 **LIVWORKSHEETS**