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

LIVEWORKSHEETS

II. Select ALL picture that show active physical activity.



☐ Watching TV



☐ Jogging



☐ Sleeping



☐ Bike Riding



☐ Walking



☐ Eating

LIVEWORKSHEETS