


## **Components of fitness required for Swimming**

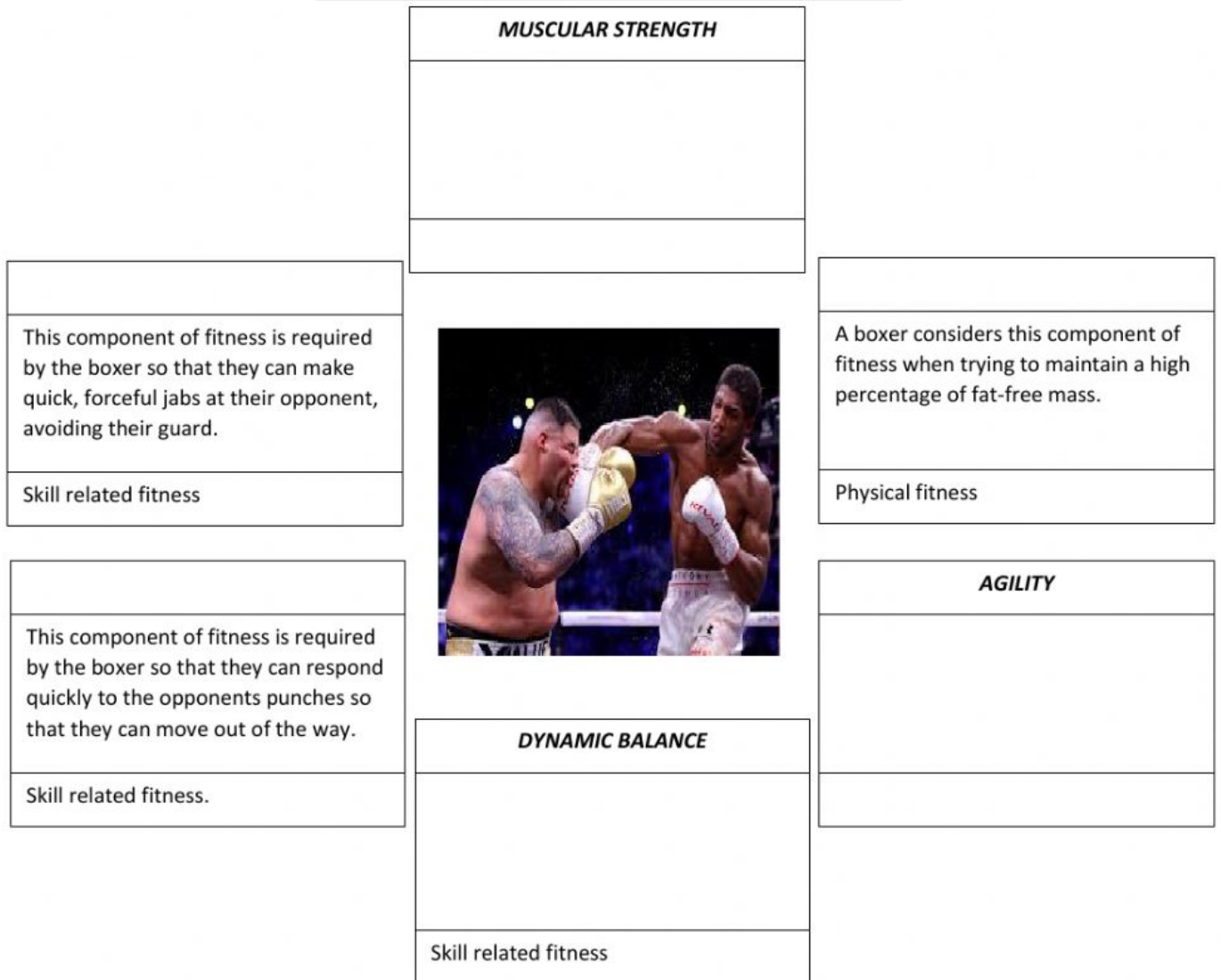
	<p>The swimmer needs this component of fitness to continually contract his muscles throughout a 400m race.</p>	
<b>FLEXIBILITY</b>		<b>COORDINATION</b>
		
Physical fitness		
<b>SPEED</b>		<b>REACTION TIME</b>
Physical fitness	<p>This component of fitness is required to stand stationary on the blocks and not false start by falling into the water.</p>	Skill related fitness
	Skill related fitness	

### **TASK**

Drag and drop the boxes below into the correct location on the diagram.

<p>This component of fitness is required to respond quickly to the starting buzzer, diving from the blocks, into the water.</p>	<p>This component of fitness is required in the shoulder joint so that the swimmer can make an efficient arm action when performing the back stroke.</p>	<p>This component of fitness is required to produce a smooth and efficient stroke action during a race.</p>
<b>STATIC BALANCE</b>	<p>This component of fitness is required so that the swimmer can complete the race in the shortest possible time, beating their opponents.</p>	Skill related fitness
<b>MUSCULAR ENDURANCE</b>		Physical fitness

## **Components of fitness required for Boxing**



### **TASK**

Drag and drop the boxes below into the correct location on the diagram.

