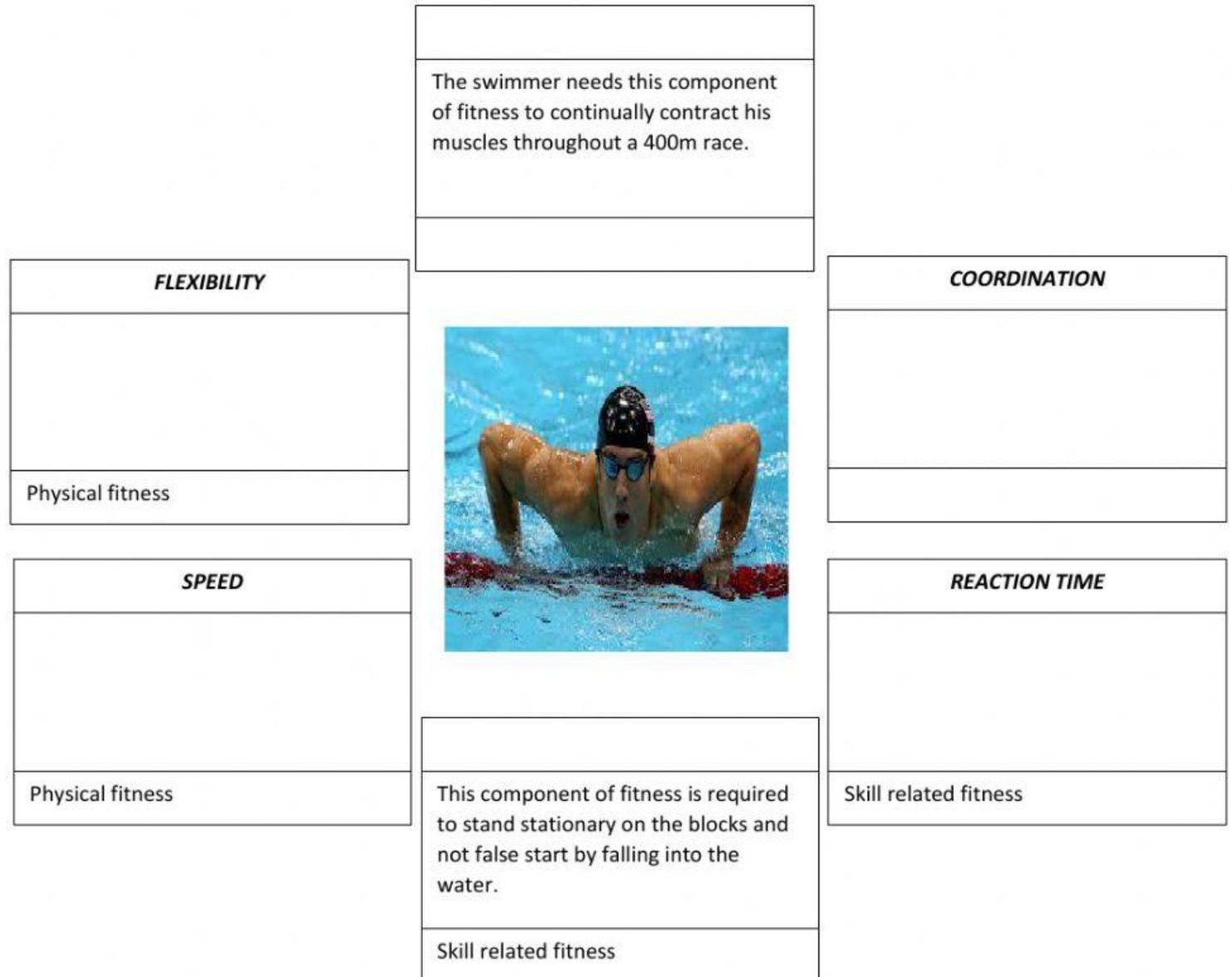


## Components of fitness required for Swimming

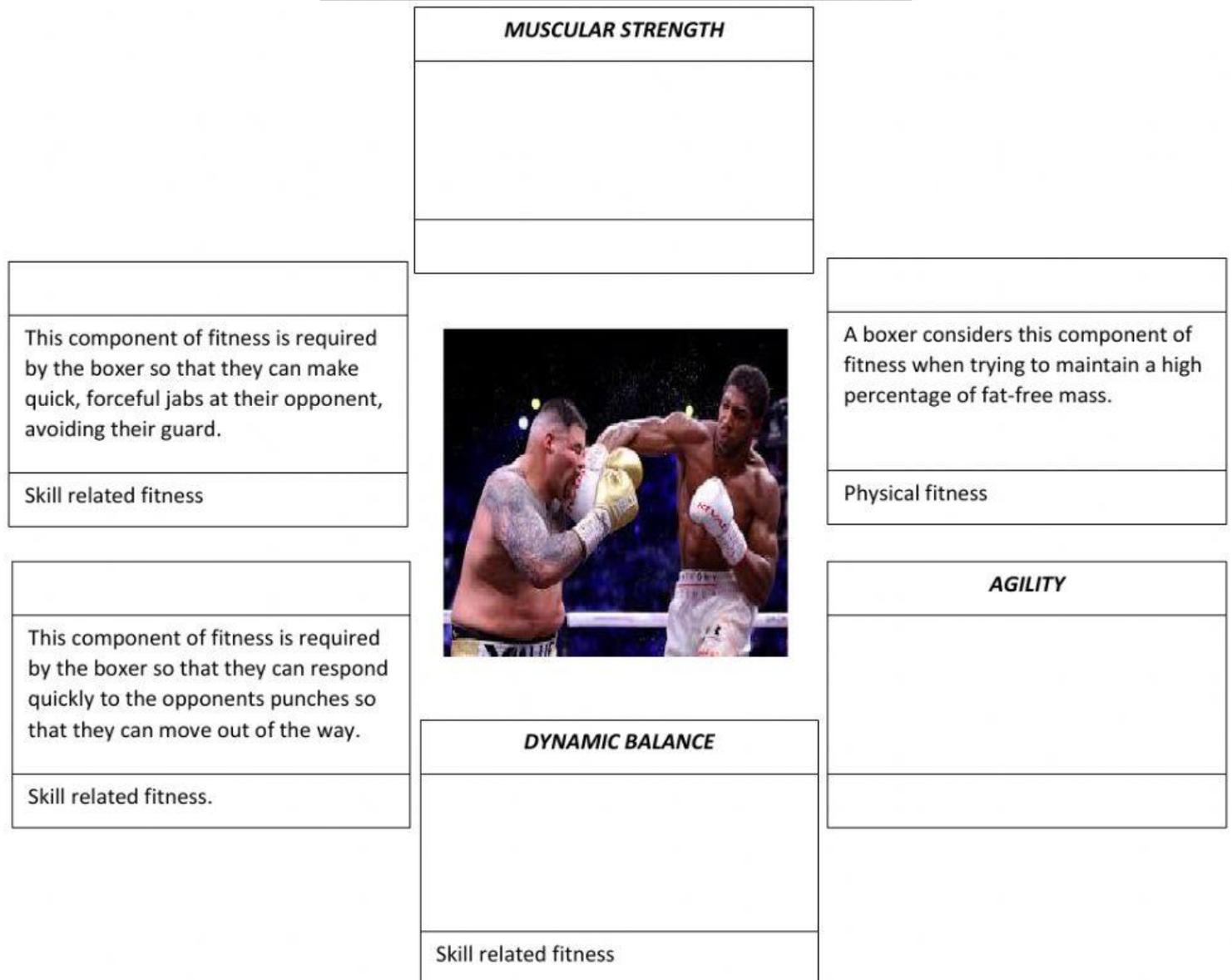


### TASK

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.

<b>BODY COMPOSITION</b>	<p>This component of fitness is required by a boxer so that he can generate maximum force when trying to throw a knockout punch.</p>	<p>This component of fitness is required by a boxer so that they can change their body position at speed, when trying to dodge a punch.</p>
<b>REACTION TIME</b>		
<b>POWER</b>	<p>This component of fitness is need by a boxer so that they can keep their centre of mass above their base of support, preventing them from falling, when they are dodging punches.</p>	Physical Fitness
		Skill related fitness