

A. F. Adderley Junior High School  
Physical Education Department  
Physical Fitness Skill Related Components

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Instructions: Fill in the blank with the appropriate answer from the word bank related to physical fitness skill related components.

Reaction Time	Agility	Coordination	Speed
Fitness	Balance	Movement	Power
Skill Related Fitness	Hand Eye Coordination		

1. \_\_\_\_\_ Performing a specific activity and covering distance in a short period of time.
2. \_\_\_\_\_ Using your hands and eyes together.
3. \_\_\_\_\_ Being able to respond quickly.
4. \_\_\_\_\_ Having ability to do strength performance.
5. \_\_\_\_\_ Ability to change and control direction quickly.
6. \_\_\_\_\_ Maintaining good balance.
7. \_\_\_\_\_ Having the ability for the senses and body parts to be used during movement.
8. \_\_\_\_\_ Being able to remain upright whilst standing.
9. \_\_\_\_\_ Hitting a tennis ball against the wall using a racket.
10. \_\_\_\_\_ When you have sufficient energy to avoid fatigue