1. a. Flexibility
2. b. Body composition
3. C. Muscular strength
4. d. Muscular endurance
5. e. Agility
6. f. Speed
7. a. Balance
8. h. Power
9. i. Coordination
10. j. Cardiovascular endurance

1. It is the ability of your muscles to perform contractions for extended periods.

2. It is the percentage of muscle, fat, bone and other tissues that cover the body.

3. It is the ability to keep an upright posture while standing still or moving.

4. It is the ability of a joint to move through a full range of motion.

5. It is the ability to use two or more body parts together, at the same time.

6. It is the "power" that helps you to lift and carry heavy objects.

7. It is the ability of your body to move in space quickly and properly in different directions.

8. It is the ability of your heart and lungs to supply oxygen-rich blood to different parts of the body.

9. It is the ability to move fast in a short period of time.

10. It is the ability to use strength.

LIVEWORKSHEETS