

Unit 2 Task Sheet 1

AC2.1: The components of fitness required for different physical activities.

Scenario: You have been asked by your PE teacher to produce a table for Key Stage 3 pupils that describes sporting examples of each of the components of fitness.

Component of Fitness	Sporting Activity	Description of Activity
CV Endurance		
Muscular Endurance		
Speed		
Strength		
Power		
Flexibility		
Agility		
Co-ordination		
Reaction Time		
Body Composition		
Balance		