

FORM 2.11 **Thinking About Skill-Related Fitness**

Name _____

Directions: Complete the following statements about skill-related fitness by using the words provided.

1. A _____ movement is smooth and efficient with little wasted motion.
2. When someone is able to change direction quickly when moving at top speed we say that he or she has a lot of _____.
3. Moving from one place to another in the shortest time possible requires great _____.
4. In a powerful movement a person uses strong _____ in one explosive act.
5. _____ balance requires a person to maintain equilibrium while still.
6. Dynamic _____ involves maintaining equilibrium while moving.
7. The _____ is a movement that requires power.
8. When playing defense against someone who is able to change _____ quickly, you must be agile.
9. A juggler must have high levels of _____ to keep all those balls in the air.
10. Many physical activities involve different combinations of health-related fitness components as well as _____-related fitness components.

coordinated speed static direction agility
force balance skill coordination standing broad jump

Scoring: The number of correct answers _____ divided by the number of possible answers _____ equals the percentage of correct answers _____.