

# GCSE PE Y10 – Components of Fitness

A Physical related components		
1	<b>Muscular Strength</b>	The ability of the muscles to exert force
2	<b>Muscular Endurance</b>	The ability of a group of muscles to repeatedly contract without tiring
3	<b>Cardiovascular Endurance</b>	The ability to continuously exercise without tiring
4	<b>Power</b>	The combination of strength and speed
5	<b>Flexibility</b>	The range of motion about a joint

B Skill related components		
1	<b>Balance</b>	The ability to keep a body's centre of mass over its base of support
2	<b>Agility</b>	The ability to change direction at speed
3	<b>Coordination</b>	The ability to use different body parts together accurately and fluently
4	<b>Reaction Time</b>	The time taken from the stimulus to the start of the response
5	<b>Speed</b>	The ability of the body or parts of the body to move quickly

C Sporting example			
1	<b>Cardiovascular Endurance</b>	Marathon running Cross-country skiing Jogging	Cooper 12 Minute Run Multi-stage Fitness Test (Bleep)
2	<b>Muscular Endurance</b>	Rowing Cycling Swimming	Press-up Test Sit-up Test
3	<b>Speed</b>	100M Sprint 50M Freestyle (swimming)	30M Sprint Test
4	<b>Muscular Strength</b>	Weightlifting Rugby Shot Put	Grip Strength Dynamometer
5	<b>Power</b>	Triple/Long/High Jump Basketball Football	Standing/Vertical Jump
6	<b>Flexibility</b>	Trampolining Dance Swimming	Sit and Reach Test
7	<b>Agility</b>	Netball Volleyball Squash	Illinois Agility Test
8	<b>Balance</b>	Gymnastics Dance Martial Arts	Stork Stand Test
9	<b>Coordination</b>	Badminton Tennis Golf	Wall Throw Test
10	<b>Reaction Time</b>	Sprinting Track Cycling Table Tennis	Reaction Time Ruler Test