KS3 Components of Fitness

Cardiovascular Endurance
→ The ability to continuously exercise without tiring

Speed
→ The ability to move the body or body parts quickly

Strength
→ The maximum force a muscle or group of muscles can apply against a resistance

Agility
→ The ability to change direction at speed

Reaction time
→ The time taken to respond to a stimulus

Muscular endurance
→ The ability of a muscle or muscle group to repeatedly contract or keep going without tiring

Power
→ Strength x speed (maximal force performed at speed)

Flexibility
→ The range of movement of a joint

Balance
→ The ability to maintain centre of mass over a base of support

Co-ordination
→ The ability to use two or more body parts together