**Physical Education Assignment #2**

Name: \_\_\_\_\_\_\_ Today’s Date: \_\_\_\_\_\_\_\_\_\_

Period: \_\_\_\_\_\_\_\_ Date absent/injured: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Skill-related fitness items are factors which relate to you becoming an athlete

* For example: Are you fast? Do you have good eye-hand coordination?
* *There are 6 skill-related components of fitness*

Agility: Balance: Coordination: Power: Reaction Time: Speed:

1. What two skill-related components make up power?

1. Please describe how agility and speed are alike other than their definitions.
2. Please describe why coordination and balance are closely related other than their definitions.