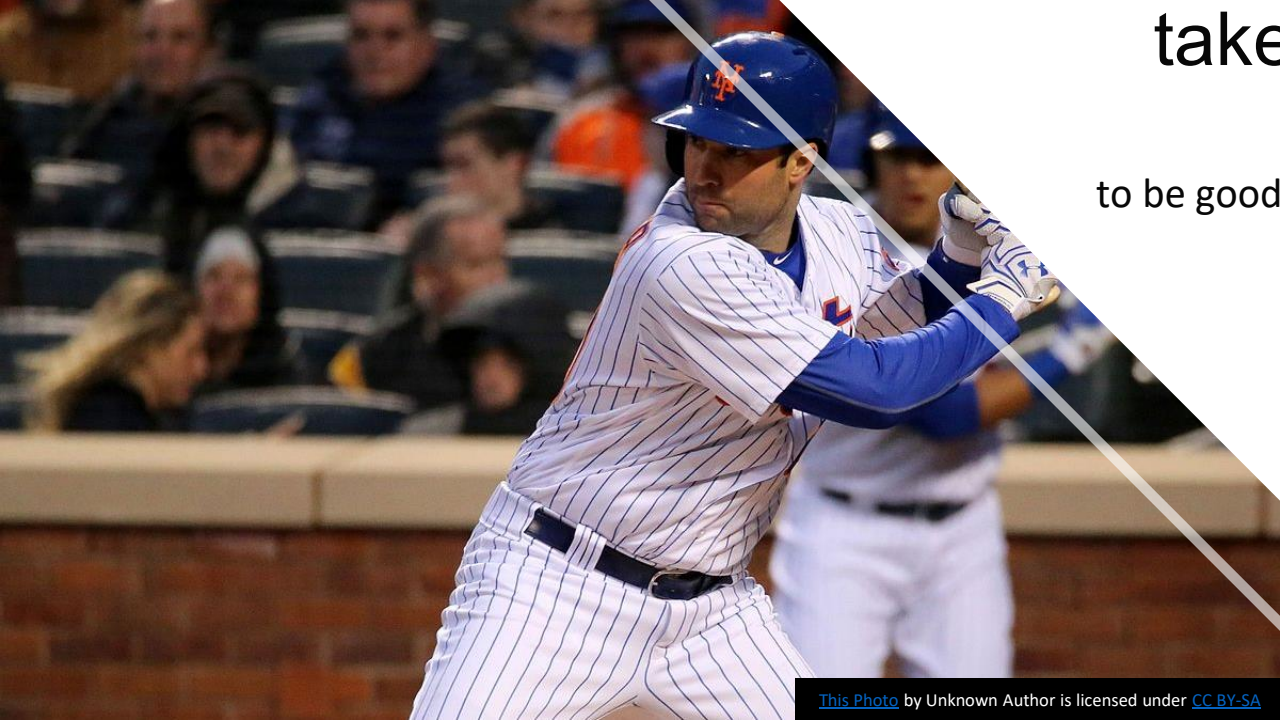




Do you have what it
takes...

to be good at sports?



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Health-Related vs. Skill-Related Fitness

- **Health-Related Fitness** are the components which can help you stay healthy as you get older. We test these when we do fitness testing in PE: Cardio Respiratory Fitness, Muscular Strength and Endurance, Flexibility and Body Composition.
- **Fitness Tests** that measure these are PACER, mile run, push-ups, sit-ups, pull-ups, and sit & reach.



Health-Related vs. Skill-Related Fitness (cont.)

- **Skill-Related Fitness** components can help you be good in sports. We typically do not test these in PE, however we use them in a variety of sports/ activities.
- These components are Agility, Balance, Coordination, Speed, Power and Reaction Time.
- Can you name some sports where these components would be necessary?



Skill- Related Activity Stunts

- **Time to Move!** Try all six activities so that you have a better understanding of the components are why they help you in sports.
- You will need: a soft area (carpet, yoga mat or grass), a line on the floor/ground, 2 balls that bounce and 2 quarters.
- Get your body ready to move by doing a quick warm-up. This could be a 1-2 minute jog/ jog in place, 10 jumping jacks, 10 high knees and 10 butt kicks.
- Tennis shoes are best for the activities!



Line Jump (Agility- the ability to change directions quickly.)

- Balance on rt. foot on a line on the floor/ground. Can you leap onto your left foot on other side of line? And then switch? Try switching back and forth quickly.
- What sports would you need agility in? What things could you do to get better agility?



Double Heel Click (Speed- the rate at which someone is able to move.)

- This one may take some practice. Jump into air and click your heels together twice before landing. When you land, your feet should be about 6 inches apart.
- In the Olympics, the winner of the 100 Meter Dash is considered the fastest human on earth. Do you know who this is? Click here to see if you are right!



Backward Hop (Balance-an even distribution of weight enabling someone to remain upright and steady.)

- Make sure you have a clear area behind you. Close your eyes, hop backward (1 foot) for 5 hops. On the last hop, hold your balance for 3 seconds. Try your other foot. Is one foot better than the other?
- Gymnasts need balance when competing on the balance beam since it is ONLY 4 inches wide!



Knees to Feet (Power-to move with great speed or force.)

- Make sure you have a soft surface for this one, carpet, yoga mat or grass. Kneel so that your toes are pointed straight back, body is upright. Swing your arms upward and spring onto your feet. Can you hold your landing for 3 seconds?
- A baseball/softball player must have strong legs, core and wrists in order to generate the most power when he/she bats.



Double- Ball Bounce (Coordination-the ability to use different body parts together smoothly and efficiently.)

- Begin with a ball in each hand, try dribbling them both at the same time. First keep eyes on the balls, then try it with eyes straight ahead. How long can you keep them going?
- Soccer juggling is another form of coordination. Click here to see!
- <https://video.link/w/oxE4>



Quarter Catch (Reaction Time- the amount of time it takes to respond to a stimulus.)

- Start with your dominant hand. Put your elbow up in front of you, hand by ear. Place a quarter at the end of your elbow. Quickly drop your elbow and grab the coin before it hits the floor. Try it with your non-dominant hand. Was one easier than the other?
- Challenge yourself and have someone put a quarter on both elbows at the same time, can you catch them both?



Way to go!

- Now that you have finished all the stations, can you name all the skill-related components? Remember the skill-related components are the ones that help us to do well in sports/activities.
- Do you participate in any sports? If so, which of these components would help you to do well in your sport?
- If you do not do any sports, choose a sport/activity and name the skill-related components that would be helpful for these athletes.

