

Health



A state of complete **emotional**, **physical** and **social** well-being, and not merely the absence of disease and infirmity

Fitness



The ability to meet the **demands** of the **environment**

Cardiovascular Endurance

Ability of heart and lungs to supply oxygen to the working muscles



Speed
The rate at which an athlete can perform a movement or cover a distance

Reaction Time
The time taken to initiate a response to a stimulus



Power
The ability to undertake strength performances quickly
 $Power = Strength \times Speed$



Muscular Endurance
The ability of a muscle or muscle group to undergo repeated contractions avoiding fatigue

PE COMPONENT 1 - COMPONENTS OF FITNESS

Coordination
The ability to use two or more body parts together at the same time



Strength
The ability to overcome a resistance



Balance
Maintenance of the centre of mass over the base of support



Agility
The ability to move and change direction quickly whilst maintaining control



Flexibility
The range of movement possible at a joint

