



**SPECIFIC / SKILL
RELATED FITNESS**

Starter

- Discuss the five areas of health related fitness to – gymnastics, long-distance running and hockey
- See handout

Lesson Objectives

- Understand the areas that make up skill related fitness
- Remember the 6 key areas of skill related fitness

The ABC of Skill Related Fitness

A - Agility

B - Balance

C - Co-ordination

E – Explosive Power

F - Fast Reactions

G – Good Timing

Agility

- The ability to change the position of the body quickly whilst keeping the whole body under control.
eg Dodging an opponent

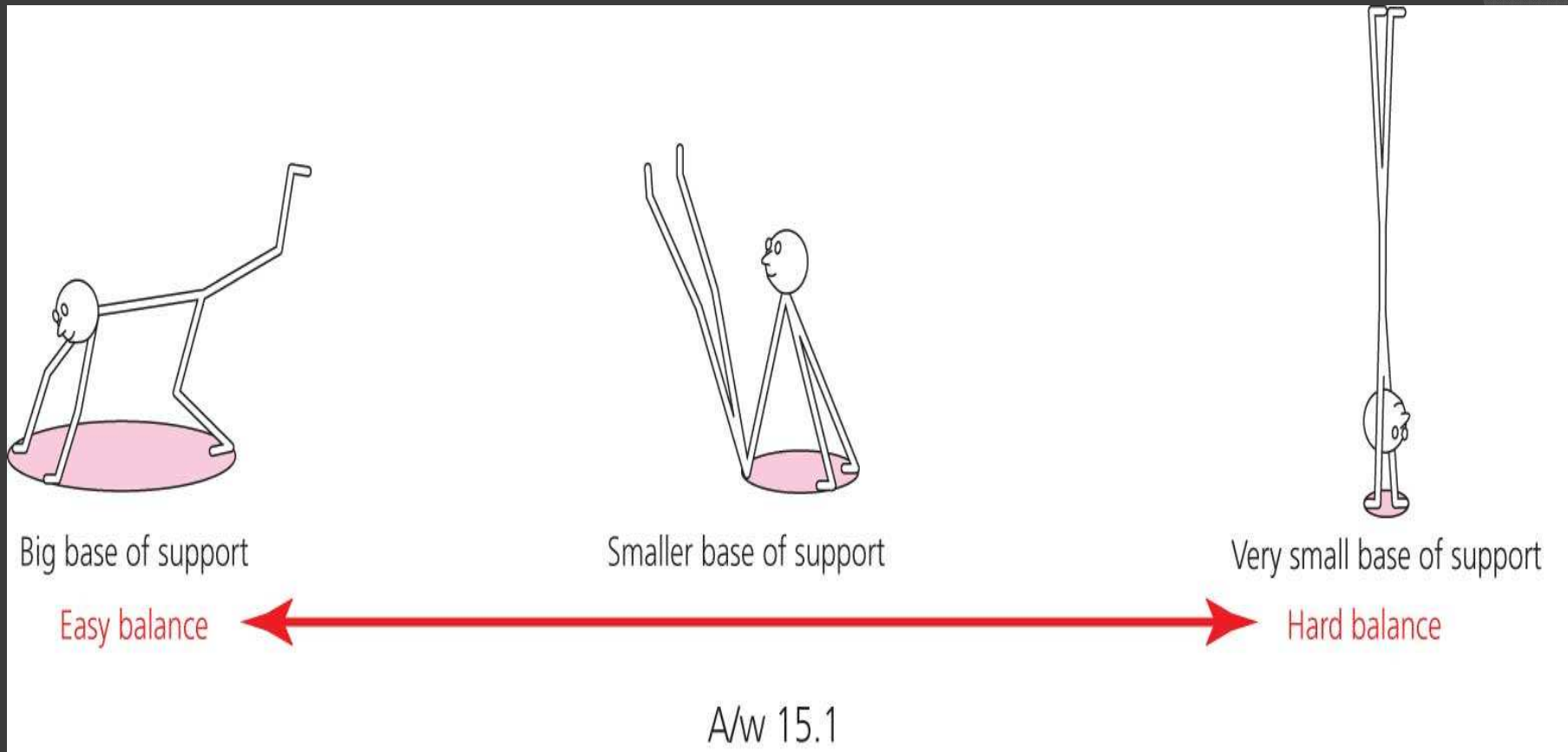


Balance

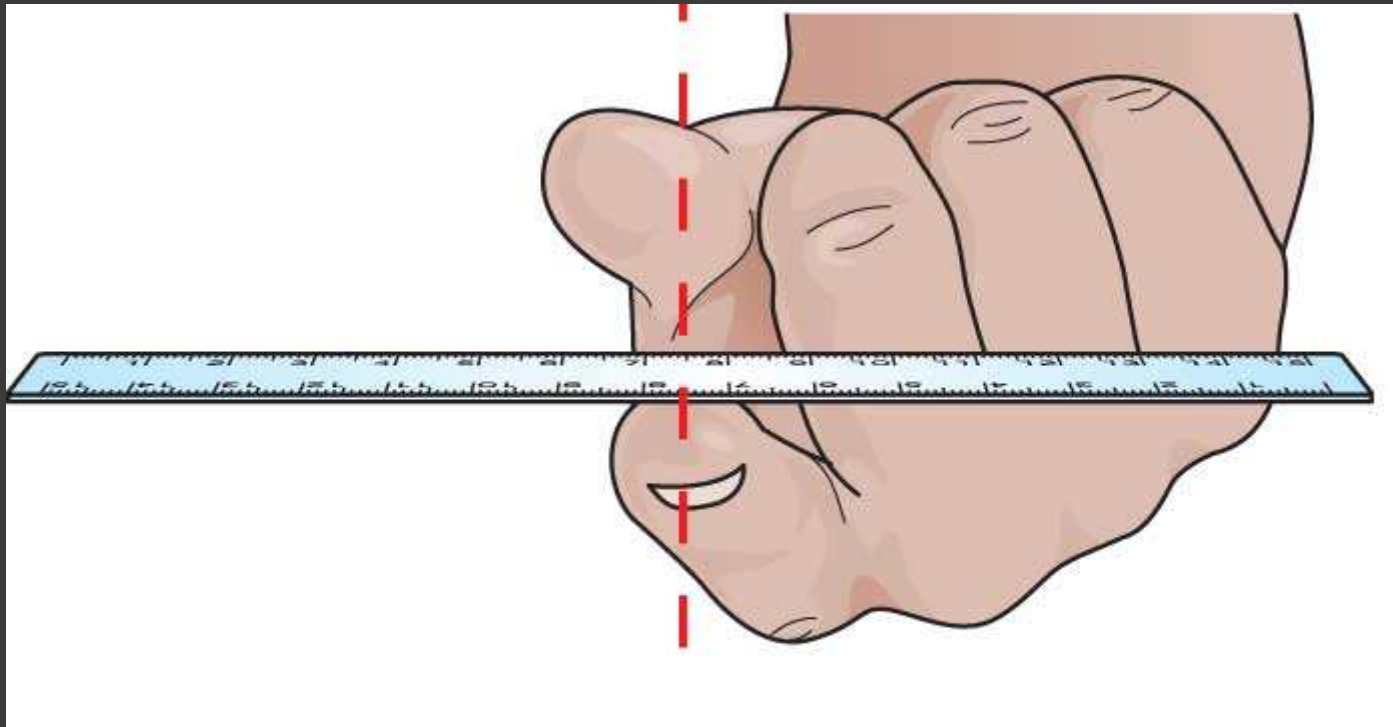
- The ability to retain the centre of mass above the base of support



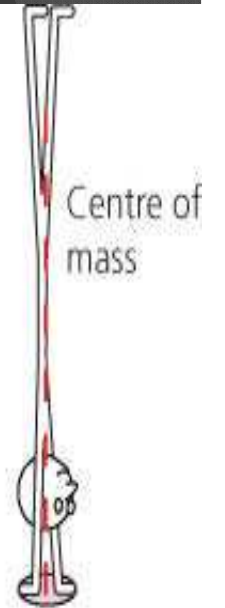
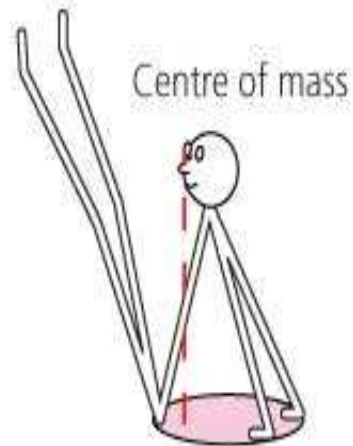
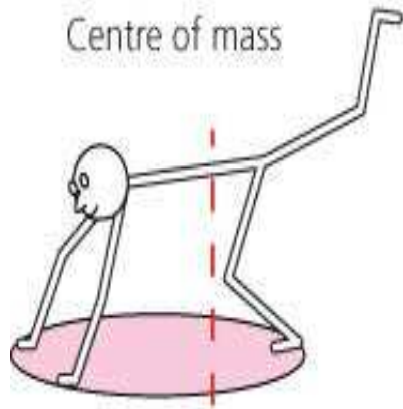
Balance- Bases of support



Balance – centre of mass



Balance- Centre of Mass



Co-ordination

- The ability to move 2 or more body parts together smoothly and accurately in response to what your senses tell you.

eg hockey run at pace and keep eye on ball

Explosive power

- The ability to do strength performances quickly
- $\text{Power} = \text{Strength} \times \text{Speed}$



Fast Reactions

- Reaction time is the time taken between the presentation of a stimulus and the onset of movement or reaction



Good Timing

- The ability to quickly time your movement in response to what is going on around you



Task

- For your sport give an example of where each element of skill related fitness is important
- Question 3 from the book
- Homework > finish the question