

Practising Physical Fitness and Its Components

Chapter 1: Physical Fitness and Its Components · Topic 2

Key Concept

The main components of physical fitness include strength (muscle power), endurance (stamina to sustain activity), flexibility (range of motion in joints), and speed.

Strength helps us lift and push things, endurance helps us continue an activity like running for a long time, and flexibility helps prevent injuries by allowing our joints to move freely.

Other components include balance (staying steady) and coordination (using different body parts together smoothly), both important for sports and daily movement.

Regular exercise that targets all these components - like a mix of strength training, running, and stretching - helps build well-rounded physical fitness.

Quick Revision Notes

- Physical fitness has several key components.
- Strength is muscle power.
- Endurance is stamina to sustain activity.
- Flexibility is range of motion in joints.
- Speed is how fast we can move.
- Balance means staying steady.
- Coordination means using body parts together smoothly.
- A mix of exercises builds well-rounded fitness.

Practice Questions

- 1 Test your strength with a simple exercise like push-ups.
- 2 Test your endurance by jogging for a few minutes.
- 3 Test your flexibility by touching your toes.
- 4 Practice a balance exercise, like standing on one leg.
- 5 Try a coordination activity, like juggling or dribbling a ball.
- 6 Create a weekly plan targeting different fitness components.