

Understanding Physical Fitness and Sports Skills

Chapter 1: Physical Fitness and Sports Skills · Topic 1

Key Concept

Fitness components like strength, endurance, speed, and flexibility form the foundation for performing well in sports, and each sport emphasises different components.

Sports skills, like dribbling in basketball or serving in badminton, require both physical ability and repeated practice to develop muscle memory and precision.

A well-rounded fitness routine, combining cardiovascular exercise, strength training, and flexibility work, helps improve overall sports performance and reduces injury risk.

Developing good sports skills also builds discipline, focus, and confidence, benefiting not just athletic performance but overall personal growth and wellbeing.

Quick Revision Notes

- Physical fitness includes strength, endurance, speed and flexibility.
- Different sports emphasise different fitness components.
- Sports skills need physical ability and repeated practice.
- Practice builds muscle memory and precision.
- A well-rounded routine combines cardio, strength and flexibility work.
- This combination improves performance and reduces injury.
- Sports skills also build discipline and confidence.
- Sports contribute to overall personal growth and wellbeing.

Practice Questions

- 1 List the fitness components important for a sport you play.
- 2 Practice a specific skill, like dribbling or serving, for ten minutes.
- 3 Create a weekly fitness routine combining different exercise types.
- 4 Discuss how practice improves muscle memory.
- 5 Explain why flexibility helps prevent injury.
- 6 Discuss a sport you'd like to improve at and why.