

9.2 SKILL-RELATED FITNESS

NAME _____

PERIOD _____

1. Define Skill-Related Fitness -

2. Define each of the components of skill-related fitness

- a. Agility

- b. Balance

- c. Coordination

- d. Power

- e. Speed

- f. Reaction Time

3. Assess your skill-related fitness (pg. 138)

Component	Test	Your Score	Your Rating (below)
Agility	Side shuttle		
Balance	Stick Balance		
Coordination	Wand juggle		
Power	Standing long jump		
Speed	Sprint		
Reaction time	Yardstick drop		

	Side shuttle		Stick balance	Wand juggle	Standing long jump		Yard stick drop	Sprint	
	Males	Females	M & F	M & F	Males	Females	M & F	Males	Females
Excellent	31+	28+	6	9-10	87+	74+	21+	24+	22+
Good	26-30	24-27	5	7-8	80-86	66-73	19-21	21-23	19-21
Fair	19-25	15-23	3-4	4-6	70-79	58-65	14-18	16-20	15-18
Poor	<18	<14	<3	<4	<69	<57	<13	<15	<14

4. Explain how the following factors affect skill performance.

a. Prior experience

b. Confidence

c. Heredity

d. Ability

e. Personality

5. Think about it... How do you believe each of the following will affect your skill development?

a. Instruction – good or bad

b. Practice – Duration and quality of practice

c. Assessment - Having a method for measuring how your skills are progressing

d. Feedback – having someone evaluate your skill / evaluating your skills by watching video

e. Effort – how much you put into practice and performance

6. What is one skill that you would like to improve this marking period?

a. Skill _____

b. **Assess** your initial performance of this skill. (How many times can you do it correctly, etc.)

c. What was the **instruction** you got for this skill? Who gave you this instruction?

d. Describe how you **practiced** this skill. How many times? How often?

e. Describe how you **assessed** your improvement of this skill.

f. Describe the **feedback** you got. Who gave you that feedback?

g. How much **effort** did you put into the practice and assessment of this skill?

h. Did you successfully improve this skill? Why or why not?
