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Agility	The ability to change direction quickly and still keep control of the whole body
Co-ordination	The ability to use 2 or more parts of the body at the same time.
Power	The ability to apply a combination of strength & speed to an action
Speed	The fastest rate at which a person can complete a task or cover a distance
Balance	The ability to keep the body stable whether still, moving or in a different shape by keeping the centre of gravity over the base

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