

## Skill related fitness worksheet

**Speed is 'the time taken to move all or parts of the body through a specified distance'**

How would speed be required for the following sports? 2 points for each



Speed is needed to travel past a defender with the ball. If you are a defender speed is needed to keep up with the attacker. Goalkeepers need speed to get across the goalmouth to stop shots.



Speed is needed in the arms for the swing to get more power into the shot.  
 $\text{Strength} \times \text{Speed} = \text{Power}$



Speed is needed for the run up to get the momentum to push up over the bar. Speed is needed in the legs and body to twist over the bar without hitting it.



Speed is needed in the arms to swing the bat to hit the ball far. Speed is needed to get between the stumps without getting stumped out. Speed is needed in the arm of the bowler to get power. Speed is needed by the fielders to stop the ball going over the boundary line

**Flexibility is 'the range of movements possible at a joint'**

Using the following sports explain why having good flexibility is important? 2 points for each



Flexibility is needed to reach out for the passing shots. Flexibility is needed to reach high for the serve. It is also needed to gain swing for backhand.



Flexibility is needed in all body parts to kick high and punch opponents.



Flexibility is needed to perform most of the actions in gymnastics. Any action could be named...eg splits, walkover, crab, arabesque, handstand, all moves on the parallel bars.