

Skill Related Fitness

Coordination

Definition

- **Coordination** is the ability to control movements smoothly and fluently.



Coordination

- To perform in a coordinated way, groups of muscles work in a specific sequence to create effective movements

E.g. you need strong arm and shoulder muscles to throw a javelin. However you require coordination so that the strength is used at the correct stage of the throw.



Effects on Performance

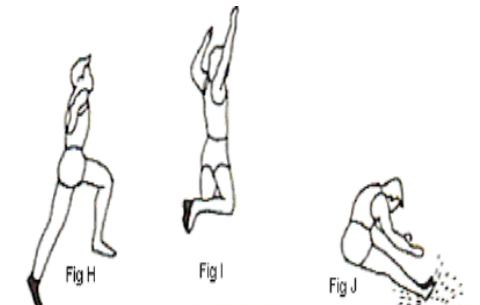
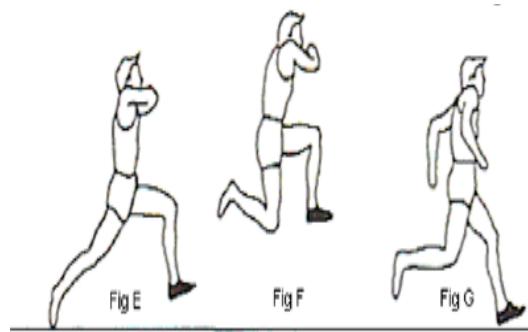
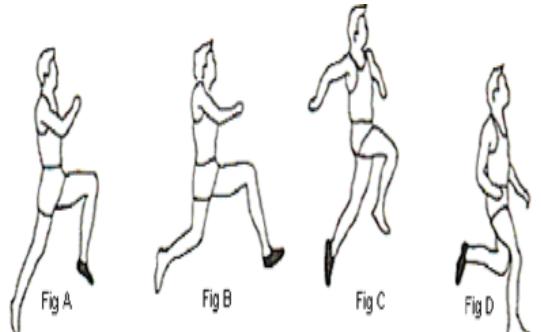
- As your coordination improves you are able to move your joints and muscles in the correct order.



This leads to improvements in your hand and eye co-ordination, for example when catching a ball.

Effect on Fluency and Rhythm in Performance

- Improved coordination also improves control and fluency.
- I.e. Triple Jump



Effect on Fluency and Rhythm in Performance

- Coordinated movements in the triple jump enable speed to be carried through to the final jump phase.
- Effective coordination should ensure that there is no jerkiness when performing a triple jump and the movement will be more effective.

Agility

Definition

- **Agility** is the ability to move quickly and precisely while remaining in control.



Effects of Agility On Performance

- Improved agility will help you react quickly in ways which are often unexpected



- e.g. if a footballer disguises the direction they are going to shoot (this increases the need for the goalkeeper to be more agile).

Effects of Agility On Performance

- In most activities it is an advantage to be agile;
e.g. when avoiding being tackled in rugby, dribbling at speed in hockey or reaching for a low net shot in badminton.



An agile badminton player stretching to return a shot in badminton.

Balance

Definition

- **Balance** is the ability to retain the centre of gravity over your **base of support**.



Types of Balance

- Balancing requires the control of the different groups of muscles. The exact muscle requirements depends on the nature of the task.
- Some activities require static balances and some activities require dynamic balances

Static Balances

- Static balances require you to hold a balance



a gymnast performing a headstand

Effect of Static Balance on Performance

- As your static balance improves you are more likely to show good control of your strength and body weight.
 - e.g. in the headstand you move from using large body parts to using fine body movements which help your stability.

Dynamic Balances

- Dynamic (moving) balances require you to maintain balance under constantly changing conditions.



A skier showing good use of dynamic balance

Effect of Balance on Performance

- As your dynamic balance improves you are more likely to show control in demanding situations.
- e.g. when skiing you can constantly adjust your dynamic balance as you travel over changing terrain in order to remain balanced.

Reaction Time

Definition

- Reaction time is the time taken between the recognition of a signal and the start of the movement



Situations Where Reaction Time is Important

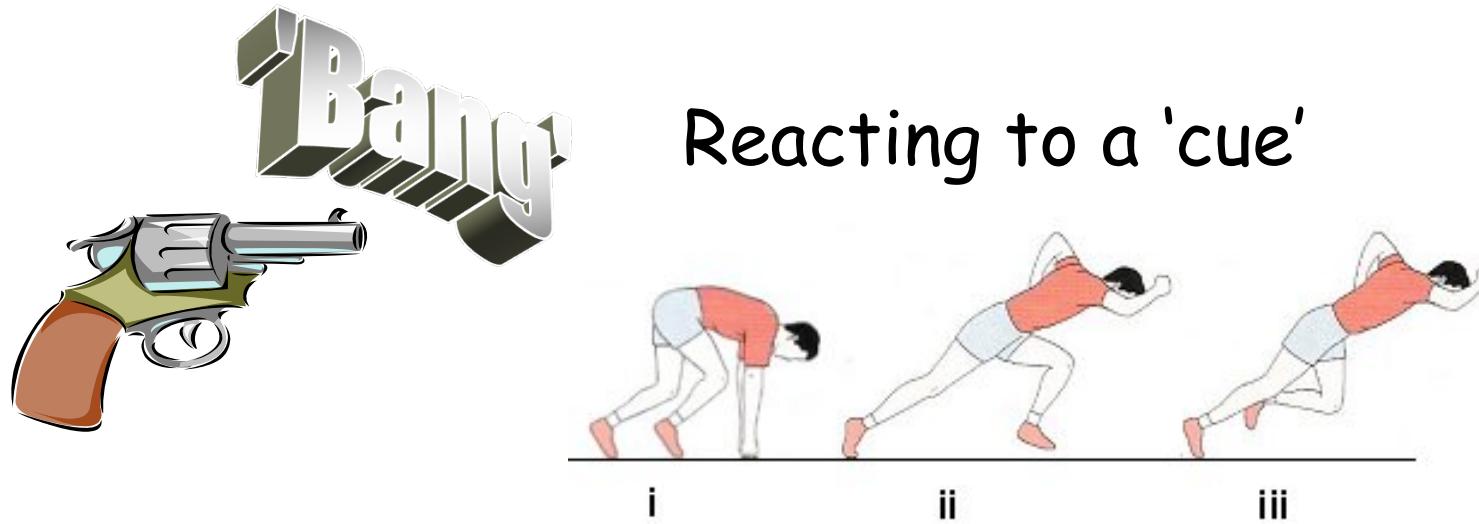
- If you are playing as a guard in basketball you might need to respond quickly.



- A fast reaction time when marking the attacker, and quick court movements, would assist in effective performance. This would help when the attacker decides to pass, dribble or shoot.

Situations Where Reaction Time is Important

- An athlete needs good reaction time to get a good start at the beginning of a race.



Sprinter reacting to a gun

Effect of Reaction Time on Performance

- As your reaction time improves you are likely to think and respond more quickly. This should lead to fewer errors in movement and more time to make decisions.



e.g. in a line out in rugby union, practice between the thrower and jumper should ensure you are able to secure possession.

- This will be more difficult to achieve when the opposing team have the throw in, as you will have less time to respond.

The Body
Skill Related Fitness
Questions

Coordination

In your Standard Grade course which skills in different team and individual activities require coordination?

Team

Skill 1 _____

Skill 2 _____

Skill 3 _____

Individual

Skill 1 _____

Skill 2 _____

Skill 3 _____

Skilful movements require coordination.

Complete the following sentence by choosing two words from the list below.

link

power

space

order

Coordination is the ability to _____ movements in the correct _____.

The Body
Skill Related Fitness
Questions

Choose two activities from your Standard Grade Course and explain the possible performance benefits of having improved coordination?

Activity 1 _____

Benefit on Performance

Activity 2 _____

Benefit on Performance

The Body
Skill Related Fitness
Questions

Agility

Q1. Complete the following sentence by choosing two words from the list below.

precisely quickly slowly agile

Agility is the ability to move _____ and _____

In your Standard Grade course, which skills in different team and individual activities require agility?

Team

Skill 1 _____

Skill 2 _____

Individual

Skill 1 _____

Skill 2 _____

The Body
Skill Related Fitness
Questions

Choose two activities from your Standard Grade Course and explain the possible performance benefits of having improved agility?

Static

Activity 1 _____

Benefit on Performance

Dynamic

Activity 2 _____

Benefit on Performance

The Body
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Questions

Balance

Q1. Complete the following sentence by choosing two words from the list below?

centre

base

middle

top

Balance is the ability to retain the _____ or gravity over your
_____ of support.

The Body Skill Related Fitness Questions

Which of the following statements about balance are true and which are false?

Tick **one** box each time.

It is easier to balance if:

	True	False
- your base of support is wide		
- your centre of gravity is high		
- you move into your balance quickly		
- your centre of gravity is over your base		

The Body
Skill Related Fitness
Questions

Choose an individual activity and a skill/technique where balance is important to your performance.

Individual activity _____

Skill/Technique _____

Describe what you did to stay balanced when performing this skill.

The Body
Skill Related Fitness
Questions

Balance

Name two activities which require static balances

Name two activities which require dynamic balances

The Body
Skill Related Fitness
Questions

Choose two activities from your Standard Grade Course and explain the possible performance benefits of having static and dynamic balances?

Activity 1 _____

Benefit on Performance

Activity 2 _____

Benefit on Performance

The Body
Skill Related Fitness
Questions

Reaction Time

Complete the following sentence?

Recognition Start Signal Movement

Reaction time is the time taken between the _____ of a
_____ and the _____ of the _____.

In your Standard Grade course, which skills in different team
and individual activities require a fast reaction time?

Individual

Skill 1 _____
Skill 2 _____

Team

Skill 1 _____
Skill 2 _____

The Body
Skill Related Fitness
Questions

Choose two activities from your Standard Grade Course and explain the possible performance benefits of having improved reaction time?

Activity 1 _____

Benefit on Performance

Activity 2 _____

Benefit on Performance
