**Components of Skill-Related Fitness**

**Agility**: The ability to rapidly and accurately change the direction of the whole body in space.

**Balance**: The ability to maintain equilibrium while stationary or moving.

**Coordination**: The ability to accurately perform more than one task at a time.

**Power**: The amount of force a muscle can exert.

**Reaction Time**: The ability to respond quickly to stimuli.

**Speed**: The amount of time it takes the body to perform specific tasks.

Give one example of how each component of skill-related fitness is used during a sport/activity:

Agility-

Balance-

Coordination-

Power-

Reaction Time-

Speed