

SKILL-RELATED FITNESS physical & emotional



WHAT IS SKILL-RELATED FITNESS?

PHYSICAL & EMOTIONAL

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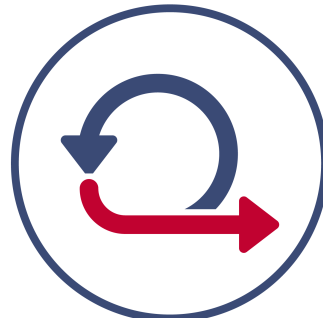
AGILITY

Physical Agility

- The ability to change body position and direction quickly and efficiently.

Emotional Agility

- The ability to respond positively and optimistically in a variety of social and emotional situations and to regain optimism when negative events occur.



AGILITY

BALANCE

Physical Balance

- The ability to adjust the distribution of weight in order to remain upright and/or steady.

Emotional Balance

- The ability to stabilize the emotional response to a potentially unstable social and emotional situation.



BALANCE

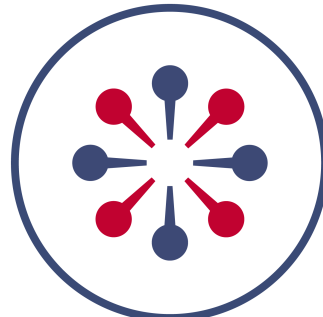
COORDINATION

Physical Coordination

- The ability to combine movements of several parts for a focused purpose or task.

Emotional Coordination

- The ability to empathize with others and respond appropriately and productively to provide social and emotional support.



COORDINATION

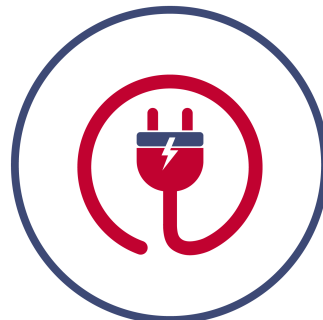
POWER

Physical Power

- The ability to quickly produce maximum force.

Emotional Power

- The ability to apply the energy created from an emotional response (e.g., anger, sadness, frustration) in a positive and constructive way.



POWER

REACTION TIME

Physical Reaction Time

- The ability to quickly and effectively respond to a stimulus through purposeful movement.

Emotional Reaction Time

- The ability to quickly regulate an emotional response when faced with a variety of immediate social and emotional challenges.



REACTION TIME

SPEED

Physical Speed

The ability to move the body quickly from one point to another.

Emotional Speed

- The ability to use personal enthusiasm to improve the emotional state of others.

