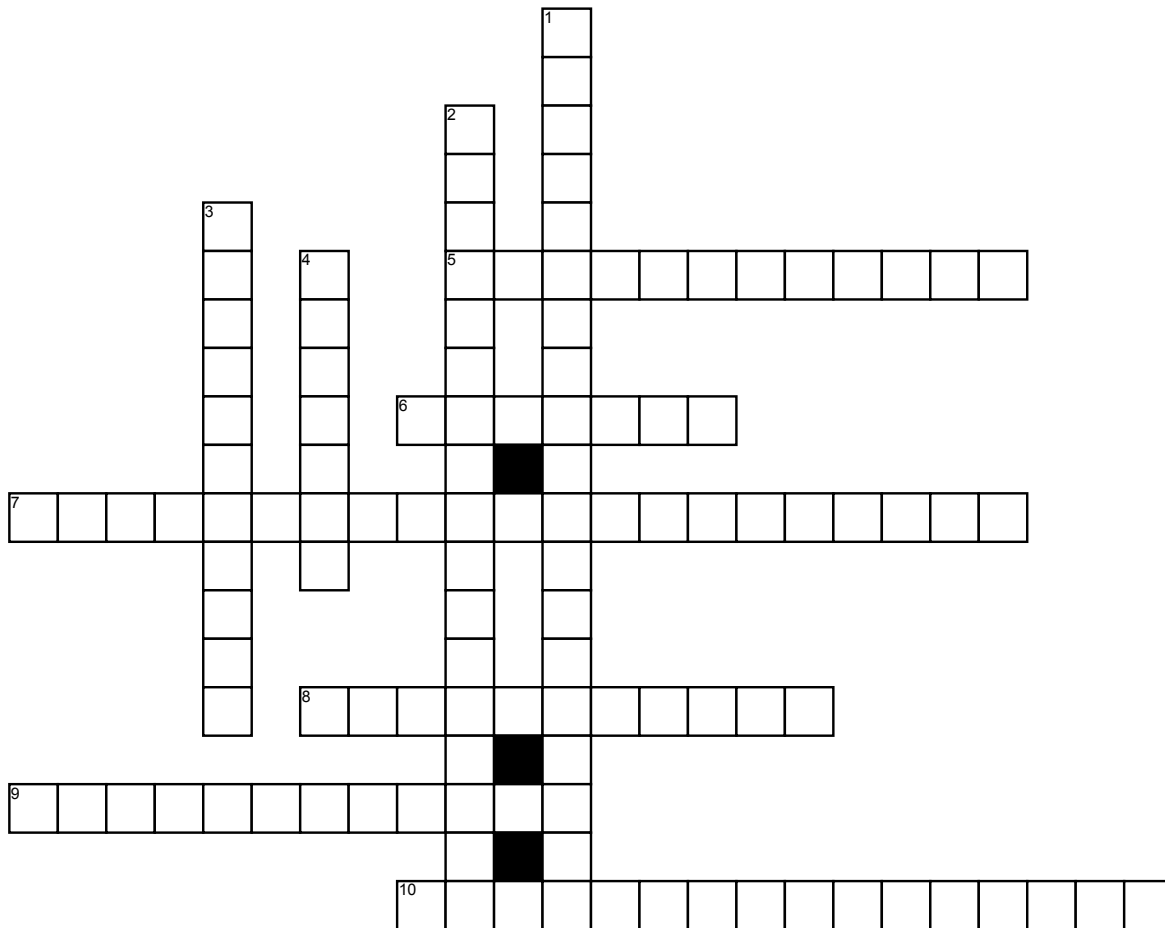


Components of Fitness and Testing



Across

5. Component of fitness essential when catching in the slips during a cricket game?
6. Component of fitness essential for a gymnast on the beam?
7. Test used to measure cardiovascular endurance?
8. Distance over which the speed test is ran?
9. Test used to measure balance?
10. Test used to measure power?

Down

1. Test used to measure agility?
2. Component of fitness whereby the muscles can undergo repeated contractions?
3. The range of movement at a joint?
4. Component of fitness whereby 'you move and change direction at speed?