

Application**9****FITNESS CHECK**

Skill-related fitness involves body movements that are useful in sports and everyday activities. You do not have to be a great athlete to develop better skill-related fitness. Below are several simple activities you can do to test your own skill-related fitness. In the blank below each description, write which of the six parts of skill-related fitness is being tested. Then answer the question at the bottom of the page.

-
- Vertical Jump:** Stand facing a wall. Hold a piece of chalk even with your fingertips. Reach as high as possible and make a mark on the wall. Then jump straight up and make another mark. Measure the distance between the two marks.

 - Double Ball Pass:** Start with two soccer balls, one for you and one for your partner. As your partner tosses a ball to you, bounce your ball to your partner. On the next exchange, make a straight toss while your partner bounces the ball. See how long you can go without making a mistake.

 - Line Walk:** Lay a strip of tape or draw a line on the ground about 30 feet long. Begin with both feet on the tape or line. Walk the length of the tape or line without stopping and without stepping off to either side.

 - Thirty-Yard Dash:** Measure a distance of 30 yards from a starting line. At a signal from your partner, sprint the distance. Have your partner time you with a stopwatch.

 - Beanbag Shuttle:** Measure a distance of 10 yards and draw two lines. Place two beanbags (or erasers, small wood blocks, etc.) at the second line. Have a partner use a stopwatch to time you in this activity. Starting at the first line, run until you reach the second line. Pick up a beanbag. Run back to the first line. When your foot has crossed the line, place the beanbag on the floor. Repeat. Have your partner stop the watch when you have placed the second beanbag on the floor.

 - Ruler Drop:** Hold your hand straight out with your thumb and forefinger apart. Have a partner hold a 12-inch ruler so that the bottom edge is between your thumb and forefinger. When the ruler drops without warning, catch it as quickly as you can. Measure the distance it dropped.

 - How does developing and maintaining skill-related fitness influence your health?

