**Physical Fitness Tests**

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| **Component of Fitness** | **Test** | **Equipment** | **Brief description how to perform it** |
| Flexibility |  |  |  |
| Strength |  |  |  |
| Aerobic Endurance |  |  |  |
| Speed |  |  |  |
| Muscular Endurance |  |  |  |
| Body Composition |  |  |  |

**Skill Related Fitness**

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| --- | --- | --- | --- |
| **Component of Fitness** | **Test** | **Equipment** | **Brief description how to perform it** |
| Agility |  |  |  |
| Balance |  |  |  |
| Co-ordination |  |  |  |
| Power |  |  |  |
| Reaction Time |  |  |  |