



Components of Fitness - Coordination

Take home worksheet: Complete the answers, relating to 'Coordination'.

1. What is Coordination?

Without looking at the answer below, try to answer the above question.

Answer: Coordination is defined as the body's ability to move two or more body parts with control, smoothly and efficiently. It is extremely important in sports involving hitting objects, for example cricket. It is equally important in athletics, where one would need to coordinate their arms and legs in a triple jump.

2. Name 2 other sports where coordination is particularly important and explain why (see example above).



3. Can you come up with 3 different exercises to practice at home, to improve your coordination? For example; juggling, skipping with a rope, leg swings.

List these exercises below and practice them at home.

4. Can you continue to develop your coordination by attending an Active Tameside holiday camp over February half term or a weekly community session?

<https://www.activetameside.com/activity/holiday-camps/>

Why not try to improve your coordination and have fun at a local Sports club of your choice, please visit

<https://tamesidesportsnetwork.co.uk/>

