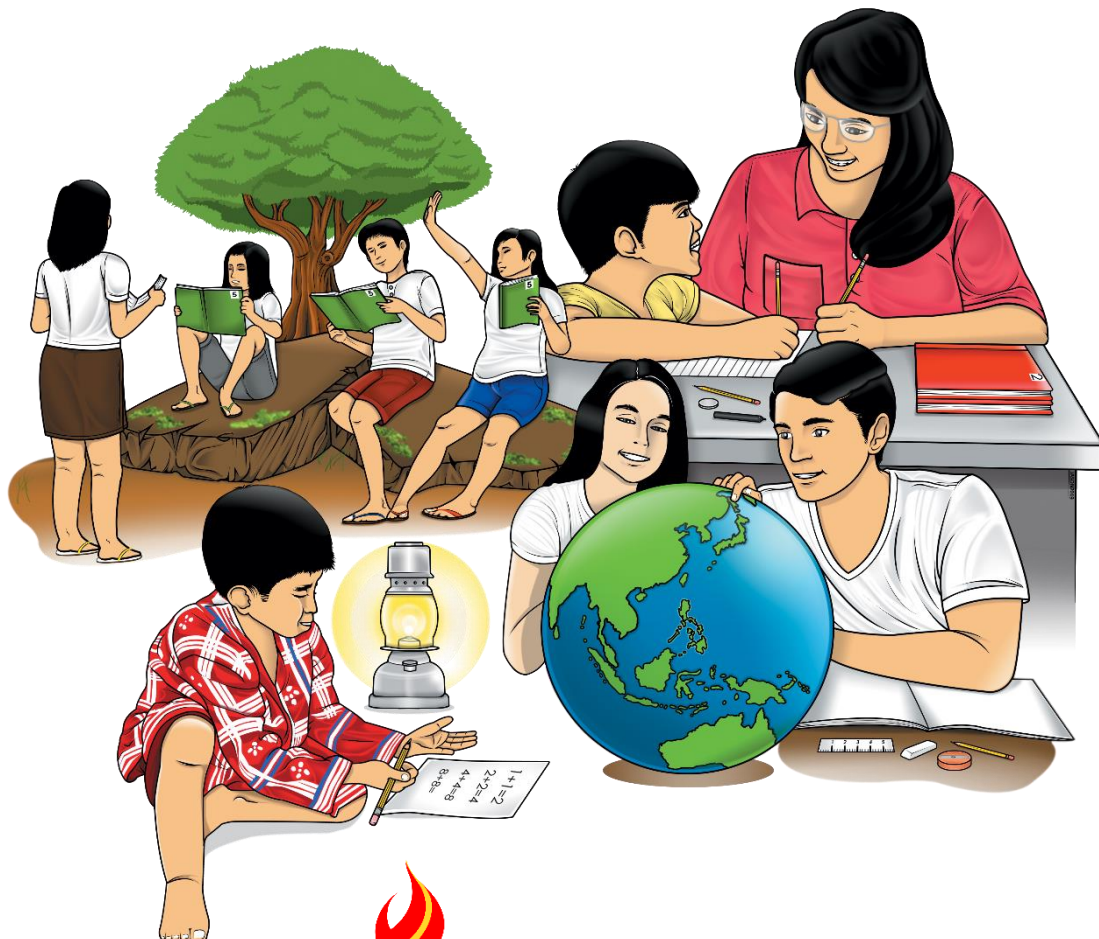


# Health Optimizing Physical Education 1 Quarters 1 and 2 – Module 4: Skill Related Fitness



**Health Optimizing Physical Education 1 (HOPE 1)  
Alternative Delivery Mode  
Quarters 1 and 2 – Module 4: Skill Related Fitness  
First Edition, 2021**

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# **Health Optimizing Physical Education**

## **Quarters 1 and 2 – Module 4: Skill Related Fitness**

## **Introductory Message**

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



## ***What I Need to Know***

This module was designed and written with you in mind. It is here to help you master skill related fitness. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

The module is namely:

- Lesson 1 – Physical Fitness: Skill Related Activity

After going through this module, you are expected to:

1. identify the components of skill-related fitness.
2. perform the six components of Skill-related fitness activity: and
3. appreciate the importance of skill related fitness through your well- being



## ***What I Know***

Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. What is the skill related fitness used to knock out opponent with a strong punch in boxing?  
A. Agility  
B. Balance  
C. Coordination  
D. Power
2. What is the skill related fitness manifested when you run 100-meter dash?  
A. Coordination  
B. Power  
C. Speed  
D. Reaction Time
3. Which type of person most likely possesses high skill-related fitness?  
A. Businessman  
B. Chess player  
C. Engineer  
D. Gymnast
4. What is the skill related fitness that manifests when a gymnast executes tumbling without falling to the mat?  
A. Agility  
B. Balance  
C. Coordination  
D. Reaction time
5. Which is the best example of executing reaction time?  
A. Blocking a punch  
B. Lifting a chair  
C. Pick a piece of paper  
D. Running
6. What is the ability to change and control the direction and position of the body while maintaining a constant, rapid motion?  
A. Agility  
B. Balance  
C. Coordination  
D. Power
7. What is the ability to reach or respond quickly to what you hear, see, or feel?  
A. Coordination  
B. Power  
C. Speed  
D. Reaction time
8. What is the ability to move the body parts swiftly while applying the maximum force of the muscles?  
A. Coordination  
B. Power  
C. Speed  
D. Reaction time

9. What is the ability to control or stabilize the body when a person is standing still or moving?
- A. Agility
  - B. Balance
  - C. Coordination
  - D. Reaction time
10. What is the ability to use the senses together with body parts during movement?
- A. Agility
  - B. Balance
  - C. Coordination
  - D. Reaction time
11. What is the ability to move your body or parts of your body swiftly in one direction?
- A. Agility
  - B. Balance
  - C. Coordination
  - D. Speed
12. What is the best activity that measure speed?
- A. 100 meters dash
  - B. 200 meters dash
  - C. 400 meters dash
  - D. 800 meters dash
13. What is the best activity that measure power and can easily be measured?
- A. Boxing
  - B. Shot put
  - C. Swimming
  - D. Taekwondo
14. What is the best example of coordination?
- A. Archery
  - B. Chess
  - C. Eating
  - D. Reading books
15. What is the best physical activity that can develop balance?
- A. Cooking
  - B. Fetching water
  - C. Serving the food
  - D. Walking while a book is on top of the head

## Lesson

# 1

## Skill Related Fitness

Skill-related physical fitness consists of those components of fitness that have a relationship with enhanced performance in athletic activities. Skill-related fitness increases one's ability to perform in various activities and only have an indirect connection with health.

The skill-related components of fitness are agility, balance, coordination, power, speed, and reaction time though some people feel that other abilities such as spatial awareness should be included. It is assumed that children who possess high skill-related fitness will be more likely to participate in a variety of activities and for this reason will also exemplify a high standard of health-related fitness.

Skill-related fitness components are assessed with several different tests. Such components as reaction time and speed are considered by some to be more related to heredity than healthy lifestyles, especially in young people.



### *What's In*

#### **Let us review your lesson about Fitness Plan**

Multiple Choice. Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. What is the most important role in setting goal in making a fitness plan?
  - A. establish a frequency of 2 to 3 times per week to exercise
  - B. establish a vigorous intensity work out to see the result right away
  - C. establish goals that can be achieved in a very short time
  - D. establish realistic ones
2. What is the purpose of the cooling down exercise?
  - A. allow the body to gradual transition in a near-resting state
  - B. elevate blood pressure and increase blood flow
  - C. increase heart rate and breathing rate
  - D. prepare the muscle for intense activity



3. What principle do you used when doing a physical activity and you're not able to say more than a few words without pausing for a breath?
- A. overload principle
  - B. progression principle
  - C. vigorous intensity
  - D. warm-up exercise
4. What kind of exercises is the following weight lifting, push-ups and crunches, working your muscles by using dumbbell or your own body weight?
- A. Aerobic exercise
  - B. Circuit training
  - C. Resistance training
  - D. Stretching exercise
5. Which of the following refers to stretching with movement? It is when the body transitions gradually into a position and this movement is repeated as you increase your reach and range of motion.
- A. Active Stretching
  - B. Dynamic Stretching
  - C. Passive Stretching
  - D. Static Stretching



## What's New

Directions: Classify the following activities according to skill related fitness. Choose your answer from the text box. Write your answer in a separate sheet.

A. Agility	C. Balance	E. Coordination
B. Speed	D. Power	F. Reaction Time

- |                                  |                                 |
|----------------------------------|---------------------------------|
| 1. Walking in the hanging bridge | 6. Shooting the ball            |
| 2. Ironing the clothes           | 1. Carrying basket on head      |
| 3. Throwing the ball             | 2. Catching a falling fruit     |
| 4. Running                       | 3. Chasing a cross court shot   |
| 5. Avoid fast approaching car    | 10. Knock outting your opponent |



## What is It

**Fitness** is a condition in which an individual has sufficient energy to avoid fatigue and enjoy life.

**Skill- or performance-related fitness** involves skills that will enhance one's performance in athletic or sports events.

There are six skill-related fitness components: agility, balance, coordination, speed, power, and reaction time. Skilled athletes typically excel in all six areas.



1. **Agility** is the ability to change and control the direction and position of the body while maintaining a constant, rapid motion. For example: changing directions to hit a tennis ball or making a cross over move in basketball.



2. **Balance** is the ability to control or stabilize the body when a person is standing still or moving. For example: skateboarding or most of the event in gymnastic like the ring.



3. **Coordination** is the ability to use the senses together with body parts during movement.

For example: dribbling a basketball

Using hands and eyes together is called hand-eye coordination or performing anyo (Arnis)- is the application of all styles learned throughout one's training, and is performed with a specific weapon (i.e., cane, dagger, hands) to show the flow of that form.



4. **Speed** is the ability to move your body or parts of your body swiftly in one direction. In sports, players rely on speed to gain advantage over your opponents.

For example: a basketball player making a fast break to perform a lay-up, a tennis player moving forward to get to a drop shot, a football player out running the defense to receive a pass



5. **Power** is the ability to move the body parts swiftly while applying the maximum force of the muscles.

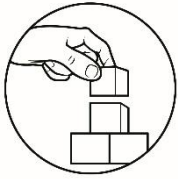
Power is a combination of both speed and muscular strength.

For example: punching in boxing, kicking for taekwondo or rowing.



6. **Reaction Time** is the ability to reach or respond quickly to what you hear, see, or feel.

For example, an athlete quickly runs when he hears the starting gun, stealing a base in baseball or blocking a punch or a kick.



## What's More

### Perform the Six Components of Skill-Related Fitness Activity

The purpose of this activity is to help you gain understanding of what happens to your heart rate when you perform activities to develop the six components of skill-related fitness. Perform each activity as fast and as many times as you can for 30 seconds. Use your heart rate monitor and record your heart rate before and immediately after the activity.

Also, take note if you were breathless or panting at the end of an activity. Between each exercise, walk slowly and allow your heart rate to go below 125 if possible.

In case your heart rate is over 125 at the end of an exercise, record how long it takes to get below 125.

Activity	Time	Component of Skill-Related Fitness	Heart Rate Before	Heart Rate After	Breathing Notes	Time to Get Heart Rate Below 120 BPM
<b>1. Obstacle Drill</b> (Run through tires plastic bottles, chairs or family members in single file)	30 seconds					
<b>2. Balance at Three Levels</b> Use blocks or stairs. Balance with one leg. Move to a low level and balance (10 seconds). Move to a medium level and balance (10 seconds). Move to a high level and balance (10 seconds).	30 seconds					
<b>3. Pass it to Me</b> Work with someone at home, ask to throw the ball or anything to be thrown in multiple directions and catch it.	30 seconds					

<b>Activity</b>	<b>Time</b>	<b>Component of Skill-Related Fitness</b>	<b>Heart Rate Before</b>	<b>Heart Rate After</b>	<b>Breathing Notes</b>	<b>Time to Get Heart Rate Below 120 BPM</b>
<p><b>4. Tap Me Please</b> Perform short sprints towards your partner, as soon as you finish one sprint, sprint back to the starting line. Repeat for allotted period.</p>	30 seconds					
<p><b>5. Jump Over Me</b> Perform jumps toward someone or something (You may vary the height depends on your ability). Repeat for allotted period.</p>	30 seconds					
<p><b>6. Grab Me First</b> Work with a partner. Both in push-up position facing each other with a cap placed between the two of you. See who can grab the cap the fastest.</p>	30 seconds					

**Breathing notes:** slow, normal, fast, deep or difficulty breathing



## ***What I Have Learned***

1. In what activities did your heart rate reach above 180? Why do you think it occurred?

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2. In what activities did your heart rate reach from 150 to 180? Why do you think that occurred?

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3. In which activities did you feel winded or out of breath? Why do you think it happened?

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4. In what activities did your heart rate remain below 125? Why do you think it occurred?

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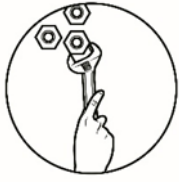
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## ***What I Can Do***

1. Why do athletes or athletic individuals need skill-related fitness?

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2. Can others, besides athletes, benefit from skill-related fitness? Why?

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3. Do you think that skill-related fitness could also be a health-related fitness component? Explain

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4. How will you benefit from having a strong or healthy skill-related fitness? Explain

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5. How might developing a strong or healthy skill-related fitness, affect the way you perform household chores and other physical activities? Explain

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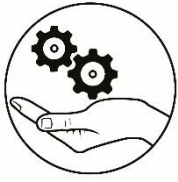
## **Assessment**

Multiple Choice. Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. What is the skill related fitness manifested in chasing the escaping dog.
  - A. Agility
  - B. Balance
  - C. Coordination
  - D. Speed
2. Hitting the bull's eye in playing dart game, is a great example of what skill-related fitness?
  - A. Coordination
  - B. Power
  - C. Speed
  - D. Reaction time
3. What is the skill related fitness that helps you to jump over the hurdles?
  - A. Coordination
  - B. Power
  - C. Speed
  - D. Reaction time
4. Which of the following is the best example of reaction time?
  - A. Blocking a fast and strong kick
  - B. Crossing the streets
  - C. Hitting the target
  - D. Walking in the balance beam
5. In which sporting event is agility often manifested?
  - A. Archery
  - B. Badminton
  - C. Chess
  - D. Rowing
6. In the critical part of a basketball game, John skillfully dribbles the ball with one hand and protects it from opponents trying to steal it with his other hand. At the same time, he eyes the ring as he prepares to shoot. What ability does John manifest?
  - A. Agility
  - B. Balance
  - C. Coordination
  - D. Power
7. Memvie was walking with is boyfriend when someone threw a stone at them. She quickly pushed her boyfriend to prevent the stone from hitting him. What skill related fitness did she exhibit?
  - A. Balance
  - B. Coordination
  - C. Speed
  - D. Reaction time



8. Shekinah wants to be an Olympic gold medalist in gymnastics. What skill related fitness should she master to perform difficult stunts while keeping in the state of equilibrium?
- A. Agility
  - B. Balance
  - C. Coordination
  - D. Reaction time
9. Emil makes a strong smash in badminton that no one can easily return his shots. What skill related fitness is dominant in his shot?
- A. Coordination
  - B. Power
  - C. Speed
  - D. Reaction time
10. What is the secret of Lydia De Vega in sprinting to win the 100 m dash and call as the fastest Asia's women in 1980?
- A. Coordination
  - B. Power
  - C. Speed
  - D. Reaction time
11. Mamiit hit a forehand cross-court shot. What will be the key factor to consider in returning the ball successfully to his court?
- A. Agility
  - B. Balance
  - C. Coordination
  - D. Power
12. What skilled related fitness Glenn measured by Stork balance test?
- A. Agility
  - B. Balance
  - C. Coordination
  - D. Reaction time
13. Which simple exercise develops your upper body muscular power?
- A. Jog in place
  - B. Jumping jack
  - C. Push up
  - D. Stretching
14. Which skill related fitness you developed when shooting a basketball?
- A. Agility
  - B. Balance
  - C. Coordination
  - D. Reaction time
15. Which daily activity can improve your balance?
- A. Cleaning the house
  - B. Playing basketball with friends
  - C. Throwing garbage in the trash can
  - D. Walking in uneven or slippery surface

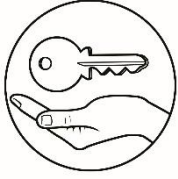


## ***Additional Activities***

### **My Skill Related Fitness Plan**

Direction: Using the chart below, list down activities that you can do every day to improve your skill related fitness.

Days	Physical Activity or Exercise	Skill Related Fitness developed
Monday	1. 2. 3. 4.	
Tuesday	1. 2. 3. 4.	
Wednesday	1. 2. 3. 4.	
Thursday	1. 2. 3. 4.	
Friday	1. 2. 3. 4.	
Saturday	1. 2. 3. 4.	
Sunday	1. 2. 3. 4.	



# Answer Key

**What I Know**

1.D 9.B  
2.C 10.C  
3.D 11.D  
4.B 12.C  
5.A 13.B  
6.A 14.A  
7.D 15.D  
8.B

**What's In**

1.D  
2.A  
3.C  
4.C  
5.B

**What's New**

1.C 6.E  
2.E 7.C  
3.D 8.F  
4.B 9.A  
5.F 10.D

**What's More**

1.	Agility	100	130	Breathless	15
2.	Balance	110	125	Breathless	10
3.	Balance	90	127	Breathless	8
4.	Reaction time	105	132	Painting	17
5.	Coordination	112	135	Painting	20
6.	Speed	115	160	Painting	23
7.	Agility	117	140	Painting	25
8.	Power	120	165	Breathless	27
9.	Power	118	170	breathless	21

**What I have Learned**

1. Almost all because I have sedentary lifestyle.  
2. 6, 8 and 9 I considered as top three hardest activities  
3. All because I am not physically ready.  
4. 6 because running is the hardest activity.

**What Can I Do?**

1. All is need by an athlete to win.  
2. Yes because it is making you healthy and strong.  
3. Yes because health related fitness serves as fuel to skill related fitness.  
4. I can easily to my task at home or school.  
5. It eliminate stress and boost my

**Assessment**

1. D  
2. A  
3. B  
4. A  
5. B  
6. C  
7. D  
8. B  
9. B  
10.C  
11.A  
12.B  
13.C  
14.C  
15.D

<b>Additional Activities</b>		
Days	Physical Activities Or Exercise	Skill Related Fitness
Monday	1. Shooting the ball 2. Squatting 3. Push up 4. Side to side drill	1. Coordination 2. Leg power 3. Arm power 4. Agility
Tuesday	1. One leg knee bending 2. Bouncing the ball and catching by the other hand 3. Chasing the dog 4. Running 5 meters (5 times)	1. Balance 2. Reaction time 3. Speed 4. Speed
Wednesday	1. Walking the stair 2. Playing jengga 3. Fetching water 4. Sweeping the floor	1. Balance 2. Coordination 3. Power 4. Agility
Thursday	1. Running through an obstacle 2. Reaching the floor with one leg 3. Drop and catch 4. Standing balance with ball tosses	1. Agility 2. Balance 3. Reaction time 4. Eye and hand coordination
Friday	1. Burpee 2. Jumping jack 3. Shadow boxing 4. Imaginary blocking	1. Speed 2. Speed 3. Power 4. Reaction time
Saturday	1. Plunking 2. Contralateral and ipsilateral marching 3. Arm Sequence with Lifted Heels 4. Crossing the street	1. Power 2. Hand and foot coordination 3. Balance 4. Reaction time
Sunday	1. Tighrope walk 2. Reaction Side Squats 3. Side to side knee raise 4. Speed ladder	1. Balance 2. Reaction time 3. Agility 4. Speed

## ***References***

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