

Select 5 different sports performers and write a paragraph about how they use the components of health and skill highlighted on the card. E.g. Ronaldo needs high levels of speed when sprinting down the pitch for the ball or when trying to beat opponents.

Cristiano Ronaldo

Chris Robshaw

|  |  |
| --- | --- |
| Power  Agility  Balance  Co-ordination  Speed Reaction Time | 95  71  69  87  52  53 |

|  |  |
| --- | --- |
| Power  Agility  Balance  Co-ordination  Speed Reaction Time | 84  93  91  94  96  89 |

|  |  |
| --- | --- |
| Power  Agility  Balance  Co-ordination  Speed Reaction Time | 84  93  89  96  83  87 |



Alastair Cook

*Andy Murray*

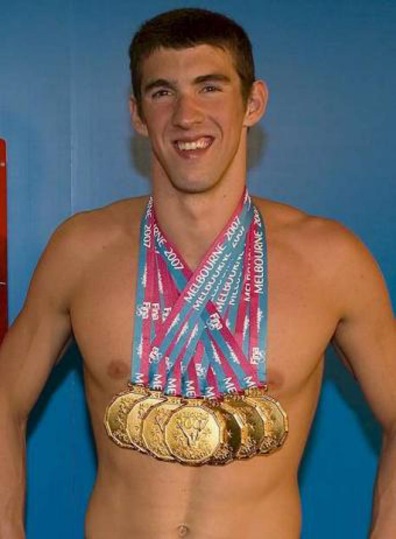
|  |  |
| --- | --- |
| Power  Agility  Balance  Co-ordination  Speed Reaction Time | 81  48  73  90  56  76 |

|  |  |
| --- | --- |
| Power  Agility  Balance  Co-ordination  Speed Reaction Time | 89  60  47  88  74  81 |

|  |  |
| --- | --- |
| Power  Agility  Balance  Co-ordination  Speed Reaction Time | 86  41  47  54  99  78 |

|  |  |
| --- | --- |
| Power  Agility  Balance  Co-ordination  Speed Reaction Time | 94  32  73  79  48  45 |

|  |  |
| --- | --- |
| Power  Agility  Balance  Co-ordination  Speed Reaction Time | 81  38  81  93  83  53 |



Michael Phelps

Usain Bolt



Tiger Woods

Sir Steve Redgrave

|  |  |
| --- | --- |
| Power  Agility  Balance  Co-ordination  Speed Reaction Time | 74  85  80  78  71  78 |

|  |  |
| --- | --- |
| Power  Agility  Balance  Co-ordination  Speed Reaction Time | 91  77  68  51  84  62 |

|  |  |
| --- | --- |
| Power  Agility  Balance  Co-ordination  Speed Reaction Time | 81  96  94  85  48  43 |

|  |  |
| --- | --- |
| Power  Agility  Balance  Co-ordination  Speed Reaction Time | 82  64  61  83  79  63 |



Phillips Idowu

Brodie Smith



Beth Tweddle

Manu Tuilagi



Laura Trott

Kobe Bryant

|  |  |
| --- | --- |
| Power  Agility  Balance  Co-ordination  Speed  Reaction Time | 94  53  83  80  75  75 |

|  |  |
| --- | --- |
| Power  Agility  Balance  Co-ordination  Speed  Reaction Time | 86  87  96  93  79  76 |



Mo Farah

Lionel Messi

|  |  |
| --- | --- |
| Power  Agility  Balance  Co-ordination  Speed  Reaction Time | 61  37  65  54  61  32 |

|  |  |
| --- | --- |
| Power  Agility  Balance  Co-ordination  Speed  Reaction Time | 65  91  91  84  89  81 |



Dame Kelly Holmes

Bradley Wiggins

|  |  |
| --- | --- |
| Power  Agility  Balance  Co-ordination  Speed  Reaction Time | 88  37  40  52  78  41 |

|  |  |
| --- | --- |
| Power  Agility  Balance  Co-ordination  Speed  Reaction Time | 78  63  51  57  85  64 |



|  |  |
| --- | --- |
| Power  Agility  Balance  Co-ordination  Speed  Reaction Time | 83  95  90  85  80  84 |

Maria Sharapova

LeBron James

|  |  |
| --- | --- |
| Power  Agility  Balance  Co-ordination  Speed  Reaction Time | 73  75  87  83  66  79 |



Serena Williams

*Roger Federer*

|  |  |
| --- | --- |
| Power  Agility  Balance  Co-ordination  Speed  Reaction Time | 86  84  91  90  81  86 |

|  |  |
| --- | --- |
| Power  Agility  Balance  Co-ordination  Speed  Reaction Time | 82  83  80  85  82  73 |



Muhammad Ali

Floyd Mayweather Jr.

|  |  |
| --- | --- |
| Power  Agility  Balance  Co-ordination  Speed  Reaction Time | 88  81  74  87  79  87 |

|  |  |
| --- | --- |
| Power  Agility  Balance  Co-ordination  Speed  Reaction Time | 98  96  95  99  94  97 |



Lewis Hamilton

Phil Taylor

|  |  |
| --- | --- |
| Power  Agility  Balance  Co-ordination  Speed  Reaction Time | 74  54  61  90  72  93 |

|  |  |
| --- | --- |
| Power  Agility  Balance  Co-ordination  Speed  Reaction Time | 32  12  51  86  28  43 |





Jessica Ennis

Tom Daley

|  |  |
| --- | --- |
| Power  Agility  Balance  Co-ordination  Speed  Reaction Time | 69  74  81  88  57  62 |

|  |  |
| --- | --- |
| Power  Agility  Balance  Co-ordination  Speed  Reaction Time | 88  81  74  87  79  87 |