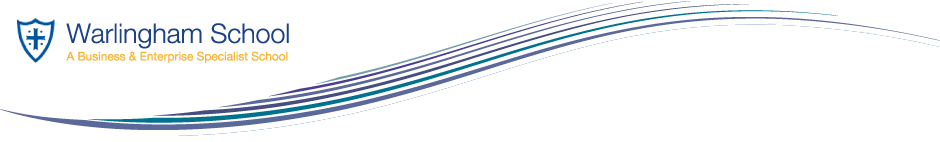
[](http://www.warlinghamschool.co.uk/)

**GCSE Homework**

**Health related and Skill Related fitness Components.**

**Scenario**

Cut out a photo of yourself or a sporting hero. Please label with explanation the (3) health related fitness components and (3) skill related fitness components describing how they are relevant to your sport. (6)

Due Date: