



# What is Fitness? Starter Resource

The athletes pictured below are all elite performers with a high level of fitness.



**Grace Reid**  
Diving



**Ardie Savea**  
Rugby Player



**Alex Yee**  
Triathlete



**Chen Lijun**  
Weightlifter



**Jade Jones**  
Taekwondo Athlete

**Which component of fitness is most important for each performer? In your opinion, which athlete has the highest level of fitness and why?**

**Consider each of the components of fitness within your answers:**

Power

Agility

Flexibility

Cardiovascular  
Fitness

Strength

Muscular  
Endurance

Coordination

Balance

Reaction Time

Speed