Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Technical demands of Rounders**

Choose 4 of the following components of physical fitness. Describe them and describe their relevance to badminton by using examples in that sport:

* Aerobic endurance,
* Muscular endurance
* Flexibility
* Speed
* Muscular strength
* Body composition

Movement in rounders:

Communication in rounders:

Use of equipment in rounders:

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Technical demands of Badminton**

Choose 4 of the following components of physical fitness. Describe them and describe their relevance to badminton by using examples in that sport:

* Aerobic endurance,
* Muscular endurance
* Flexibility
* Speed
* Muscular strength
* Body composition

Movement in badminton:

Communication in badminton:

Use of equipment in badminton: