**Physical Education: Skills Fitness Unit**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Day:\_\_\_\_ Period:\_\_\_\_\_\_ Teacher:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Define each term *and* give an example of each:**

Isometric exercise

Isotonic exercise

Antagonistic Muscle contractions

Eccentric muscle contraction

Concentric muscle contraction

Static Stretching

Dynamic Stretching

Recovery Time

Compound Exercise

Isolation Exercise

Power

Agility

Balance

Coordination

Speed

Reaction Time