

B	I	N	G	O
Timing	Agility	Fitness	Sit and reach test	Muscular endurance
Cooper 12 minute run	Strength	Reaction time	Balance	Static strength
Cardiovascular endurance	Inherent	FREE	Movement time	Speed
Multi - stage fitness test	Simple reaction time	Hand grip dynamometer	Muscular strength	Flexibility
Co-ordination	Components	Power	Dynamic strength	Ruler drop test

B	I	N	G	O
Vertical jump	Skill-related	Simple reaction time	Reaction time	Speed
Co-ordination	Components	Ruler drop test	Muscular strength	Cooper 12 minute run
Power	Balance	FREE	Inherent	Agility
Muscular endurance	Timing	choice reaction time	Dynamic strength	Cardiovascular endurance
Sit and reach test	Explosive strength	Movement time	Fitness	Hand grip dynamometer

B	I	N	G	O
Power	Cooper 12 minute run	Simple reaction time	Ruler drop test	Explosive strength
Balance	choice reaction time	Fitness	Vertical jump	Synchronise
Dynamic strength	Speed	FREE	Multi - stage fitness test	Sit and reach test
Agility	Components	Muscular strength	Movement time	Illinois agility test
Timing	Cardiovascular endurance	Static strength	Co-ordination	Strength