

B	I	N	G	O
Timing	Agility	100m sprinter	Fitness	Simple reaction time
Multi - stage fitness test	Cooper 12 minute run	Strength	Power	Static strength
Cardiovascular endurance	Illinois agility test	FREE	Components	Inherent
Skill-related	Movement time	Ruler drop test	Speed	Gymnastics
Flexibility	Muscular endurance	Co-ordination	Muscular strength	Balance

B	I	N	G	O
Static strength	Co-ordination	Sit and reach test	Illinois agility test	Cardiovascular endurance
Inherent	Strength	Agility	Timing	Power
Simple reaction time	Muscular endurance	FREE	Balance	Muscular strength
Cooper 12 minute run	Fitness	Reaction time	Vertical jump	Skill-related
Components	Ruler drop test	100m sprinter	Multi - stage fitness test	Synchronise

B	I	N	G	O
Co-ordination	choice reaction time	Vertical jump	Cooper 12 minute run	Balance
Sit and reach test	Power	Explosive strength	Agility	Timing
Multi - stage fitness test	Components	FREE	Simple reaction time	Inherent
Fitness	Muscular strength	Illinois agility test	Flexibility	Ruler drop test
Synchronise	Dynamic strength	Skill-related	Movement time	100m sprinter