**Analysis: Guided draft**

Table 1: The table below shows the rank order for each component of fitness required for my activity.

|  |  |
| --- | --- |
| **Component of Fitness** | **Rank Order**  **(1 most important, 10 least important)** |
| Cardiovascular endurance |  |
| Muscular endurance |  |
| Speed |  |
| Strength |  |
| Power |  |
| Flexibility |  |
| Agility |  |
| Balance |  |
| Co- ordination |  |
| Reaction time |  |

**Cardiovascular endurance (paragraph template)**

I have ranked \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_/ 10 overall for its relevance to \_\_\_\_\_\_\_\_\_\_ in order to be successful.

Cardiovascular fitness is defined as…

In \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ cardiovascular fitness is important to be successful because…

\*Specifically, as a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is important because…

\*\*

However, cardiovascular endurance would not be needed when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ because…