Circuit design

*Name of station:*

*Component of physical fitness:*

*Component of skill related fitness if develops:*

*Name of station:*

*Component of physical fitness:*

*Component of skill related fitness if develops:*

*Name of station:*

*Component of physical fitness:*

*Component of skill related fitness if develops:*

*Name of station:*

*Component of physical fitness:*

*Component of skill related fitness if develops:*

*Name of station:*

*Component of physical fitness:*

*Component of skill related fitness if develops:*

*Name of station:*

*Component of physical fitness:*

*Component of skill related fitness if develops:*