**Poster Creation**

You will be creating a *Poster* for one of the Health Related Fitness Components. This poster will be used to explain the importance of this particular component and hung in the hallway.

Below you will find the information necessary for the assignment. You may use supplies from the P.E. Office to make your poster colorful and decorative. Once the poster is completed, please turn it in to your teacher.

* The Health Related Fitness Component
* Definition of the component
* Benefits of the component (at least 3)
* Two FitnessGram Assessments that are used to assess this particular component and the directions on how to appropriately complete these assessments.
* Illnesses/Diseases prevented by this component

