BASIC PHYSICAL ABILITIES.

There are four basic physical qualities or abilities (BPA): **Strength, Resistance, Speed and Flexibility**.

All are very important and are involved in games and sports, albeit in different ways depending on the activity.

**Strength** is the ability to overcome resistance. We can develop it with fighting games, thrusts, pushing, pulling objects, climbing, throwing balls, etc ...

**Speed** is the physical capacity that allows us to perform movements and displacements in the shortest time possible. We can develop games and exercises where we run as much as we can for a short period of time.

**Resistance** is the body’s ability to exercise for a long time. We can develop this with games, sports or exercising for a long time but at a gentle pace.
**Flexibility** is the ability to make broad gestures. We develop specific exercises.

All of our food depends on the type of muscle fibers, age, sex, training, muscle temperature, etc. At your age, girls’ BPA are more developed than boys.