



**Year 10 HRF: Lesson 1 – Baseline level of fitness**

**Big Question**

Why is it important to establish a baseline level of fitness?

**Warm Up**

<p><b>Notes</b></p> <p>Complete 1-2 sets of the warm-up circuit</p>	<p><b>1a Jog on the Spot 1 min</b></p>  <p>Easy light aerobic activity.</p>	<p><b>1d Arm Swings 8-10</b></p>  <p>For each exercise swing arms in a controlled manner.</p>	<p><b>1e Donkey Kick 12/Leg</b></p>  <p>From a kneeling position, extend leg and return to start position. Repeat.</p>
<p><b>1b Jumping Jacks 20-30</b></p>  <p>Jump in the air, spread feet and swing arms out, then back to the start position.</p>	<p><b>1c Hip Movement 5-8/Leg</b></p>  <p>Perform each movement variation 5-8 times. Hold for 2 sec. Stand tall.</p>	<p><b>1f Clam 20/Leg</b></p>  <p>Lift the leg pivoting about the hip and heels.</p>	<p><b>1g Squat and Sumo Squat 5-8/Each</b></p>  <p>Stop the descent if heels raise, knees turn inwards, or neutral spine is lost.</p>

**Fitness testing**

Why do we need to baseline test?  
 What information would that give you?  
 How would that help us when completing a fitness programme?  
 Fitness testing is really important as it gives an idea of an athlete's strengths and areas for development. Training can then be personalised to help develop specific areas. After a set period of time (6 weeks) the tests that measure the areas that have been worked on can be conducted again and performance can again be measured. Hopefully showing an improvement.

<https://www.sirjamesmiths.cornwall.sch.uk/Teaching--Learning/PE/BTEC%20Sport%20Exam%20Unit%201.pdf>



**Activity 1 – Testing**

Read page 19 of the above attachment. Complete the tests below and record your results.

**Upper Body Muscular Endurance (Push-Up Test)**

**Note:** Stop the test if you experience any pain or discomfort.

- Assume a push-up position with the hands flat on the floor shoulder-width apart, point your fingers forward, and maintain a straight line from your shoulders to your heels.
- Lower yourself until the backs of the upper arms are parallel to the floor and rise until the arms are straight.
- Record the number of push-ups completed without stopping.



**Lower Body Muscular Endurance (Squat Test)**

**Note:** Stop the test if you experience any pain or discomfort.

- From a standing position, descend until the top part of the thigh is parallel to the ground.
- Stop the descent if heels raise, knees turn inwards, or neutral spine is lost.
- Lower for a count of 2 seconds, pause for one second at the bottom, and return to the start position for a count of 2.
- Record the number of squats completed without stopping.
- Only squats completed correctly should be counted - reference the Squat Technique section for additional information.



**Core Endurance (Plank Test)**

**Note:** Stop the test if you experience any pain or discomfort.

- Support yourself with the forearms and toes.
- Hold this position and maintain a straight line from your shoulders to your heels.
- Keep the feet together and the shoulders positioned directly above the elbows.
- Maintain the position until you can no longer keep a straight body position.
- Time and record your performance in seconds.





**Activity 2 – Cool down.** Jog on the spot for 1 minute and complete each stretch for 20-30secs.

<p><b>1a</b> Stretch to the Sky</p>  <p>Stretch to the sky.</p>	<p><b>1b</b> Pec Stretch</p>  <p>Perform stretches.</p>	<p><b>1c</b> Hip Flexor</p>  <p>Step forward slightly with the right leg. Raise the left arm to the sky to intensify stretch.</p>	<p><b>1f</b> Lat Stretch</p>  <p>Maintain a neutral spine.</p>
<p><b>1c</b> Quad Stretch</p>  <p>Stand tall and bring heel to butt.</p>	<p><b>1d</b> Hamstring Stretch</p>  <p>Flex of the hips keeping a neutral spine.</p>	<p><b>1g</b> Groin Stretch</p>  <p>Place the bottoms of the feet together and pull heels towards the body.</p>	<p><b>1h</b> Glut Stretch</p>  <p>Bring leg across the body and hug the thigh.</p>

**Activity 3 – Plenary**

Make sure you record your scores for the 3 tests you completed. How well did you perform in these tests? Did you work to the best of your ability or could you have pushed yourself harder?

**Follow it up**

Read the remainder of the pages from the above website and make sure you are aware of the other fitness tests that exist and what each of them tests.

**Get inspired**

Have a look at YouTube and see what fitness tests you can find that are suitable and the you might be able to conduct at home.