



Year 10 HRF: Lesson 6 – Evaluation

Big Question

Have my levels of fitness improved through training?

Warm Up

Using the warm-ups that you have used throughout this unit of work produce your own warm up. You will need to include 8 different exercises with the aim of completing each twice.

Activity 1 – Repeat baseline assessment

Redo the below tests to see if you have improved on your original baseline score

Lower Body Muscular Endurance (Squat Test)

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

- a. From a standing position, descend until the top part of the thigh is parallel to the ground.
b. Stop the descent if heels raise, knees turn inwards, or neutral spine is lost.
c. 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.
d. Record the number of squats completed without stopping.
e. Only squats completed correctly should be counted - reference the Squat Technique section for additional information.



Upper Body Muscular Endurance (Push-Up Test)

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

- a. 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.
b. Lower yourself until the backs of the upper arms are parallel to the floor and rise until the arms are straight.
c. Record the number of push-ups completed without stopping.



Core Endurance (Plank Test)

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

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



The initial fitness check must be performed at least 48 hours prior to commencing the first week of the BTS.

Activity 2 – Self designed session

Using the exercises that you have done throughout this unit of work produce your own session that contains 6 different moves. Repeat the circuit twice with a 15-30 second rest in between each.

Activity 3- Cool down

Jog on the spot 1 min and hold each stretch for 1-2 X 20-30 sec

CD 2

Grid of stretch illustrations: 1a Stretch to the Sky, 1b Pec Stretch, 1c Pike, 1f Hamstring, 1c Hip Flexor, 1d Quad Stretch, 1g Hamstring, 1h Groin Stretch. Each includes a photo and brief instructions.

Activity 3 – Plenary

Why have/haven't you improved on your baseline test results? Was your training session appropriate and challenging for your level of fitness? If you were to complete this again what would you change and why?

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