



Year 9 HRF: Lesson 1+2 – Fitness testing

Big Question

Why do we need fitness testing?

Warm Up

Perform your own warm-up for 5min. Check the link below to see if your warm-up contained all the essential stages.

What are the three components of a warm-up?

<https://www.bbc.co.uk/bitesize/guides/z8634j6/revision/4>

If there was anything missing have another go, make sure you include everything.



Fitness testing

Why do we need fitness testing?

What can you do with the information?

When would you complete a fitness test?

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 – Different fitness tests

Read the above attachment from page 19 onwards. Make sure you understand what each of the fitness tests is, how it is conducted and what it measures. Look at the advantages and disadvantages of each. (This is important stuff if you are thinking of taking sport as an option).

Activity 2 – Testing

Which of these tests can you conduct at home? As a minimum you should be able to perform the 1 minute press up test and 1 minute sit up test. Perform these tests and record your results. How did you do?

Activity 3 – Plenary

Complete the tackling the exam tasks at the bottom of the document.

Follow it up

Find a piece of paper and brainstorm everything you have just learnt.

Get inspired

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