



Year 7 Fitness: Lesson 6– Measuring Fitness levels

Big Question

How can we measure our fitness levels in different areas?

Safety

Before doing fitness tests you must make sure they are safe and any equipment you use will not cause damage.

Watch the video to show the types of safety checks that are needed for a vertical jump test

<https://www.youtube.com/watch?v=xgaCq8KtMUQ>

Theory

Fitness testing is important because it helps inform about levels of fitness in different areas and identifies areas you may need to work on.

Professional Footballers use fitness testing to help identify what to work on in training.

This is an example of how Everton players use fitness tests.

<https://www.youtube.com/watch?v=bRTFCQ3ruog>



Activity 1 – Power Test – Standing jump

You need a partner and a ruler or tape measure.

You stand on a line, then crouches down and using the arms and legs jumps horizontally as far as possible landing with both feet. Your partner measures and records the distance from the start line to the back of your heel. You then have two further goes and record your best score.

Activity 2 – Co-ordination test – Tennis Ball throw

You need a tennis ball and a stopwatch or timer on your phone and a partner to time you.

Stand two metres away from a wall. You then throw a tennis ball with their right hand against the wall and catch it with your left hand, then throw the ball with the left hand and catch it with the right hand. You repeat this cycle of throwing and catching for 30 seconds and see how many you can do. See table at the end of the page for a comparison.

Activity 3 — Aerobic Endurance/stamina - 12 minute run

You need a phone or stopwatch, a partner and an open space.

If you can approximately measure a course fine, if not just use a course which you can remember how many laps you have completed. The idea is to run as far as you can in 12 minutes. Keep a steady pace if you can. When you have done some fitness work in the following lessons then do this test again to see if you have improved your distance.

Average Scores for Power test, compare to how you did.

Excellent	Above average	Average	Below average	Poor	
14	> 2.11m	2.11 - 1.96m	1.95 - 1.85m	1.84 - 1.68m	<1.68m

Scores for the Co-ordination Test – see how you did.

Excellent	Above Average	Average	Below Average	Poor
Above 30	20-30	16-20	5-15	0-5

Scores for the 12 minute run.

Excellent	Above Average	Average	Below Average	Poor
>2700m	2400-2700m	2200-2399m	2100-2199m	<2100m