



## Year 8 Health Related Fitness: Lesson 1 – Fitness Testing

### Big Question

Why is fitness testing important and how can we test fitness at home?

### 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>

Fitness tests are important because they give key information and benefits:

- To highlight the strengths and weakness of an athlete enabling a training program to be devised which addresses the findings
- To evaluate a training program, to see if it is helping the athlete in achieving set goals
- To measure fitness levels following injury, illness or following the offseason
- To assist in setting goals
- To aid motivation to keep fit

### Test 1 – 12 minute run

The challenge is to run continuously for 12 minutes and see how far you can go. If you can map out a course around your neighbourhood/in a local park use this. Be careful if near any roads. Take a phone/stopwatch and time 12 minutes. See how far you have run. If you have a fitwatch or an app and you can count steps then that would be good.

If you are self-isolating then instead of running a course for 12 minutes, set yourself an aerobic challenge in your home or garden. This step test is a great way to measure aerobic endurance.

<https://www.brianmac.co.uk/homestep.htm>



### Test 2 – Standing long Jump

Mark a line in the garden or in any grassy flat area, see how far you can jump with no run up. Just put feet just behind the line swing arms and jump. Use a measuring tape to measure your result. Have 5 goes and take the best result.

### Test 3 – 30m Sprint

Work with a friend. Mark out a 30 metre straight running area, be careful of space to slow down at the end.

Get your partner to time you to sprint to the other end. Have 5 goes, each time with a rest and record your best.

### Get inspired

If you want to challenge yourself further or enjoyed this lesson and just want to do more, then take a look at these home based fitness tests

<https://www.youtube.com/watch?v=Gmxlus-h2wU>

### Average Results:

**Compare your results in the tests against these averages.**

- 12 minute run average test result for 13/14 year old. (Metres).

|       |        |            |            |            |        |
|-------|--------|------------|------------|------------|--------|
| 13-14 | >2700m | 2400-2700m | 2200-2399m | 2100-2199m | <2100m |
|-------|--------|------------|------------|------------|--------|

- Standing Long Jump average results

|    |         |              |              |              |        |
|----|---------|--------------|--------------|--------------|--------|
| 14 | > 2.11m | 2.11 - 1.96m | 1.95 - 1.85m | 1.84 - 1.68m | <1.68m |
|----|---------|--------------|--------------|--------------|--------|

- 30m Sprint test average results

|      |           |                |                |                |           |
|------|-----------|----------------|----------------|----------------|-----------|
| Male | <4.0 secs | 4.0 - 4.2 secs | 4.3 - 4.4 secs | 4.5 - 4.6 secs | >4.6 secs |
|------|-----------|----------------|----------------|----------------|-----------|

|        |           |                |                |                |           |
|--------|-----------|----------------|----------------|----------------|-----------|
| Female | <4.5 secs | 4.5 - 4.6 secs | 4.7 - 4.8 secs | 4.9 - 5.0 secs | >5.0 secs |
|--------|-----------|----------------|----------------|----------------|-----------|