

FITNESS CHALLENGE

WEEK FIVE



Fitness Tests

In this session, you're going to test your fitness with some easy fitness tests. These are all simple to set up and to perform. It may help to have a parent/sibling to help measure your score.

1. **Agility Test:**

Mark out an agility course with some markers and try to complete it as quickly as possible. Get a parent or sibling to time you (video example shows you how to set up the course).

2. **Broad Jump (measures power):**

For this test you will need a tape measure and two markers. Place one marker down, this is your jumping line. You are going to do the biggest standing two footed jump from the first marker. Get someone to measure where you land with the tape measure. Have three goes and see what your best score is.

3. **Shuttle Runs (measures endurance):**

For this test mark out five metres with two markers. The aim is to see how many times you can run between the two markers in a minute. The higher the score the better. Get a parent/sibling to time you and count your score.

4. **Sit Up Test (measures muscular endurance):**

In this test, you will try to do as many sit ups as possible in 30 seconds. Get someone to time you and count your score.

What is your personal best score for all the activities? Can you beat your personal best?

Here is a video example of how to perform the tests:

CLICK HERE

