

# Year 9

## PE Learn Sheet 3

### Vertical Jump Test (Power)

Stand sideways on, reach up and place a mark on the measuring tape. Jump as high as possible and mark the tape. Record the height you have jumped and compare this score to normative data.

### Sit & Reach Test (Flexibility)

Take your shoes and socks off and place your feet against the sit & reach box, keeping your legs straight. Reach forward slowly as far as you can and hold for 5 seconds so the person conducting the test can read your score. Repeat the test 3 times and compare your best score to the normative data table.

### One-minute sit-up and one-minute press-up tests (Muscular endurance)

**Press-up test:** start in the press-up position and perform as many press-ups as possible in one minute. Compare score to normative data.

**Sit-up test:** start in the sit-up test and perform as many sit-ups as possible in one minute. Compare score to normative data.

### 35m Sprint Test (Speed)

Stand at the start of the 35m sprint and sprint as fast as possible for 35m. The person conducting the test records how long it has taken to sprint 35m and compares this score to normative data.

### Illinois Agility Run Test (Agility & Speed)

Lay down with hands by your side and head on the start line. Run around the course in the correct order as quickly as possible. The person conducting the test records how long it has taken to complete the course and compares this score to normative data.

### Multi-stage Fitness Test (Aerobic endurance)

Create 2 lines of cones 20m apart and ask people to stand on 1 line. Insert the multi-stage fitness test CD into the CD player and press play. When the test starts, run to the other line in time with the 'bleep'. The bleeps get faster as the test goes on and the aim is to keep up with the bleeps. When the person has missed 3 bleeps in a row they are removed from the test. Record the level they reached and compares this score to normative data.

### Forestry Step Test (Aerobic endurance)

Step onto and off a bench for 5 minutes in time with the metronome set at 22.5 steps per minute. Record heart rate after test has finished to see how quickly it returns back to resting heart rate. Compare information to normative data.

### Hand Grip Dynamometer Test (Strength)

Hold the grip dynamometer in your dominant hand, keeping your arm straight. Squeeze as hard as possible and record score. Take the best score from 3 attempts and compare this score to normative data. Allow 1-minute recovery between each attempt.

### BMI Test (Body Composition)

The Body Mass Index (BMI) test is a test that calculates whether or not your body is of an ideal weight. You need to measure your weight in kilograms and your height in metres (so 175cm would be 1.75m). You then calculate your BMI using the equation below:

$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height (m)} \times \text{height (m)}}$$

Once you have calculated your BMI you compare your result to normative data.