

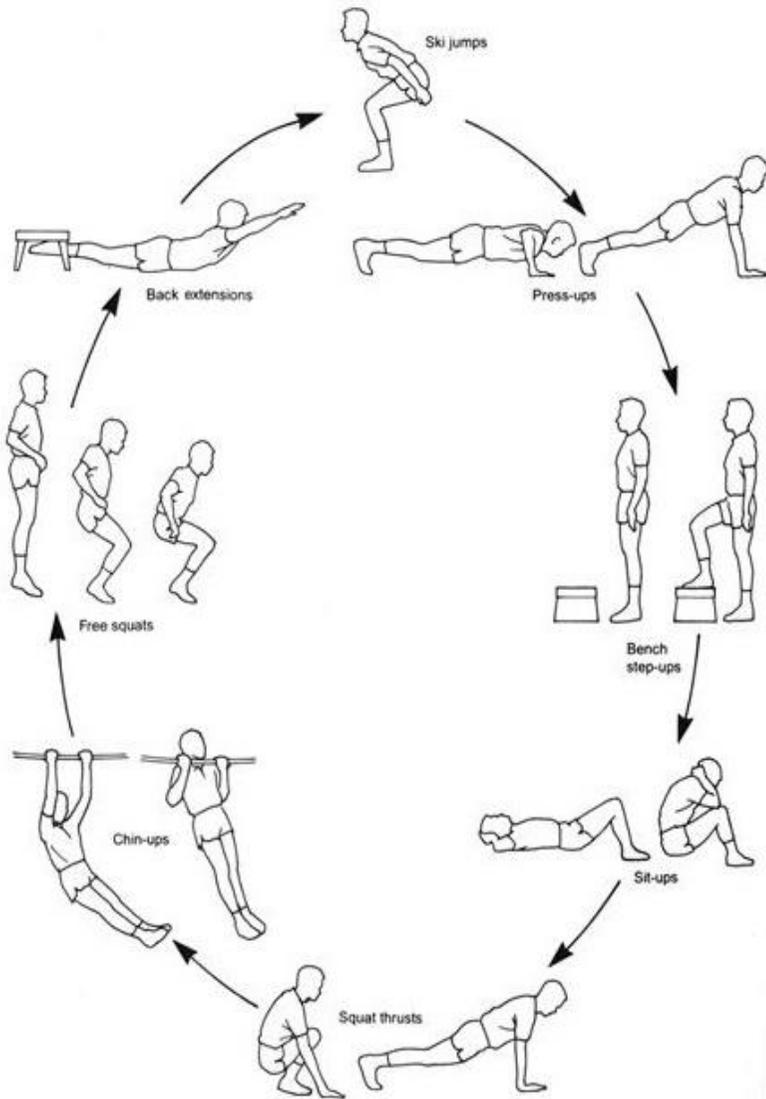
Fitness testing

Test	Ruler drop
Equipment	1m rulers
What it tests?	Reaction hand/eye
Instruction	Students to stand with their strongest arm (writing hand) straight out in front of themselves. Another student drops a 1m ruler between their partners forefinger and thumb without warning. The student must close their fingers as soon as they see the ruler move. Have three attempts and find the mean of the numbers. Smaller the number the better reaction.
	Ball throw
Equipment	Tennis balls, 1m ruler and stop watch
What it tests?	Coordination
Instruction	Measure 1m away from a flat surface (wall) and mark off. One partner times for one minute whilst their partner throws the ball against the wall and catches it with their opposite hand and continues to do so for the minute counting how many times they catch it. Left right, right left, left right etc. If the ball is dropped, they continue to count from the number when the ball was dropped not from zero.
	Press ups
Equipment	A mat or carpeted area
What it tests?	Muscular endurance (upper body)
Instruction	Time how many press ups can be done in a minute. Full or half. Half press ups are where the student places their knees down.
	Sit ups
Equipment	A mat or carpeted area
What it tests?	Muscular endurance (core)
Instruction	Time how many sit ups can be done in a minute.
	Standing jump
Equipment	Several mats or sand pit. Tape measure.
What it tests?	Power
Instruction	Students stands with their feet at the start of the tape measure, legs shoulder width apart. Students to jump as far as possible and take their best jump from three attempts.
	12-minute cooper run
Equipment	Running trainers or spikes, a field/track/area, stopwatch. Back garden.
What it tests?	Cardiovascular endurance (Stamina)
Instruction	Students to run around a pre-measured track, pitch, area for 12 minutes non-stop. The further they run, the better their cardiovascular endurance.

Circuit training

Circuit training is an excellent way of gaining fitness, losing weight and general exercise. The varied exercises ensure that participants do not experience boredom and gain a full body workout. You can have as many different stations as you need and can make them sports specific. Each station should be different and work a different part of the body to avoid injury and/or fatigue. The list below are exercises that can be set up easily in a hall or outside without the need of specialist equipment. Every lesson should have subtle differences to work different areas of the body. There should be periods of rest either between stations or after a full circuit.

Press Ups	Burpees	Squat Thrusts
Sit Ups	Star Jumps	Standing Jumps
Plank	Jumping Jacks	Skipping
Side Plank	Knee Raises	Cycling (just legs)
Leg Raises	Squats	Shadow Boxing
Leg Push	Bicep Curls	Dips
Ski Sit	Shoulder Press	Back Extension (superman/woman)
Pull Ups	Tricep Curl	Leg Extension (Six inch)
Shuttle Run	Mountain Climbers	
Step Ups	Trunk Curls	
Bunny Hops	Side Steps	



Here is a basic 8 station circuit. A station is an exercise area.