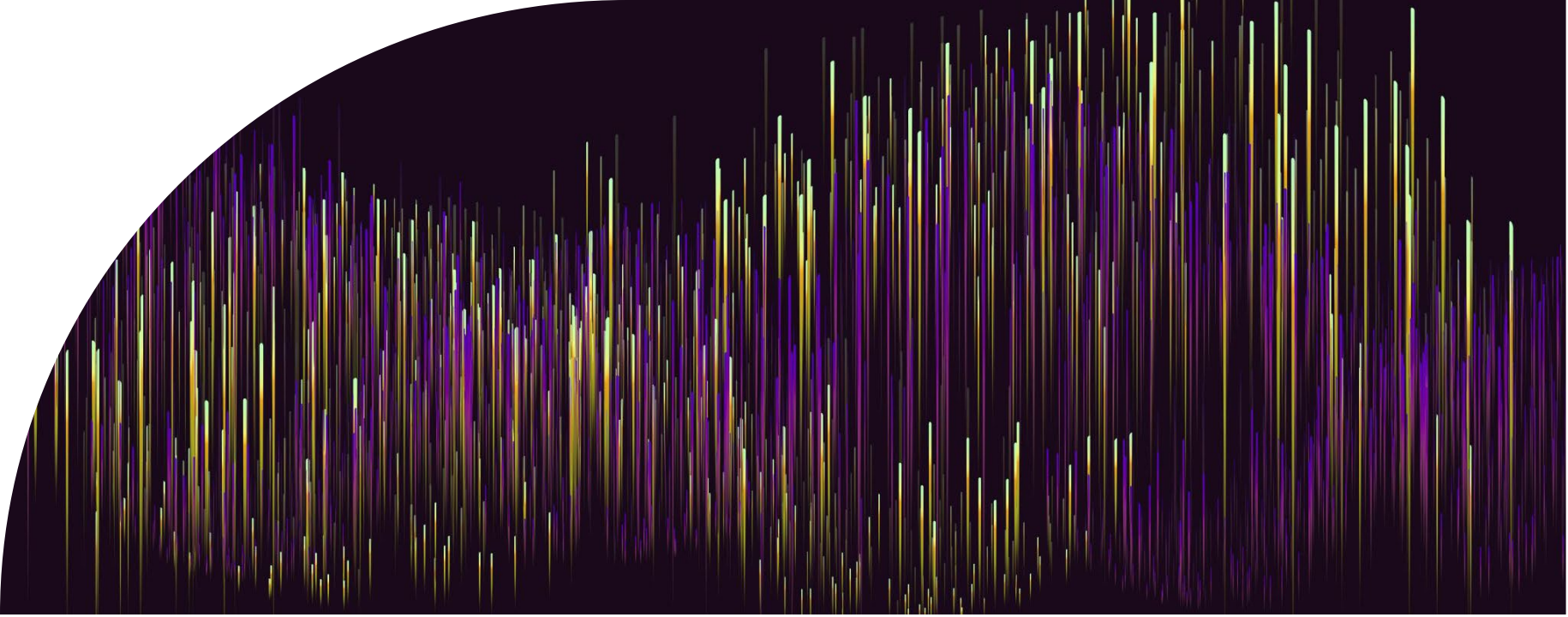


The top half of the slide features a decorative background. On the left, a semi-circular shape in a dark purple color is partially visible. The main area is filled with a dense field of vertical lines in various colors, including purple, blue, and yellow, creating a shimmering, digital effect. On the right side, there is a solid purple triangular shape pointing towards the top right corner, and a dark grey triangular shape pointing towards the bottom right corner.

Component 3

Developing fitness to improve other participants performance in Sport & Physical Activity



B3: Fitness test methods for components of skill-related fitness

DO NOW ACTIVITY

Can you list all 5 components of fitness that are SKILL-RELATED and a sport that requires its use.

Extension:

Next to each component you could say when it is needed in that sport.

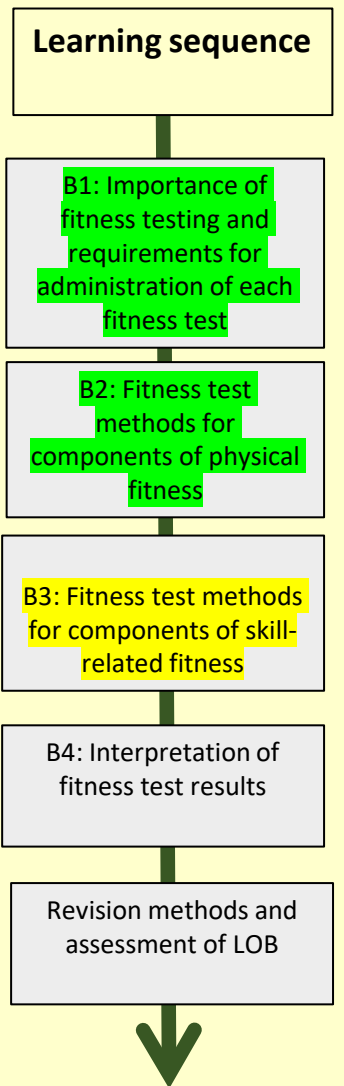
I Do

We Do

You Do

Learning Intention: What fitness tests are done for the skill components of fitness?

Tier 3 Vocabulary	Definition
Method	The way in which something is done/executed.
Skill components of fitness	5 abilities in areas that are likely to improve performance in sports
Reliability	Ensuring the test has been administered properly so results are reliable.
Practicality	If a test is useful to do and sensible at the same time.
Variation	A wide variety of athletes who need these COF.



Fitness tests to measure Agility

If you go to a fresh page in your book but turn it landscape.

You will need to use this as a mindmap so put "Agility" in the middle.

There are 2 tests you are going to learn for Agility:

1. Illinois Agility run test
2. T Test

You can section your page off in half to allow you the same amount of space to write notes.

I Do

We Do

You Do

Illinois Agility test

Have a watch of this video, whilst you are watching the video maybe take some notes.

[Illinois Agility Run - YouTube](#)



I Do

We Do

You Do

Agility (Illinois Agility test)

Equipment:

- Flat non-slip surface
- 8 cones
- Stopwatch
- Assistant

Method:

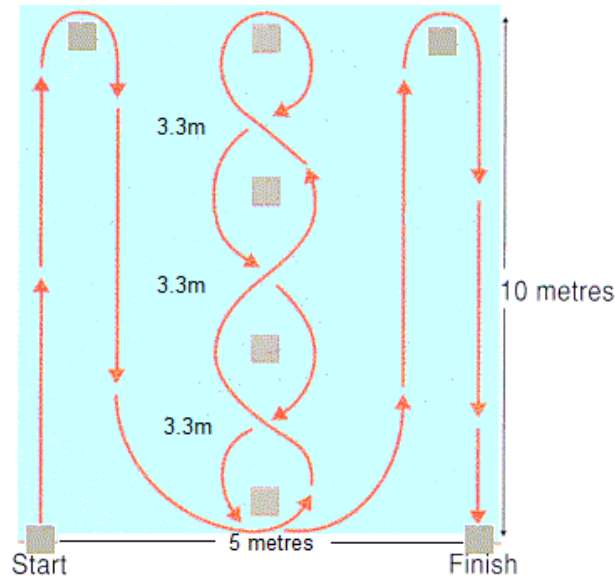
- The athlete lies face down on the floor at the "Start" cone
- The assistant says "GO" and starts the stopwatch.
- The athlete jumps to his/her feet and runs around the course.
- The assistant stops the stopwatch and records the time when the athlete passes the "Finish" cone

Practicality: (You could just write a P)

- can be done inside or outside
- Doesn't require too much space
- Is quick to do

Task (Independent):

In a different coloured pen could you write down 2 things that means the test might not be reliable. What could possibly go wrong?



Validity: (you could just write a V)

- If measurements are done correctly it can be done properly
- If stop watch is started and stopped on time it will be valid

I Do

We Do

You Do

T-Test (Agility)

Have a watch of this video, whilst you are watching the video maybe take some notes.



[Agility T Test - YouTube](#)

I Do

We Do

You Do

T-Test (agility)

Equipment:

- 4 cones
- Tape Measure
- Stop watch
- Assistant

Method:

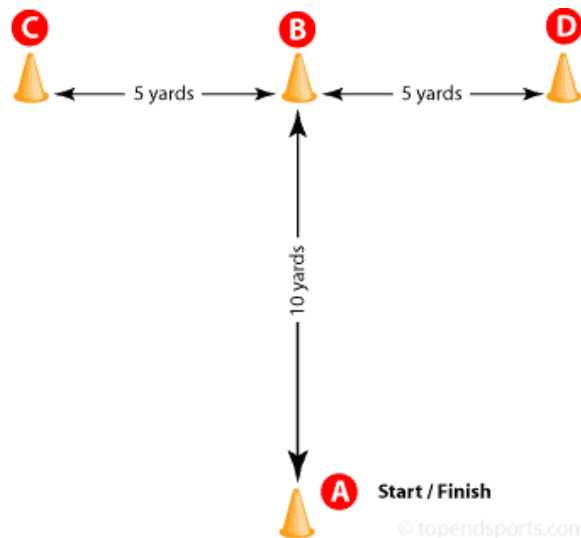
- Run forward from A to B (touch cone base)
- Side step from B to C (touch cone base)
- Side step right to D (touch cone base)
- Side step back to B (touch cone base)
- Back peddle to A over the line to get your time

Practicality: (You could just write a P)

- doesn't require a lot of space
- Quick to do
- Easy to do (not complex)

Task (Independent):

In a different coloured pen could you write down 2 things that means the test might not be reliable. What could possibly go wrong?



Validity: (you could just write a V)

- Allows you to move in all directions
- Its only focusing on 1 person
- It starts when you start and finishes when you finishes

I Do

We Do

You Do

Fitness tests to measure Balance

If you go to a fresh page in your book but turn it landscape.

You will need to use this as a mindmap so put “Balance” in the middle.

There are 2 tests you are going to learn for Balance:

1. Standing Stork test
2. Y balance test

You can section your page off in half to allow you the same amount of space to write notes.

I Do

We Do

You Do

Balance (standing stork test)

Have a watch of this video, whilst you are watching the video maybe take some notes.



[Fitness Testing - Stork Stand - YouTube](#)

I Do

We Do

You Do

Balance (Standing stork test)

Equipment:

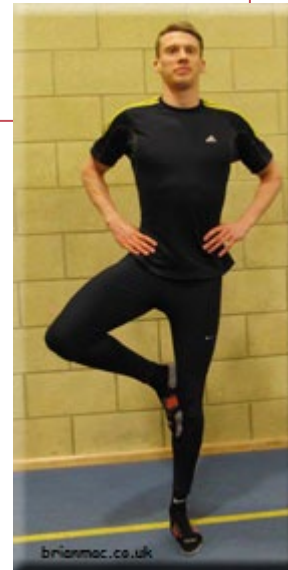
- Flat surface
- Stop watch
- Assistant

Task (Independent):

In a different coloured pen could you write down 2 things that means the test might not be reliable. What could possibly go wrong?

Method:

- Place hands on hips
- Place heel on the inside of your other leg
- Lift up off the floor (heel must go up)
- Assistant starts the stop watch
- When the position is broken (hands taken off hips, heel lowered or foot has come off the leg) the stopwatch stops and time is recorded.
- Do each leg 3 times.



Practicality: (You could just write a P)

- Can be done anywhere
- Doesn't take long
- Is easy to understand and do
- Not a lot of equipment

Validity: (you could just write a V)

- Valid if the stopwatch starts properly.
- Valid as it measures the balance of both legs.

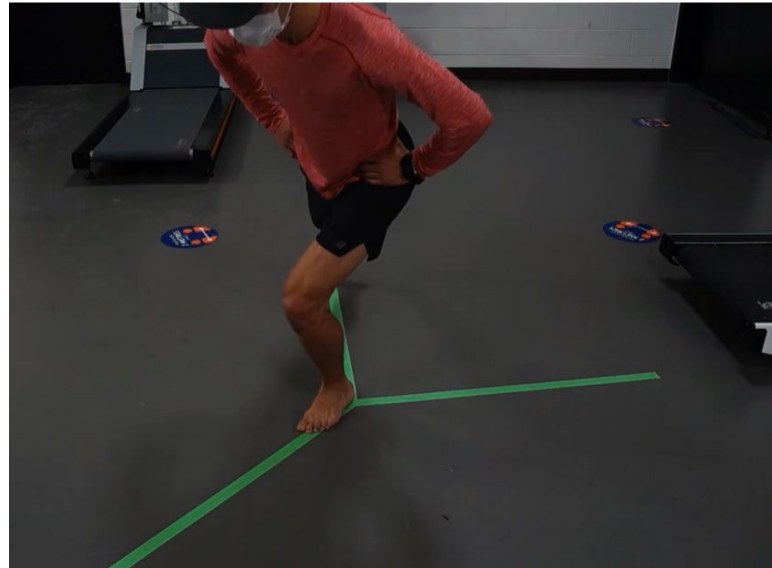
I Do

We Do

You Do

Balance (Y Balance test)

Have a watch of this video, whilst you are watching the video maybe take some notes.



['Y' Balance Test - YouTube](#)

I Do

We Do

You Do

Balance (Standing stork test)

Equipment:

- Flat surface
- Stop watch
- Assistant
- Tape

Method:

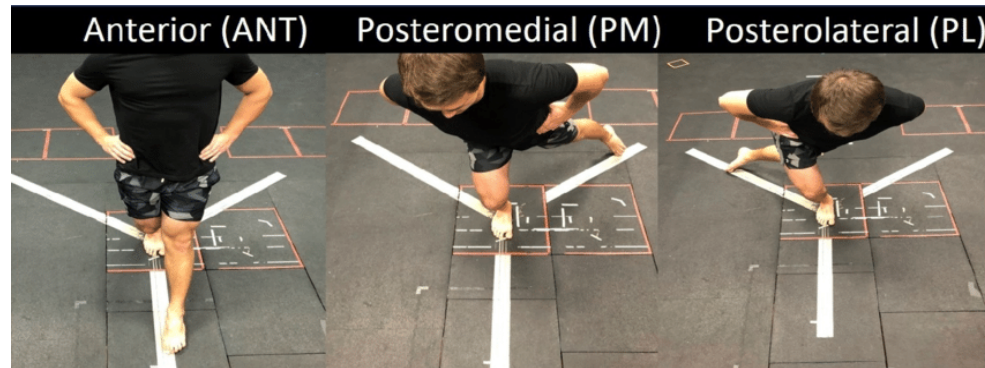
- Mark out a Y on the floor
- Stand on the middle of the Y
- Tap toe forward (anterior & measure with a pen)
- Tap toe backwards (posteromedial & measure with a pen)
- Tap toe backwards (Posterolateral & measure with a pen)

Practicality: (You could just write a P)

- Can be done anywhere
- Doesn't take long
- Is easy to understand and do
- Not a lot of equipment

Task (Independent):

In a different coloured pen could you write down 2 things that means the test might not be reliable. What could possibly go wrong?



Validity: (you could just write a V)

- toes need to be measured properly
- If the person puts their foot down or falls from the position they are in it can mean they don't get a score.

I Do

We Do

You Do

Fitness tests to measure Co-ordination

If you go to a fresh page in your book but turn it landscape.

You will need to use this as a mindmap so put “co-ordination” in the middle.

There are 2 tests you are going to learn for co-ordination:

1. Alternative-Hand Wall-Toss Test
2. Stick flip coordination test

You can section your page off into thirds to allow you the same amount of space to write notes.

I Do

We Do

You Do

Co-Ordination (Alternate-Hand Wall-Toss Test)

Have a watch of this video, whilst you are watching the video maybe take some notes.



[Fitness Test - Alternate Wall Toss - YouTube](#)

I Do

We Do

You Do

Co-Ordination (Alternate-Hand Wall-Toss test)

Equipment:

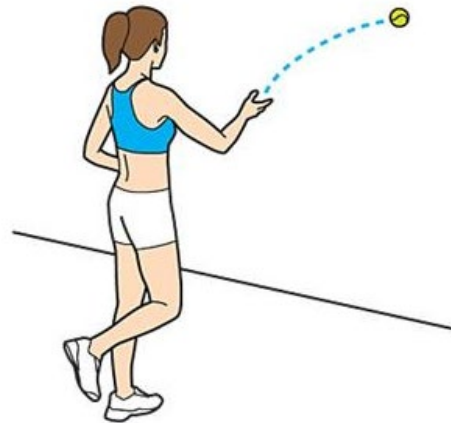
- Flat surface
- Stop watch
- Assistant
- Tennis ball
- Marking tape

Task (Independent):

In a different coloured pen could you write down 2 things that means the test might not be reliable. What could possibly go wrong?

Method:

- Mark a line out 2m away from the wall
- The person stands behind the line and facing the wall.
- The ball is thrown from one hand in an underarm action against the wall, and caught with the opposite hand.
- The ball is then thrown back against the wall and caught with the initial hand.



Practicality: (You could just write a P)

- Can be done anywhere (flat wall)
- Doesn't take long
- Is easy to understand and do
- Not a lot of equipment

Validity: (you could just write a V)

- Valid if the stopwatch starts properly.
- Valid if 2m away from the wall
- Valid if counted properly

I Do

We Do

You Do

Co-Ordination (Stick flup co-ordination test)

Have a watch of this video, whilst you are watching the video maybe take some notes.



[STICK FLIP TEST - YouTube](#)

I Do

We Do

You Do

Co-Ordination (Stick Flip Co-Ordination test)

Equipment:

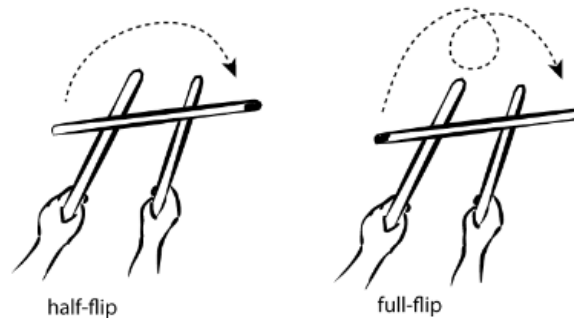
- 3 sticks (60cm long each)
- Assessor
- Score keeping sheet

Task (Independent):

In a different coloured pen could you write down 2 things that means the test might not be reliable. What could possibly go wrong?

Method:

- Hold 2 sticks (1 in each hand)
- Place the 3rd stick on top of the other 2 sticks horizontally.
- Flip the stick over either a half flip or a full flip
- For successfully completing a half flip you get 1 point
- For successfully completing a full flip you get 2 points.
- Do this 5 times for each
- Add score up out of 15.



Practicality: (You could just write a P)

- Can be done anywhere (no wind)
- Doesn't take long
- Is easy to understand
- Not a lot of equipment

Validity: (you could just write a V)

- Valid if the sticks are the same length
- Valid if in the right inside conditions

I Do

We Do

You Do

Fitness tests to measure Power

If you go to a fresh page in your book but turn it landscape.
You will need to use this as a mindmap so put "Power" in the middle.

There are 3 tests you are going to learn for Power:

1. Vertical Jump Test
2. Standing Long/Broad Jump
3. Margaria-Kalamen power test

You can section your page off into thirds to allow you the same amount of space to write notes.

I Do

We Do

You Do

Power (Vertical Jump Test)

Have a watch of this video, whilst you are watching the video maybe take some notes.



[Vertical Jump Test - YouTube](#)

I Do

We Do

You Do

Power (Vertical Jump test)

Equipment:

- Chalk
- Assessor
- Recording sheet
- Wall mounted ruler
- -Scales (measure in KG)

Task (Independent):

In a different coloured pen could you write down 2 things that means the test might not be reliable. What could possibly go wrong?

Method:

- Measure your weight in KG and record on sheet
- Measure standing reach height (stand side on to the wall, feet flat and measure with chalk where the tips of fingers get to)
- Stand to the side of the measuring device
- Swing arms and bend knees
- Jump up and mark the wall with chalk
- Measure the distance between 2 chalk marks



I Do

We Do

You Do

Practicality: (You could just write a P)

- Could be done anywhere if you have the ruler or measuring device
- Only 1 person at a time
- Doesn't require a lot of space

Validity: (you could just write a V)

- Valid if the chalk measures properly
- Valid if the person reading the scores gets it correct
- Valid if arms are only swung once when jumping

Power(Vertical Jump Test)

Once you have jumped you should have 2 results:

- Your weight: KG (measure this before you jump)
- Your difference between jumps: CM

You then need to plot all of this onto a “Lewis nonogramme”

For example.....

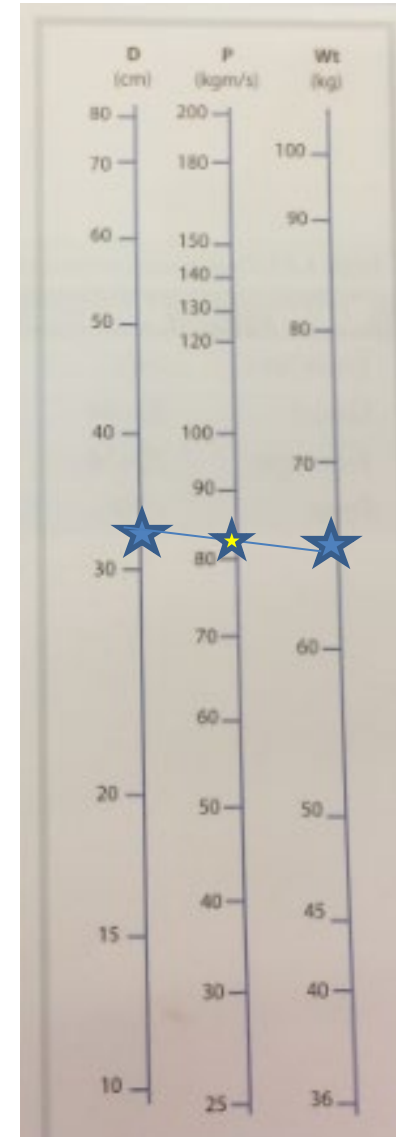
*Weight=65kg

*Jump CM=33cm

*Plot it on the graph and look for the middle score

*Final score: **82 kgm/s**

You would then compare this score to "normative data" which we will come to look at later :)



Power (Standing Long/Broad jump Test)

Have a watch of this video, whilst you are watching the video maybe take some notes.



[Fitness Test - Standing Long Jump Test - YouTube](#)

I Do

We Do

You Do

Power (Standing long jump test)

Equipment:

- Tape measure
- Cones
- Tape
- Recording sheet
- Assessor
- Non-slip floor

Method:

- Stand with 2 feet behind tape/cones
- Swing arms forward and jump as far forwards as possible
- 2 footed landing
- Don't move backwards-stay still
- Measure the landing point and the distance jumped
- Repeat 3 times to get the best score

Practicality: (You could just write a P)

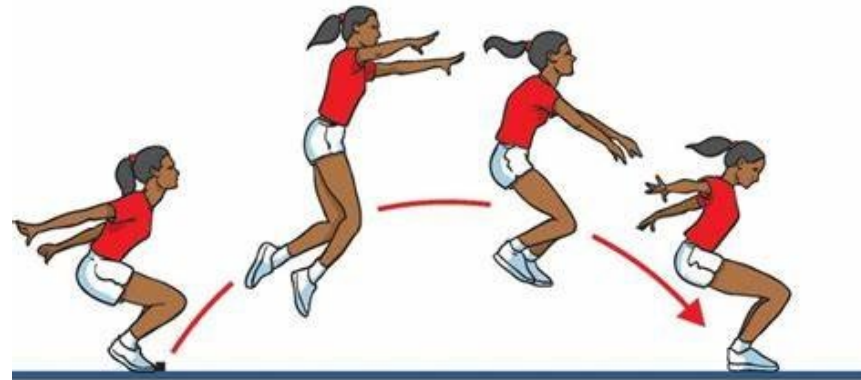
- Could be done anywhere as long as dry
- could do 2 people at the same time either side of tape
- Doesn't require a lot of space
- Quick
- Easy to do

Validity: (you could just write a V)

- Valid if the jump is measured properly
- Valid if the person reading the scores gets it correct
- Valid if arms are only swung once when jumping
- Valid if static when jumping at the start (no run up)

Task (Independent):

In a different coloured pen could you write down 2 things that means the test might not be reliable. What could possibly go wrong?



I Do

We Do

You Do

Power (Margaria-Kalamen Power test)

Have a watch of this video, whilst you are watching the video maybe take some notes.

I Do

We Do

You Do

Power (Margaria-Kalamen Power test)

Equipment:

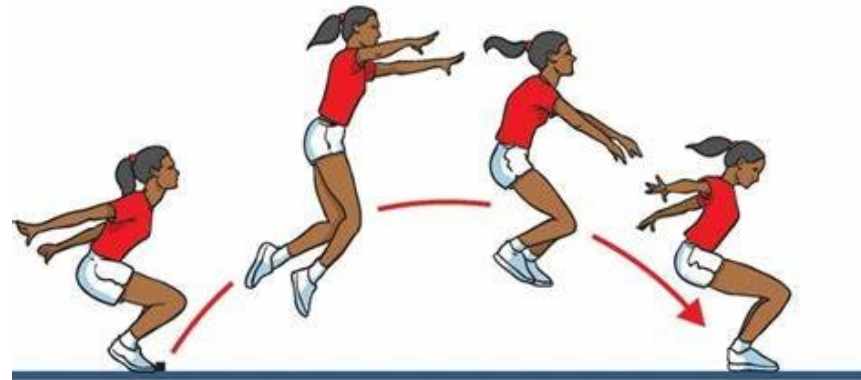
Method:

Practicality: (You could just write a P)

Task (Independent):

In a different coloured pen could you write down 2 things that means the test might not be reliable. What could possibly go wrong?

Validity: (you could just write a V)



I Do

We Do

You Do

Fitness tests to measure Reaction Time

If you go to a fresh page in your book but turn it landscape.

You will need to use this as a mindmap so put "Reaction Time" in the middle.

There are 2 tests you are going to learn for Power:

1. Ruler Drop Test
2. Online reaction time test (reaction test timer)

You can section your page off into thirds to allow you the same amount of space to write notes.

I Do

We Do

You Do

Reaction Time (Ruler drop test)

Have a watch of this video, whilst you are watching the video maybe take some notes.



[Fitness Test - Ruler Drop Test - YouTube](#)

I Do

We Do

You Do

Reaction Time (Ruler drop test)

Equipment:

- Ruler (preferably 1m but 30cm will do)
- Assistant
- Recording sheet

Method:

- The subject holds the ruler at 0 marking
- The instructor drops the ruler
- The subject catches the ruler as fast as possible and keeps it still
- The instructor/assistant reads the measurement that was achieved
- Repeat test 3 times to get the best score

Practicality: (You could just write a P)

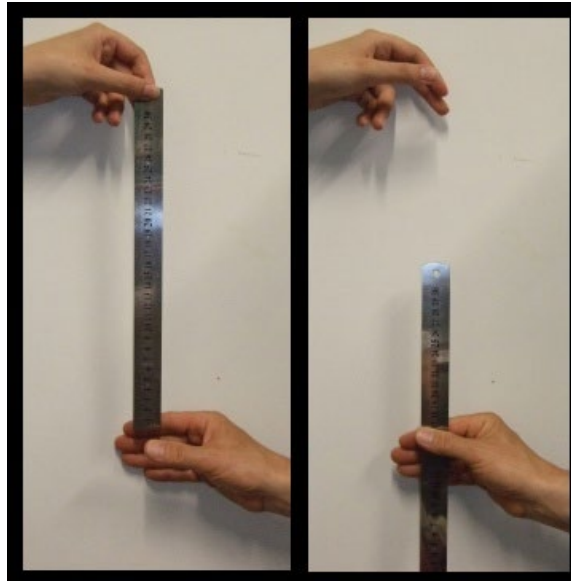
- Could be done anywhere if you have the ruler
- Only 1 person at a time
- Doesn't require a lot of space

Validity: (you could just write a V)

- Valid if the ruler has markings on it
- Valid if the person reading the scores gets it correct

Task (Independent):

In a different coloured pen could you write down 2 things that means the test might not be reliable. What could possibly go wrong?



I Do

We Do

You Do

Reaction Time (Online reaction time test)

Have a watch of this video, whilst you are watching the video maybe take some notes.

I Do

We Do

You Do

Reaction Time (Online reaction time test)

Equipment:

Method:

Practicality: (You could just write a P)

Validity: (you could just write a V)

Task (Independent):

In a different coloured pen could you write down 2 things that means the test might not be reliable. What could possibly go wrong?

I Do

We Do

You Do

TASK/HOMEWORK

You now know all the fitness tests for "skill-related components of fitness.

Pick a challenge from below based on everything you have learnt so far:

Challenge 1: Select an athlete of your choice and describe which fitness tests they need to measure their skill COF

Challenge 2: Rank the order of fitness tests that are most important

Challenge 3: Explain why fitness tests are so important for an athlete to do?

TIME LIMIT:

10 minutes max

I Do

We Do

You Do

Where are we at in Learning Outcome B???

B1: Importance of fitness testing and requirements for administration of each fitness test
(COMPELTED)

B2: Fitness test methods for components of physical fitness (NEXT)

B3: Fitness test methods for components of skill-related fitness

B4: Interpretation of fitness test results