

## Knowledge Organiser: PE Year 8 Fitness

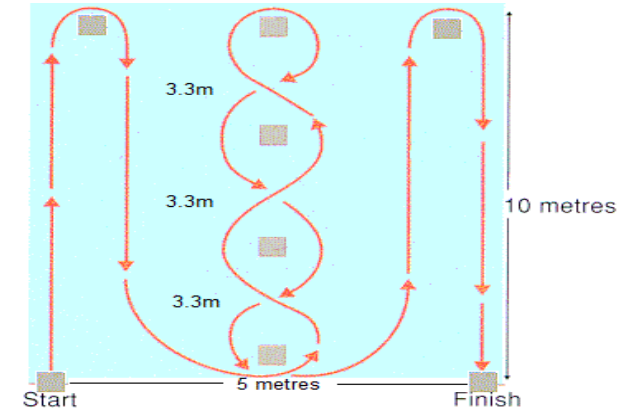
### Fitness Testing

Fitness Test:	Measures:	Sports appropriate for:
Multi stage fitness Test (Bleep test)	Measures: Cardiovascular Endurance .	Appropriate for: Football, Rugby, Long distance events. Plus any performer who needs to work for a long period of time
Illinois Agility Test	Measures: Agility	Appropriate for: Football, Rugby, Netball, Hockey, Squash, Tennis, and Basketball. Plus any other performer who needs to change direction quickly to gain an advantage.
Cooper Test (12 minute run)	Measures: Cardiovascular Endurance.	Appropriate for: Football, Rugby, Long distance events. Plus any performer who needs to work for a long period of time
Harvard Step Test	Measures: Cardiovascular Endurance. (heart rate recovery)	Appropriate for: Football, Rugby, Long distance events. Plus any performer who needs to work for a long period of time
Sit and Reach Test	Measures: Flexibility	Appropriate for: Gymnastics, High Jump, Snooker, Goalkeepers. Plus any performer who needs to have a full range of movement.
Hand eye co-ordination Test (tennis balls)	Measures: Co-ordination	Appropriate for: Tennis, Squash, Cricket, Running and kicking a ball. Plus any other performer who needs to use 2 or more body parts in a sporting action
Standing Stork Test	Measures: Balance	Appropriate for: Gymnastics, Jockey, Diving. Plus any other performer who needs to hold a sporting position without wobbling and falling over
Standing Long Jump Test/ Standing Vertical Jump test	Measures: Power	Appropriate for: Football, Rugby, Boxing, Sprinting, Long Jump, Shot Put. Plus any other performer who needs to produce very powerful actions quickly.
Press Up Test	Measures: Muscular endurance	Appropriate for: Football, rugby, boxing or any other performer who needs to use one muscle or group of muscles repetitively over a period of time.
Ruler Drop Test	Measures: Reaction Time	Appropriate for: Sprinters, Swimmers, Tennis players

### Effects of exercise

Short term	Long term
Increased muscle contractions Increased heart rate Increased rate of breathing	Increased bone density Heart muscle increases in size and strength Increased strength of diaphragm and intercostal muscles

### Illinois Agility Test



### Multi Stage Fitness Test



### Sit and Reach Test

