

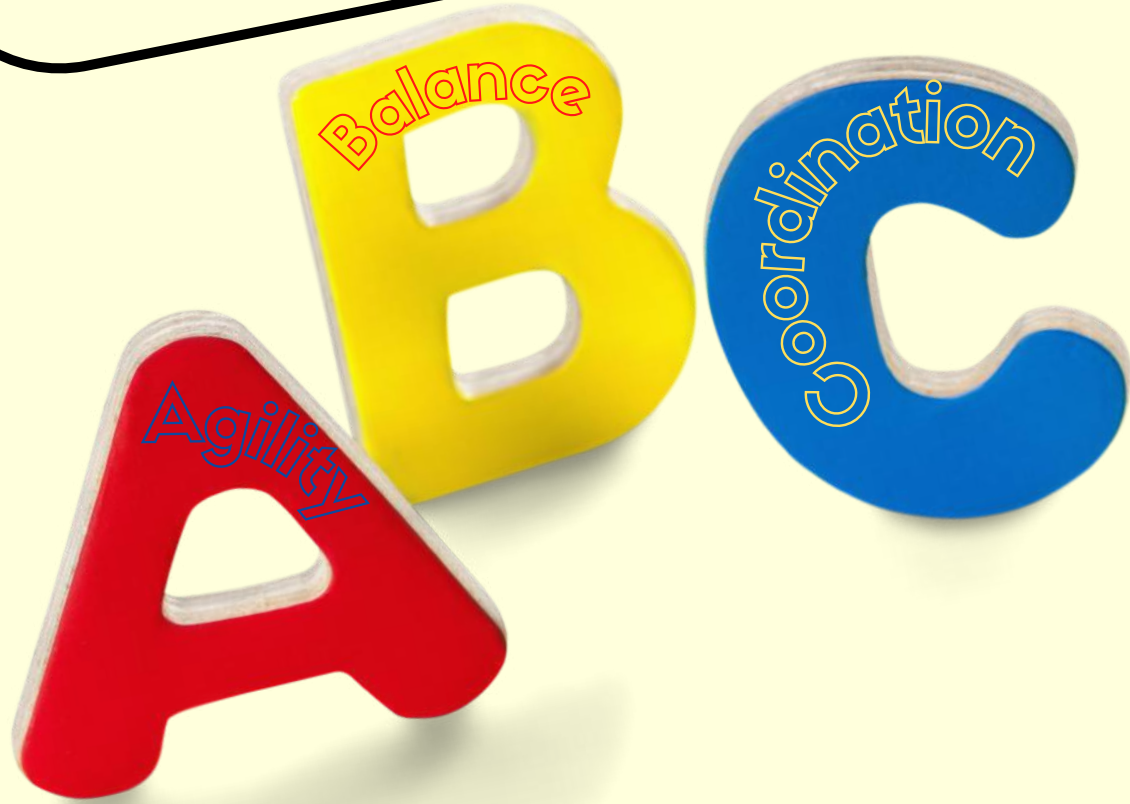


KS2

Week

Fitness Testing Agility, Balance & Coordination.

This week in P.E. we will be testing our agility, balance and coordination
Try these activities at home during your scheduled P.E. lessons



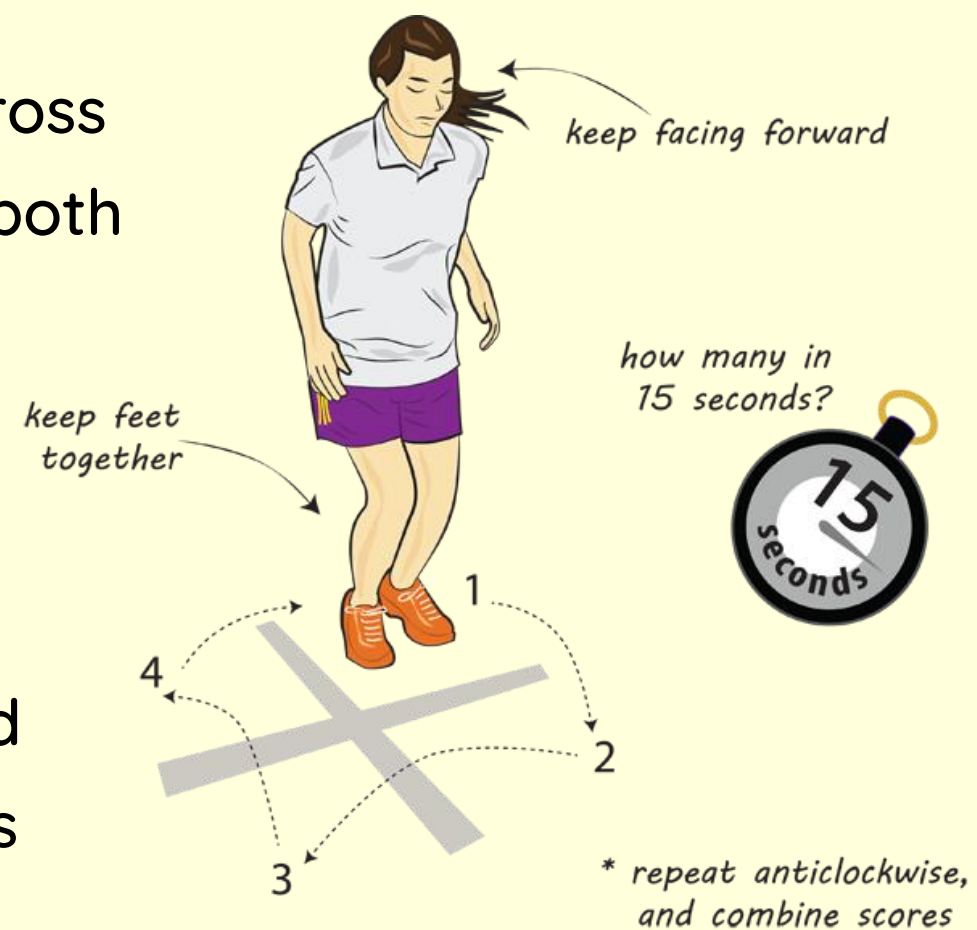
Equipment needed :-

- Socks (or strips of cardboard)
- Timer
- Coloured (or coloured in paper) - 5 different colours

Fitness Test 1

Agility - Quadrant Jump Test

- Using socks laid flat (or strips of cardboard) create a cross on the ground as illustrated in the diagram. Start with both feet together in the first quadrant.
- If possible, ask someone to help time and count the number of jumps. You can do it yourself as long as you can see a clock, as you perform the test.
- When ready, jump ahead across the line into the second quadrant, then in sequence successively into quadrants 1, 2, 3, 4, 1, 2, etc (moving clockwise).
- Keep the body facing ahead in the same direction as you go around the quadrant.
- Continue this pattern as rapidly as possible for 15 seconds, and count the total number of jumps.
- After a rest of at least a few minutes repeat the trial in the opposite direction (counterclockwise), jumping from quadrants 1 into 4, then 3, 2, 1, 4, 3, 2 etc..
- Count the total number of jumps, though do not count them if you touch a line or land with one or both feet in an incorrect quadrant.



Remember this fun challenge?

Why not have another try at this challenge?

Laser Footwork
Challenge

PLAY GAME



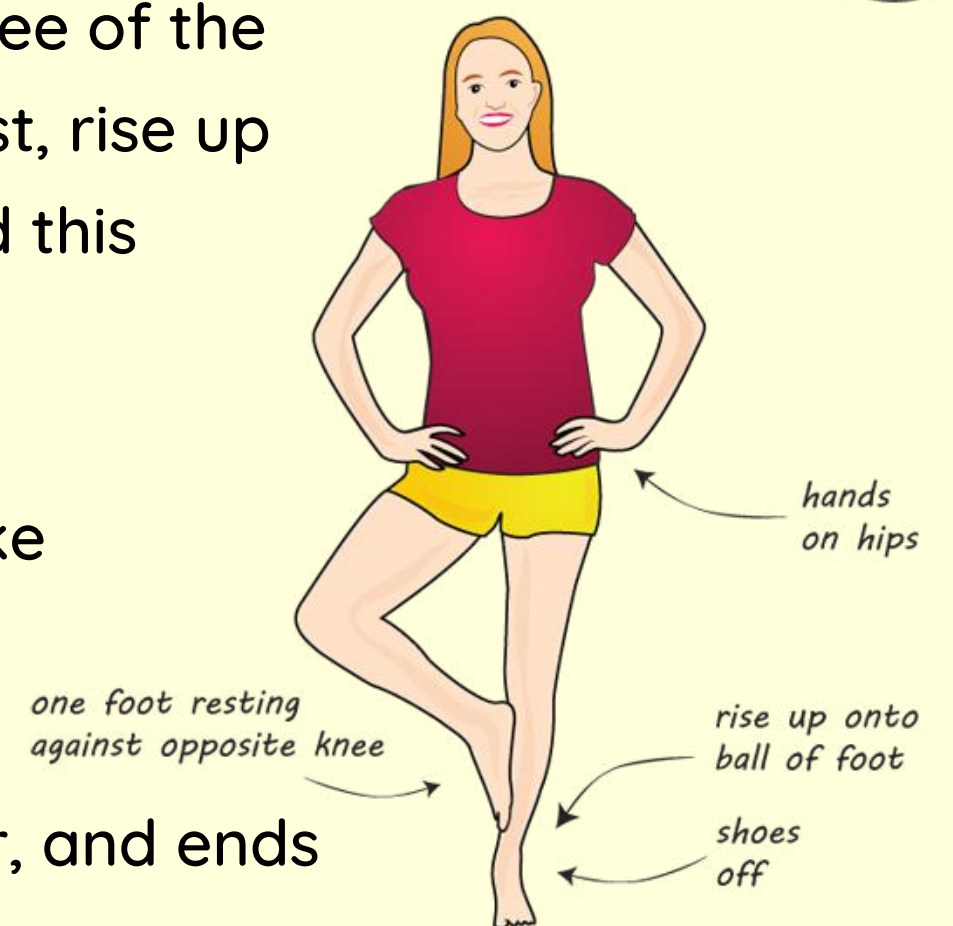
Fitness Test 2

Balance - Stork Test

This test measures how long you can balance on one leg.

- Remove your shoes and stand with your hands on your hips. Bring one foot up and place it against the inside knee of the supporting leg. When you are ready to start the test, rise up the heel to balance on the ball of the foot, and hold this position for as long as possible
- You can spend some time practicing this first.
- If you can get someone else to time, then it will make it easier. If that isn't possible, then you will need to see a clock, as you perform the test.
- The timing starts as the heel is raised from the floor, and ends when any of the follow occur:
 - the hand(s) come off the hips.
 - the supporting foot swivels or moves (hops) in any direction.
 - the non-supporting foot loses contact with the knee.
 - the heel of the supporting foot touches the floor.
- Repeat the test with your other leg, and take the average time in seconds of the two tests. A higher score means better balance

how long can you hold this position?



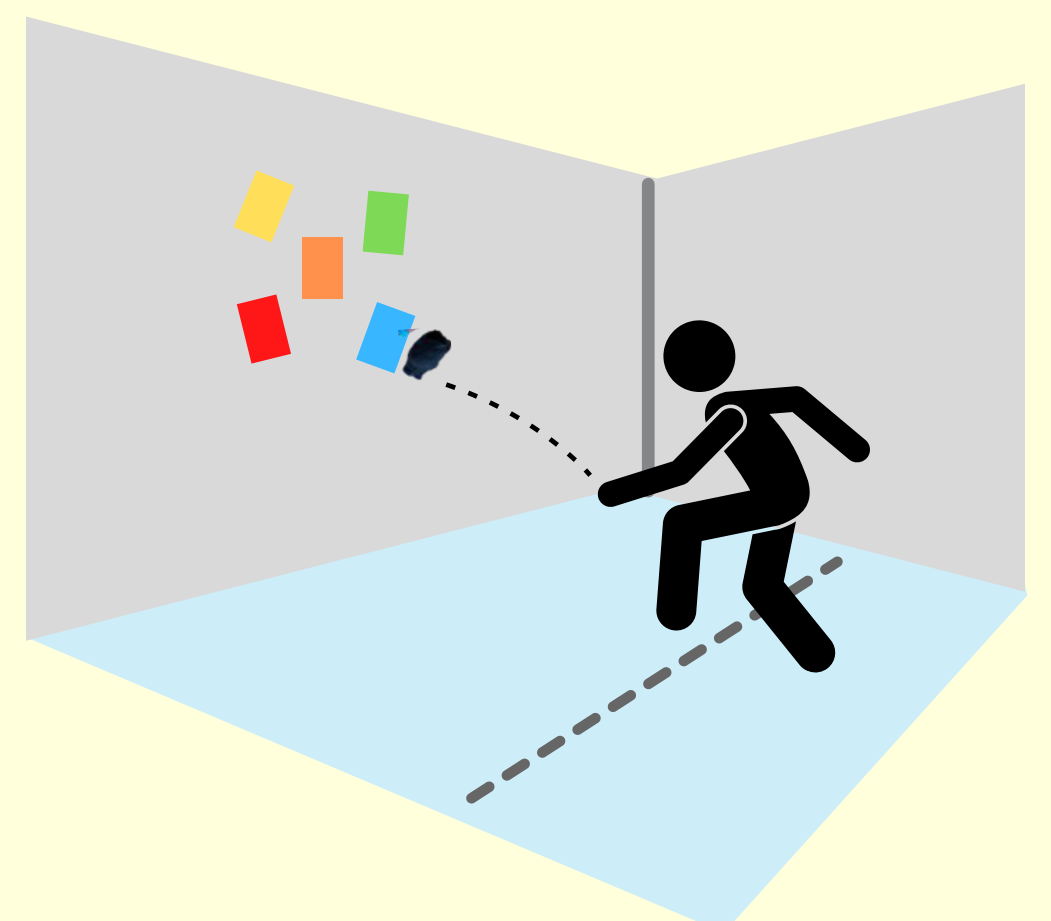
Fitness Test 3

Coordination

- Before you begin, you will need to put 5 different coloured pieces of paper (or plain paper coloured in) on a wall.
 - Get a small soft ball, or balled up socks, and time how long it takes you to complete the following challenges.
1. As quickly as possible hit each target throwing with your right hand / then left hand (if using a balled sock, you will need to run and collect and get back behind your line).
 2. Throw to each colour e.g. blue with the right hand and then the left hand before moving to the next colour

To make it easier: Stand closer to the wall.

To make it harder: Stand further away from the wall.



Why don't you try and complete this obstacle course challenge set by Melton, Belvoir and South Charnwood School Sports and Physical Activity Network.

[CLICK HERE](#)

