

Paper 1: Health and fitness – fitness testing

Agility → Illinois agility test

A multi-directional course which must be completed in the quickest time possible. The participant's time is compared to the national average.

Balance → Stork Balance

Requires the participant to stand on the ball of one foot for as long as possible. The time that they manage is compared to the national average.

Power → Vertical Jump Test

Requires the participant to reach as high as they can on a wall and then perform a standing vertical jump. The distance (cm) between their jump height and standing reach is measured and compared to the national average.

Cardiovascular Endurance → Multistage Fitness Test

Requires the participant to run for as long as possible between two cones in time with the 'bleeps' of a recording. The time between the bleeps is reduced at each stage and the stage at which the athlete drops out at is compared to the national average.

Coordination → Wall Toss Test

The participant must throw a ball against a wall and catch it in their opposite hand as many times as possible in 30 seconds. The number of completed catches is compared to the national average.



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Flexibility → Sit and Reach Test

Requires the participant to sit with their legs outstretched against a box and attempt to reach as far forward as possible. The distance (cm) onto the box that they reach is compared to the national average.



Speed → 30 m Sprint Test

Requires participant to run 30 metres in the shortest possible time. Usually an average of three attempts is taken.

Maximal Strength → One Rep Max Test

Requires the participant to perform one repetition at the heaviest weight (kg) possible.



Strength → Handgrip Dynamometer

Requires the participant to grip a dynamometer as hard as possible in their hand. The best score (kg) from three attempts is compared to the national average.



Reaction Time → Ruler Drop Test

Requires a tester to place a ruler between the fingers of the participant. The ruler is then dropped and the participant should grab the ruler as quickly as possible by closing their fingers. The distance (cm) the ruler travels is compared to the national average.

Muscular Endurance → Sit-up Bleep Test

Requires the participant to perform sit-ups in time with recorded 'bleeps' which get progressively faster. The stage the participant reaches is compared to the national average.