



Research linking physical education to improved thinking and learning in school



# Fitness Assessments

## COOPER RUN

### TEACHER INFORMATION SHEET

This sheet provides information for PE teachers. We would like to ask your group of Year 8 pupils to complete a 12 minute Cooper Run.

**If you have any questions**, please ask your Head of PE.

This pack includes

- ✓ **A Standard Operating Procedure (SOP)** for the Cooper Run (with instructions to read to pupils)
- ✓ A result sheet template

*Note: if you are very familiar with running the test, then please conduct the test as normal, and just use this information sheet for reference, and make use of the result sheet template.*







Dear PE Teacher,

It is up to you to decide when to run the fitness test, but we would like schools to administer the test towards the end of the academic year (June-July 2018).

**We would like to ask your group of Year 8 pupils to complete a 12 minute Cooper Run during a PE class.**

#### What you will need

- ✓ **Marking cones** (or equivalent)
- ✓ **Measuring tape** (at least 20m)
- ✓ **Ideally a 400 metre track**, but shorter, measured tracks are acceptable. If you do not have the facility of a 400m track, please discuss the options with your researcher.
- ✓ **Stopwatch**
- ✓ **Whistle**
- ✓ **Fit to Study result sheet**

#### BEFORE YOU START:

- Please schedule the test in a PE lesson towards the end of the current academic year.
- Please read through this sheet in advance to check you understand the requirements and processes.
- Do all you can to ensure that pupils take the test seriously.
- **Explain the purpose of the session** so they are motivated to try their best.

#### INSTRUCTIONS FOR TEACHERS



1. Measure a course, ideally between 80m and 400m round, and place the cones/markers at 10m intervals.
2. The pupils will need to warm up for 10 minutes before starting the test.
3. The pupils stand behind the start line and begin running when instructed by the teacher.
4. At this time, the teacher starts the stopwatch and the pupils commence the test.
5. The teacher keeps the pupils informed of the remaining time at the end of each lap.
6. The teacher and pupils should keep track of the number of laps completed.
7. The teacher blows the whistle when the 12 minutes has elapsed, pupils stop and remain in position to allow the teacher to record the distance each pupil has covered to the nearest 10 metres.
8. Before starting the test, introduce the pupils to the Cooper Run, make sure that they understand what they need to do; make sure that any pupils exempted from strenuous physical activity on health grounds, or have known health conditions, do not take part.
9. Please read through the instructions verbally and **make sure everyone knows what to do**. We suggest using the text on the following page.

## INSTRUCTIONS TO PUPILS

*"This test requires you to run as far as possible in 12 minutes, around the course. This will indicate your maximum oxygen intake and power. This means that it measures your fitness. You will start on my command when I blow the whistle and you keep going until you hear my second whistle 12 minutes later. I will inform you of the remaining time at the end of each lap you complete. Please keep track of how many laps you have completed. When I blow my second whistle, stop where you are and remain in position until I have recorded the distance you have run.*

*As you are running, you will notice changes in your body like increased body heat, increased heart rate and breathing heavily. Do not worry these are normal responses to exercise. **HOWEVER, if you feel sharp chest pain, pain that is between your shoulder blades or reaching your neck, shoulder or your jaw please stop and inform me about it.** This test has been done thousands of times around the world and is proven safe. However, keep an eye on your body reaction in case you feel any of the symptoms that I mentioned.*

*Please pace yourself, so don't start off too quickly. **It is important to the researchers that you try your best. Walking is allowed, but try to push yourself as hard as you can for the full 12 minutes.***

### Discuss with your pupils

- Do you understand what you need to do?
- Do you have any questions?
- Are you okay to start?
- Okay then, do your best, push yourself and good luck

## FAQS



### What should I do if pupils are absent on the day of the assessment?

If possible, please arrange for them to complete the assessment on another day. Everyone's data is important to us!

### What should I do if a pupil has difficulties with the test?

If a pupil is unable to complete the test please make a note on the result sheet. Please note that we also need to be made aware of any adverse events, and what actions were taken. For example this would include incidents that resulted in a pupil's overnight stay in hospital.

### Where can I find more information about the Cooper Run?

[https://en.wikipedia.org/wiki/Cooper\\_test](https://en.wikipedia.org/wiki/Cooper_test)

### Are there any videos where I can watch / find out about the Cooper Run?

Here are links to two videos that explain the Cooper Run:

- [www.youtube.com/watch?v=vi9-ScUdWa8](https://www.youtube.com/watch?v=vi9-ScUdWa8)
- [www.youtube.com/watch?v=aji57WaYXVc](https://www.youtube.com/watch?v=aji57WaYXVc)

To contact the Fit to Study team please email **fittostudy@brookes.ac.uk** or phone **01865 482752**



Thank-you for your help!

Class ID:		Date/Time:	
Teacher:		Location:	Indoor/Outdoor



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