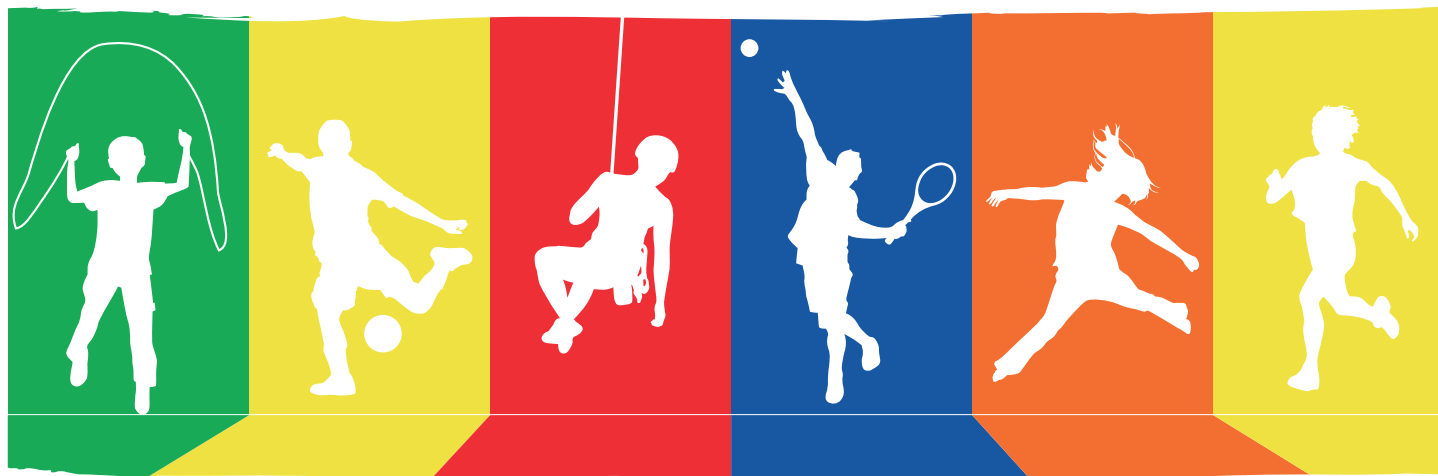




Research linking physical education to improved thinking and learning in school



Fitness Assessments

BLEEP TEST

TEACHER INFORMATION SHEET

This sheet provides information for PE teachers. We would like to ask your group of Year 8 pupils to complete a 20m Bleep Test as this is a well-known and well-practiced test in schools.

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

This pack includes

- ✓ **A Standard Operating Procedure (SOP)** for the Bleep Test (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 20m Bleep Test.**

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.

What you will need

- ✓ **Marking cones** (or equivalent)
- ✓ **Measuring tape** (at least 20m)
- ✓ **Bleep test audio** (download .mp3 file)
- ✓ **Music player/amplifier** (ideally the audio recording is connected to a music player/amplifier, so audible to all pupils)
- ✓ **Fit to Study result sheet**

INSTRUCTIONS FOR TEACHERS



1. Measure a 20m distance and place cones at the lines indicating the distance that pupils need to be running repeatedly.
2. The pupils stand behind one of the lines facing the second line, and begin running when instructed by the recording.
3. The speed at the start is quite slow (8.5km/h). The pupils continue running between the two lines (Lap), turning when signalled by the recorded beeps. After about one minute, a sound indicates an increase in speed, and the beeps will be closer together. This continues each minute (Level). If the line is reached before the beep sounds, the pupil must wait until the beep sounds before continuing. If the line is not reached before the beep sounds, the pupil is given a warning and must continue to run to the line, then turn and try to catch up with the pace within two more 'beeps'. The test (for an individual) is stopped when that pupil fails to reach the line (within 2m) for two consecutive ends after a warning.
4. Pupils are instructed to remember the last number that was called before they stopped (Level-Lap) and report that to the teacher who is recording the scores on the Fit to Study Result Sheet. The teacher will make sure all pupils have completed the test, all results are recorded, and then return the results to the research team (see instructions at the end of the results sheet).
5. Before starting the test, introduce the pupils to the Bleep Test, 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.
6. 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

"The bleep test is a multistage fitness test. This means that it measures your fitness and that it increases with difficulty over time. We will ask you to run as long as you can between these two lines (where the cones are situated), which is a 20metre distance, in accordance to the beep that you will hear from the recorder. You start when you hear the first beep and get to the other line in time with the next beep, do not start running until you hear each beep and make sure that you cross the line every time. Note that the beeps will become more frequent every minute which means that you need to run faster. [We suggest that you run the first few laps with the pupils, to help with pacing their effort]."

*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.*

*Stop when you feel that you cannot do it anymore, but it is **important to the researchers that you try your best and don't give in early if you could have carried on.** And remember the last number announced by the audio recording before you stopped (for example Level3, 4) this is your score so please come to me and report it. In cases where you do not reach the line in time with the beep you will be given a warning. If you fail to keep up with the beep two times after the warning your test will finish automatically and you will be called out."*

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 Bleep Test?

https://en.wikipedia.org/wiki/Multi-stage_fitness_test

Are there any videos where I can watch / find out about the Bleep Test?

Here are links to two videos that explain the Bleep Test:

www.youtube.com/watch?v=lroAhVO83il

www.youtube.com/watch?v=W45_Xtn4E0U

WHERE CAN I FIND THE BLEEP TEST AUDIO?

If you do not already have an audio file please contact your Fit to Study researcher on the details below.

Smartphone Apps are available but for consistency across schools, we suggest downloading the .mp3 file from the following website www.topendsports.com/newsletter/download-beeptest.htm or ask your researcher to email a copy of the .mp3 file.

You can also link to the audio at: www.youtube.com/watch?v=e0U_yQITBks

WHAT IS THE BLEEP TEST FORMAT?

The table below illustrates the format and expected results based on age group.

Level	Laps	Cumulative Laps	Speed (km/h)	Speed (mph)	Lap time (s)	Level time (s)	Level distance (m)	Cumulative distance (m)	Cumulative time (mm:ss)	Expected male age to complete level	Expected female age to complete level
1	7	7	8.5	5.28166	8.47	63.07	140	140	1:06	7	8
2	8	15	9.0	5.59234	8.00	64.00	160	300	2:12	9	10
3	8	23	9.5	5.90303	7.58	60.63	160	460	3:12	10	11
4	9	32	10.0	6.21371	7.20	64.80	180	640	4:17	11	12
5	9	41	10.5	6.524398	6.86	61.71	180	820	5:19	12	13
6	10	51	11.0	6.83508	6.55	65.45	200	1020	6:24	13	14
7	10	61	11.5	7.145769	6.26	62.61	200	1220	7:27	14	16
8	11	72	12.0	7.45645	6.00	66.00	220	1440	8:27	16	19
9	11	83	12.5	7.76714	5.76	63.36	220	1660	9:30	17	21
10	11	94	13.0	8.07783	5.54	60.92	220	1880	10:31	18	21+
11	12	106	13.5	8.388511	5.33	64.00	240	2120	11:35	19	
12	12	118	14.0	8.6992	5.14	61.71	240	2360	12:37	21+	
13	13	131	14.5	9.009882	4.97	64.66	260	2620	13:42		
14	13	144	15.0	9.32057	4.80	62.40	260	2880	14:44		
15	13	157	15.5	9.631253	4.65	60.39	260	3140	15:44:		
16	14	171	16.0	9.94194	4.50	63.00	280	3420	16:47		
17	14	185	16.5	10.25262	4.36	61.09	280	3700	17:48		
18	15	200	17.0	10.5633	4.24	63.63	300	4000	18:52		
19	15	215	17.5	10.874	4.11	61.71	300	4300	19:54		
20	16	231	18.0	11.1847	4.00	64.00	320	4520	20:54		
21	16	247	18.5	11.49537	3.89	62.27	320	4940	21:56		



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

[illegible]

Comments:

Please contact your researcher to arrange the return of the results; if via email then the file must be password-protected and encrypted before sending (as it will contain personal information). Please speak to your researcher who can explain the options. Alternatively, you can retain a hard copy of the results sheet, for collection by the researcher on his/her next visit.