

Physical Education Fitness Research and Testing Task

We would like you to research different parts of fitness and then test your fitness. Your work needs to be shown on one side of A4. It can be in the form of a poster or an advice leaflet.

Muscular endurance is how well one muscle group in your body can repeat a movement over and over again.

Research task 1.

Everyone needs to follow the same rules.

Find the official rules for the sit up test.

In your work make sure you give the rules for your legs, feet, and arms



Research task 3. This is similar to task 1, but now change the test to a push up test. Find the official rules for the push up test.



Testing yourself on sit ups

We want you to perform the test for 30 secs and 60 secs. Record your score.

Now compare your score to these tables. Are you Gold, Silver or Bronze?

30 secs table		60 secs table	
Gold	Above 15	Gold	Above 25
Silver	8-15	Silver	16-25
Bronze	7	Bronze	15

Testing yourself on push ups

We want you to perform the test for 30 secs and 60 secs. Record your score.

Now compare your score to these tables. Are you Gold, Silver or Bronze?

30 secs table		60 secs table	
Gold	Above 10	Gold	Above 15
Silver	5-10	Silver	8-15
Bronze	4	Bronze	7

Research task 2

Further research. If you want other people, maybe family and friends, to do the test there are tables called **norms tables**. These norms tables will be age related and gender related. Find the 'normative data' tables relevant for specific family and friends and record their scores and rating.

Research task 4

Further research. Similar to Research task 2 If you want other people, maybe family and friends, to do the push up test they can compare their results to the push up normative data. Find the 'normative data' tables relevant for specific family and friends.

Extended work. Use the same format for some other parts of fitness: Power, Speed, Strength, Agility, Stamina, Balance.