



Physical Education Fitness Improvement Sheet

Cambridge United Community Trust



Speed

How many steps from the start did you get...

Before practising	After 1 practise session	After 3 weeks of practise

Balance

How many times touching the floor in 1 minute..

Before practising	After 1 practise session	After 3 weeks of practise

Endurance

How many non-stop laps of your garden/field..

Before practising	After 1 practise session	After 3 weeks of practise

Coordination (hand-eye)

How many catches in 30 seconds did you get..

Before practising	After 1 practise session	After 3 weeks of practise

Coordination (feet)

How many keepie-ups can you do without dropping the ball..

Before practising	After 1 practise session	After 3 weeks of practise

Power

How many times did you touch the floor..

Before practising	After 1 practise session	After 3 weeks of practise

Flexibility

How many cm from touching your toes with straight legs..

Before practising	After 1 practise session	After 3 weeks of practise

Core strength

How many seconds can you hold the plank..

Before practising	After 1 practise session	After 3 weeks of practise

Reaction Time

Pick a reaction test online and write your score..

Before practising	After 1 practise session	After 3 weeks of practise

Agility

What was your T-sprint time..

Before practising	After 1 practise session	After 3 weeks of practise