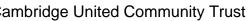


## Physical Education Fitness Improvement Sheet Cambridge United Community Trust





| TOT BEE CHARTY NUMBER WITH                               | Cambridge United Community Trust |                              |   |                             |                              |  |
|--|----------------------------------|------------------------------|---|-----------------------------|------------------------------|--|
|  | Speed                            | did                          | Balance                                       |                             |                              |  |
| How many steps from the start did you get                |                                  |                              | How many times touching the floor in 1 minute |                             |                              |  |
| Before practising  | After 1 practise session         | After 3 weeks of<br>practise | Before practising                             | After 1 practise session    | After 3 weeks of<br>practise |  |
|  |                                  |                              |   |                             |                              |  |
| Endurance  |                                  |                              | Coordination (hand-eye)                       |                             |                              |  |
| How many non-stop laps of your garden/field              |                                  |                              | How many catches in 30 seconds did you get    |                             |                              |  |
| Before practising  | After 1 practise session         | After 3 weeks of practise    | Before practising                             | After 1 practise<br>session | After 3 weeks of<br>practise |  |
|  |                                  |                              |   |                             |                              |  |
|  |                                  |                              |   |                             |                              |  |
| Co   | ordination (fe                   | et)                          | Power   |                             |                              |  |
| How many keepie-ups can you do without dropping the ball |                                  |                              | How many times did you touch the floor        |                             |                              |  |
| Before practising  | After 1 practise session         | After 3 weeks of practise    | Before practising                             | After 1 practise session    | After 3 weeks of<br>practise |  |
|  |                                  |                              |   |                             |                              |  |
| Flexibility  |                                  |                              | Core strength                                 |                             |                              |  |
| How many cm from touching your toes with straight legs   |                                  |                              | How many seconds can you hold the plank       |                             |                              |  |
| Before practising  | After 1 practise<br>session      | After 3 weeks of practise    | Before practising                             | After 1 practise session    | After 3 weeks of practise    |  |
|  |                                  |                              |   |                             |                              |  |
|  | L                                |                              |   |                             |                              |  |
| I  | Reaction Time                    |                              |   | Agility                     |                              |  |
| Pick a reaction test online and write your score         |                                  |                              | What was your T-sprint time                   |                             |                              |  |
|  | After 1 practise                 | After 3 weeks of             | Refere practicing                             | After 1 practise            | After 3 weeks of             |  |

| Before practising | After 1 practise session | After 3 weeks of<br>practise |
|-------------------|--------------------------|------------------------------|
|                   |                          |                              |

| Before practising | After 1 practise session | After 3 weeks of<br>practise |
|-------------------|--------------------------|------------------------------|
|                   |                          |                              |