FITNESS CHALLENGE

1. **Standing long jump**

Set out 2 blue mats end to end

Stand with toes touching the end of mat and jump as far along the mat as possible

Measure the distance from edge of mat to the back of the foot.

1. **Vertical jump test**

Stand next to the wall and reach up as far as possible and mark the wall with a chalk

Jump as high as you can and mark the wall again

Measure the distance between chalk lines on the wall

1. **Press up test**

Complete as many press ups as you can in 1 minute

1. **Sit up test**

Complete as many sit ups ad you can in 1 minute

1. **Alternate hand wall toss**

Stand 2 metres from a wall and throw a ball against the wall with your right hand and catch in your left hand then throw with your left hand and catch with your right hand see how many you can complete in 1 minute

1. **Reaction test**

Participant holds their hand open and a 30cm ruler is held just above their hand by another participant without telling the participant they drop the ruler and catch ad quickly as possible and record the distance

1. **Illinois agility test**

Course is 10 metres long

Set a cone for the start another 10 m away

2.5 meters across set 4 cones in a line at 2.5 m apart

2.5 m across set another 2 cones 10 m apart

Participants start at cone run up to cone then diagonally down to next cone run in and out up and down the 4 cones then diagonally up to cone and sprint down to the finish record time.

If unsure look up Illinois agility test and it will show a diagram how to set the course

1. **Bleep test**

Start the test by jogging lengths of the hall you have to reach the other end before the bleep the bleeps will gradually become quicker so you have to increase your pace.