

Curl-ups/Sit-ups

This event measures abdominal strength and endurance.

Curl-ups test: Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. Partner holds feet. Arms are crossed with hands placed on opposite shoulders and elbows held close to the chest. Keeping this arm position, student raises the trunk curling up to touch elbows to thighs and then lowers the back to the floor so that the scapulas (shoulder blades) touch the floor, for one curl-up.

To start, a timer calls out the signal "Ready? Go!" and begins timing students for thirty seconds. The student stops on the word "stop."

Curl-ups tip: Instruct helpers to count aloud the number of Repetitions.

Curl-ups scoring: "Bouncing" off the floor is not permitted. The curl-up should be counted only if performed correctly. The goal is to increase repetitions each cycle.

Push-ups

This event measures upper body strength and endurance.

Push-ups test: Have students assume a prone position on a clean, flat surface with hands placed slightly wider than shoulder-width apart, fingers pointed forward, and legs straight with toes tucked under. Keeping the back flat and the body in a straight line from head to heels, the student lowers the body until the elbows bend to a 90-degree angle, then pushes back up until the arms are fully extended (without locking the elbows), for one push-up.

To start, a timer calls out the signal "Ready? Go!" and begins timing students for thirty seconds. The student stops on the word "stop."

Push-ups tip: Instruct helpers to count aloud the number of repetitions each time the student achieves a full 90-degree elbow bend and returns to the starting position.

Push-ups scoring: Sagging the hips, arching the back, or failing to bend the elbows to 90 degrees is not permitted. The push-up should be counted only if performed correctly. The goal is to increase repetitions each cycle.

Shuttle Run

This event measures speed, quickness and agility.

Shuttle run test: Mark two parallel lines 30 feet apart and place two bean bags of behind one of the lines. Students start behind the opposite line. On the signal "Ready? Go!" the student runs to the bean bags, picks one up, runs back to the starting line, places the bean bag behind the line, runs back and picks up the second bag and runs back across the starting line.

Shuttle run tip: Be sure the participants understand the importance of running full speed through the finish line.

Shuttle run scoring: Bean bags should not be thrown across the lines. Scores are recorded to the nearest hundredth of a second. The goal is to decrease the time each cycle.

Sit and reach

This event measures flexibility of the lower back and hamstrings.

Sit and reach testing: A specially constructed box with a measuring scale marked in centimeters, with 23 centimeters at the level of the feet. Student removes shoes and sits on ground with knees fully extended, feet shoulder-width apart and soles of the feet held flat against the end of the box. With hands on top of each other, palms down, and legs held flat, student reaches along the measuring line as far as possible. After three practice reaches, the fourth reach is held for 3 seconds while the distance is recorded.

Sit and reach tip: Participants are most flexible after a warm-up run. Best results may occur immediately after performing the endurance run.

Sit and reach scoring: Legs must remain straight, soles of feet against box and fingertips of both hands should reach evenly along measuring line. Scores are recorded to the nearest Centimeter. The goal is to increase the distance measured each cycle.

Jump-Rope

Jumping rope increases muscle strength and improves timing, coordination, and balance. It tones not only your legs but also your back, shoulders, abs, chest, and arms.

Jump Rope Testing: Students are timed for one minute. Students have to completely turn the rope over their heads and step over with both feet for it to count as 1 jump. If the rope gets caught, they restart and the next count is the next complete turn.

Tips for jumping rope: Choose the correct rope length for you. To do this, use one foot to step on the center of the rope. Pull up on the handles – they should come to the middle of your chest. Wear a good pair of shoes with a lot of cushioning for the balls of your feet. Jump only high enough to clear the rope – about 1 inch off the ground. Land lightly on the balls of your feet. Keep your torso upright and your elbows close to your sides. Turn the rope by small circles with your wrists.

The goal is to increase repetitions each cycle.

Standing Long/Broad Jump

This event is used to measure the explosive power of the legs.

Long Jump testing: Make sure the mat is on a flat surface. Preferably the same place every time for consistency. The take off line should be clearly marked. The athlete stands behind a line marked on the ground with feet slightly apart. A two foot take-off and landing is used, with swinging of the arms and bending of the knees to provide forward drive. The subject attempts to jump as far as possible, landing on both feet without falling backwards. Three attempts are allowed.

Tips: Falling or stepping backward after the landing will result in measurement to that point of contact rather than where the feet first touched. Some participants will try to use a step at take-off, which is not allowed.

Scoring: The measurement is taken from take-off line to the nearest point of contact on the landing (back of the heels). Record the longest distance jumped, the best of three attempts. The goal is to increase the distance measured each cycle.

Plank

This event is used to measure the control and endurance of the back/core stabilizing muscles.

It is a simple fitness test of core muscle strength, and can also be used as a fitness exercise for improving core strength.

Testing: Start with the upper body supported off the ground by the elbows and forearms, and the legs straight with the weight taken by the toes. The hip is lifted off the floor creating a straight line from head to toe. As soon as the person is in the correct position, the stopwatch is started. The head should be facing towards the ground and not looking forwards. The test is over when the person is unable to hold the back straight and the hip is lowered. The aim of this test is to hold an elevated plank position for as long as possible. Change of position indicates completion of the plank.

Scoring: The score is the total time completed. The goal is to increase the time each cycle.

Endurance mile run/walk

This event measures heart/lung endurance.

Endurance run/walk testing: On a safe, one-mile distance, students begin running on the count "Ready? Go!" Walking may be interspersed with running. However, the students should be encouraged to cover the distance in as short a time as possible.

Endurance run/walk tip: Use a large enough running area so that no more than eight laps are necessary to complete a mile. Also, if you have students who need an inhaler, be sure you carry it to the running location behind the back field.

Endurance run/walk scoring: Always review students' health status before administering this test. Give students ample instruction on how to pace themselves. Allow them to practice running this distance against time, as well as sufficient time for warming up and cooling down before and after the test. Times are recorded in minutes and seconds. The goal is to decrease the time each cycle.