



EduTrend Contents

W4C · FITNESS AND CONDITIONING · MIDDLE SCHOOL

Fitness Testing Lab

Test components of fitness and interpret your profile

Ages 11–14

Level: Intermediate

60 minutes

Groups of 4 · up to 30

Activity 03

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 student worksheets · assessment checklist

ACTIVITY 03 · AT A GLANCE

Fitness Testing Lab

Students learn health-related and skill-related components of fitness, then rotate through standard tests such as sit-and-reach, standing long jump, an agility run, a sprint and a step or shuttle test. They create a private profile and set a target.

Learning outcomes

By the end of the session students can:

- name health-related and skill-related components of fitness;
- carry out fitness tests with correct protocols;
- record results accurately and create a profile;
- set a SMART target based on results.

KEY WORDS

components of fitness · stamina · strength · flexibility · agility · speed · power · protocol · validity · reliability

CURRICULUM LINKS

PE: health-related fitness. Maths: data handling. Science: body systems.

1**WARM UP**

Raise and mobilise

2**LEARN**

Fitness idea

3**WORK**

Exercise or test

4**MEASURE**

Heart rate, score, effort

5**REFLECT**

What did we learn?

6**COOL DOWN**

Recover and stretch

Equipment

- Sit-and-reach box or ruler and step
- Tape measures, cones, stopwatches
- Test protocol cards
- Private recording sheets
- Worksheets 1, 2 and 3

Before the session

- Set up test stations with protocol cards.
- Check health information and adapt as needed.
- Plan groups and roles: tester, recorder, performer.
- Prepare private recording sheets.

SAFETY

Warm up first. Follow protocols exactly. Adapt or skip tests for health reasons. Keep results private.

ACTIVITY 03 · SESSION PLAN

Step by step

Frame results as a personal starting point, not a ranking: keep scores private.

Time	What happens	Say or ask
0–10 min Warm-up	RAMP-style warm-up.	<i>“Why warm up before testing?”</i>
10–20 min Components	Match components of fitness to sports.	<i>“Which component does a goalkeeper need most?”</i>
20–45 min Test	Groups rotate round test stations following protocols.	<i>“Is the test being done the same way each time?”</i>
45–55 min Profile	Students complete a private profile and set a target.	<i>“What is your strongest component?”</i>
55–60 min Cool down	Stretch and discuss validity and reliability.	<i>“How could results be unreliable?”</i>

CHALLENGE CARD (print or copy onto the board)

Complete four fitness tests using correct protocols, build a personal fitness profile and set a SMART target for one component.

ACTIVITY 03 · FACILITATOR NOTES

The exercise science in brief

Health-related components of fitness include cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition. Skill-related components include agility, balance, coordination, power, reaction time and speed. Different activities need different components.

A fitness test must be valid, meaning it measures what it claims, and reliable, meaning it gives consistent results when repeated. Following the same protocol, warm-up, equipment and conditions every time improves reliability. Results are most useful when compared with your own earlier scores.

Common ideas to listen for

- “Fitness is one thing.” It has many components.
- “One test tells you how fit you are.” Each test measures one component.
- “Low scores mean you are not sporty.” Scores improve with training.

Adapting the activity

Support

Complete three tests with a partner reading the protocol aloud.

Stretch

Repeat a test to check reliability and explain any differences.

WORKSHEET 1

Components of fitness

Name: _____

Class: _____ Date: _____

Define and match.

Components

Component	Definition	Test	Sport example
Cardiovascular endurance			
Flexibility			
Agility			
Power			
Speed			

WORKSHEET 2

My fitness profile (private)

Record your results.

Results

Test	Result	Strength or target?
1		
2		
3		
4		

WORKSHEET 3

SMART target

Set a target.

My SMART target

How I will train for it

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight students; copy as needed.

Student	Names components	Follows protocols	Sets a SMART target

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Fitness Testing Lab is a sample activity from the EduTrend Contents W4C Fitness and Conditioning programme (middle school, level: intermediate). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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