



School: #####

Postcode: 2756

State: NSW

Testing Dates: 1: 12 Feb 2019

2: 12 Nov 2019

Year: 2019

Student Name: ###

Age: 11

Sex: F

Class: #

The Test Data (below) shows results obtained at Round 1 and approximately 35 weeks later at Round 2. The system calculates results based on the student's gender and their age at each Round of Testing. This could mean that in Round 2, the student is a year older and even though they may show a significant improvement in their Round 2 result over Round 1, they may find themselves categorised in another colour band because they are now in an age category one year older. Please ask if you require further clarification regarding this information.

| Test Data                            | Round 1 | Round 2 | Change | Compare     |
|--------------------------------------|---------|---------|--------|-------------|
| 20m Beep Test                        | 16      | 14      | -12.5% | Concern     |
| 5m Agility Sprint (seconds)          | 11.9    | 10.1    | +17.8% | Exceptional |
| Horizontal Standing Jump (cm)        | 100     | 120     | +20.0% | Concern     |
| Flexed Arm Hang (seconds)            | -       | -       | -      | NA          |
| Sit n Reach Flexibility Left (cm) *  | -11     | -2      | +90%   | Concern     |
| Sit n Reach Flexibility Right (cm) * | -8      | 0       | +80%   | Concern     |

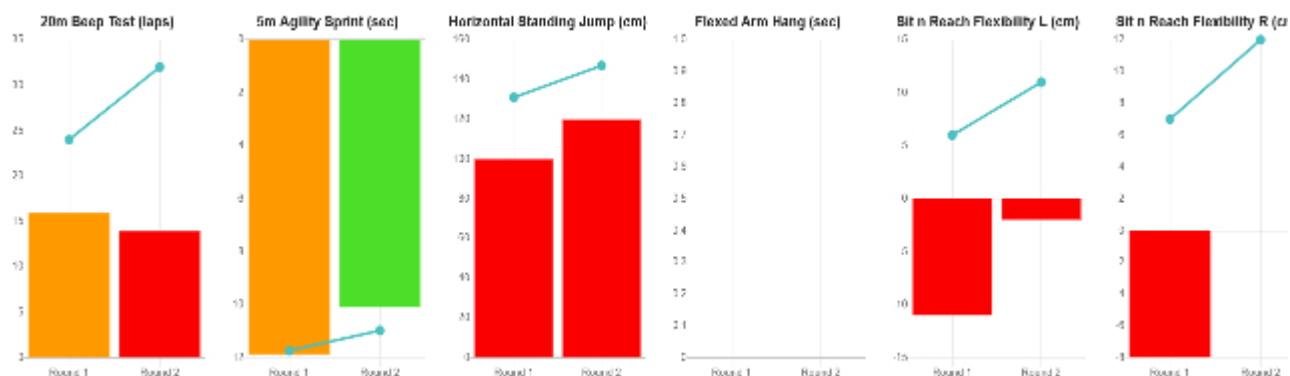
|   |                      |             |
|---|----------------------|-------------|
| *NOTE Although we include the results for the Sit n Reach Flexibility Tests, we do not include the Change +/- % as part of the formula for calculating overall fitness improvement, as these two sets of data can skew the overall results, delivering a false overall outcome. | <b>Overall +/- :</b> | <b>+8.4</b> |
|---|----------------------|-------------|

\*Round 2 20m Beep Test: Bad Stitch.

### How to interpret the Comparisons Colour Code:

All student data captured in this system (for each exercise tested), sits on a Bell Curve where the majority of students (70%) tested will fall into a 'healthy' and 'acceptable' range, however the bottom 20% and top 10% of students tested in each exercise are also highlighted so that appropriate intervention strategies and program specified action can be recommended and implemented. When reviewing the data and results (below), the student's results have been colour coded based on where they sit on the Bell Curve for each exercise test, for their gender and for their age at the time of being tested.

|                               |
|-------------------------------|
| <b>Exceptional (top 10%)</b>  |
| <b>Very Good (next 30%)</b>   |
| <b>Acceptable (lower 40%)</b> |
| <b>Concern (bottom 20%)</b>   |



The blue dot represents the average scores for the test

## Comments and Suggested Action:

### Beep Test Suggested Action

The Beep test is a multi-stage fitness test, also known as the PACER test (Progressive Aerobic Cardiovascular Endurance Run) or the 20m Shuttle Run Test (20m SRT). It is a running test used to estimate an individual's aerobic capacity (VO<sub>2</sub> max). In the test, individuals must run from one line to another before a timed beep. Individuals must continue running back and forth, each time reaching the line before the next beep. Once an individual can no longer run, the test is over and the number of completed laps is recorded. This test is a very important component of overall physical fitness.

Results suggest that ### lacks cardio endurance. Sitting in the lowest 20% of all results for this age group in this exercise test, ### needs to increase intensity of exercise over prolonged periods. More cardiovascular/aerobic based exercise should be introduced (example: running, skipping and jumping). This result recommends a review of performance in 3 months

### Agility Sprint Suggested Action

Multi-directional sprint training improves Change-of-Direction (CoD), Off-the-Line Speed and Reactive Agility. The goal of this exercise test is to measure student's ability to learn a course and then move about the set course in the shortest possible timeframe. This test challenges the student's memory and ability of the brain to initiate change of direction whilst sprinting a very short course format program (30m in total).

Based on this exercise test score, ### sits in the top 10% of all students tested in this age group. Results suggest an ability to perform well in most ball sports that require sudden changes in direction. An exceptional result. Well done.

### Horizontal Standing Jump Suggested Action

The standing horizontal jump is a calisthenics and plyometric exercise that primarily targets the measurement of lower body explosive power.

### score in this test indicates a result sitting in the lowest 20% of all scores collected for this age group. Focus for future exercise needs to be placed on leg training (example: jumps, step-ups, skipping, hopping) and core activities (example: sit-ups, planks, crunches). This result recommends a review of performance in 3 months.

### Flexed Arm Hang Suggested Action

The flexed arm hang is a popular test designed to measure upper body strength and endurance by timing how long someone can hang with their chin above a bar. It monitors the muscular endurance of the individual's elbow flexors and shoulder extensors. Of all exercise tests, this is probably the hardest for children (aged 8 - 12yrs) to complete and deliver high end results.

We have no data relating to this particular exercise for this Test Round. Reasons may include: we were unable to test this exercise as the equipment was not available at the time of testing, or ### did not participate in this exercise test due to being away from school that day, unwell or injured.

### Sit n Reach Flexibility Suggested Action

This variation of the traditional Sit and Reach Test is designed to measure the flexibility of the left and right legs separately. Because tightness in the lower back, glutes and hamstrings is often related to stiffness (or even muscle pain), this test may help determine a student's risk for future pain and injury, even at such an early age. Although we include the results for this test (left & right legs) on the Student Fitness Report Card, we do not include the results as part of the formula for calculating overall Fitness Improvement.

#### Left Leg

### achieved a test score ranked in the lowest 20% of all scores collected for this age group. This suggests more time could be spent focusing on stretching of the lower back, glutes and hamstrings to provide greater flexibility down the left side. This result recommends a review of performance in 3 months.

#### Right Leg

### achieved a test score ranked in the lowest 20% of all scores collected for this age group. This suggests more time could be spent focusing on stretching of the lower back, glutes and hamstrings to provide greater flexibility down the right side. This result recommends a review of performance in 3 months.