

# Physical Literacy Testing 2020/2021

## 1. **Stork Balance Test (Balance on one leg):**

- Support leg still, foot flat on ground.
- Position Non supporting foot against the inside of the knee on the supporting leg.
- Each participant will be given one minute to practice the balance.
- Max score of 120 seconds (max 60 seconds on each leg).
- As soon as unsupported leg touches floor, attempt over and score collected.
- **Equipment needed: Timer**
- **DO NOT ALLOW HOPPING OR OTHER FOOT TO TOUCH THE GROUND.**

## 2. **Co - ordination (Tennis Ball Throw)**

- Find a flat surface (wall).
- Place a cone 2 metres away from wall.
- Underarm throws with preferred hand – How many successful throws & catches in 30 seconds.
- Y3 – Two hands, 1 bounce.
- Y4 – Two hands, no bounce.
- Y5 – One hand, one bounce.
- Y6 – One hand, no bounce.
- **Equipment: Tennis Balls, Cones, Timer & measuring tape.**

## 3. **Power (Standing Long Jump)**

- Lay out the measuring tape on the floor.
- Mark starting point with a cone.
- Knees bent, arms positioned behind body.
- Legs straightened on take off & both feet leave the floor together.
- Arms swing forwards & land on both feet at the same time.
- Coach will take the score of landing position.
- **Equipment needed: Measuring tape & cones.**
- **Falling or stepping backwards after the landing will result in measurement to that point of contact rather than where the feet first touched. Some subjects will try to use a step at take off, which is NOT allowed.**

## 4. **Flexibility (Sit & Reach Test)**

- Sit down on the ground and place the soles of your feet (shoes off) flat against the measuring box.
- Lock your knees out so that your legs are straight.
- Hold out arms straight, one hand on top of the other.
- Reach as far as they can keeping their legs straight, exhale as reaching forwards.
- Everyone gets 1 practice go & then one official attempt. Take the highest score from the two goes.
- **Equipment: Sit & Reach Box.**
- **DO NOT ALLOW BENT KNEES.**

