

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.

5. Strength Test (Hand Grip Dynamometer)

- Make sure the Dynamometer is set at 0.
- Place above head with a straight arm, squeeze whilst slowly moving down towards the floor.
- When down by their side and facing floor, stop squeezing & check for score.
- Each participant gets one practice go with both hands.
- Both hand scores to be recorded.
- Equipment: Hand Grip Dynamometer.
- DO NOT ALLOW A BENT ARM, ELBOW MUST BE LOCKED OUT AT ALL TIMES.

6. Aerobic (20 Bleep Test)

- Mark out 20m area with cones.
- YouTube Video for Bleep test with explanation https://youtu.be/pP4elcwgQbk
- One overtime warning, on the second fail they stop & drop out of the test.
- Score is given & recorded.
- Equipment: Speaker & Cones.

7. Anaerobic (70m Sprint Test)

- Mark out a 70m area with cones. Start & end point.
- 2 or 3 participants will run at a time; each runner will have a coach timing them.
- When whistle blows, Sprint from start line to the end line.
- Driving arms back & forth.
- Run through the finish line, don't slow down on approach.
- Coaches will collect & input times.
- Equipment: Cones, Whistle & Timer.
- DO NOT ALLOW FALSE STARTS.

8. Agility (Illinois Agility Test)

- Set up the Agility course with cones as diagram shows.
- The participant lies face down on the floor at the "start" cone.
- When the coach blows whistle, participant must jump to their feet & make their way through the course asap.
- When the participant has reached the finish line, pause stopwatch & record score.
- Each participant will get one practice attempt.
- Equipment: Cones, Whistle & Timer.

