| Cardiovascular Endurance	
Cooper 12 minute run - Set out a predesignated running track/area (200m or 400m) - Place cones around the outside to mark different distances - Run for 12 minutes and record the distance run -	
Multi-stage fitness test - This test involves continuous running between two lines 20m apart in time to recorded beeps. - The participants stand behind one of the lines facing the second line, and begin running when instructed by the recording. - The subject continues running between the two lines, turning when signalled by the recorded beeps. - After about one minute, a sound indicates an increase in speed, and the beeps will be closer together. This continues each minute (level). - If the line is reached before the beep sounds, the subject must wait until the beep sounds before continuing. - If the line is not reached before the beep sounds, the subject is given a warning and must continue to run to the line, then turn and try to catch up with the pace within two more 'beeps'. - The subject is given a warning the first time they fail to reach the line (within 2 meters), and eliminated after the second warning.	
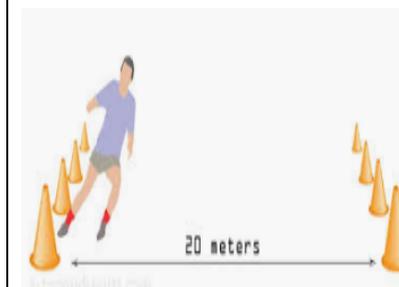
Co-ordination	
Wall throw test - Stand 2 metres from the wall - Face the wall and throw the ball against the wall - Catch it with opposite hand - Repeat the process again - Stop after 30 seconds - The amount of balls caught are your score	
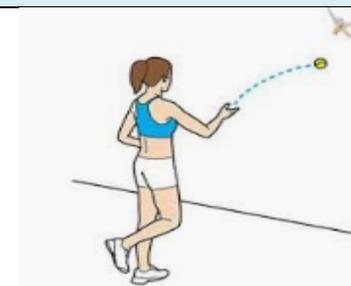
Reaction Time	
Reaction time ruler test - One student (the tester) places the ruler vertically against a wall - The 100cm mark must be marked with chalk just above the performers eye level - The tester holds the ruler in place at the 95cm mark with their thumb - The performer puts their thumb as close to the ruler as possible without touching the ruler at the 5cm mark - The performer looks at the 15 cm mark on the ruler - The tester lets go of the ruler and the performer has to stop it as soon as possible with their thumb - Once the ruler has been stopped, the top is again marked with chalk and the distance between the two points are measured	