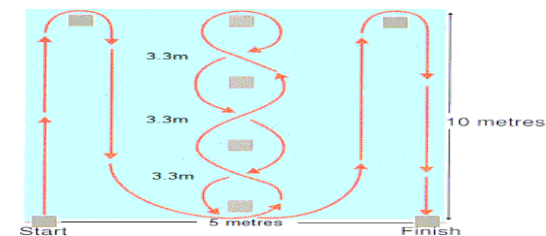


Agility

Illinois agility run

- Set out the course 5m wide and 10m long
- Set four cones down the middle 3.3m apart
- Lie face down on the floor at the start
- The time that it takes to run around all the cones is recorded



Muscular endurance

Press up test

- Lie on the mat with hands shoulder width apart and arms fully extended
- Lower the body until elbows reach 90°
- Return to the starting position with arms fully extended
- The push ups must be continuous with no rest
- Complete as many as possible
- Record the total number of full body press up



Sit up test

- Complete a sit up each time the bleep goes on the tape
- Sit ups must be completed fully up and down
- Once out of time with the bleep, the test is over



Balance

Stork stand test

- Stand comfortably on both feet
- Place your hands on your hip
- Lift the right leg and place the sole of that foot against the left knee of the other leg
- Raise heel of left foot to stand on toes
- Timer shouts start
- Test finishes when the left heel hits the ground or right foot loses contact with the knee
- Rest for 3 minutes
- Repeat on other leg

