

## PE Impact data 2016/17

The following tests are carried out termly to determine pupil's level of fitness.

### Stamina-Bleep Test.

Pupils have to complete timed shuttle runs. The Bleep Test increased in levels of difficulty. If a child got to level 8 and completed 5 shuttle runs in level 8 their score would be 8.5. The higher the level the more stamina is required.

### Speed-Sprint.

Pupils have to complete a 30 metre sprint. This is measured in seconds. The fewer seconds recorded the faster the speed.

### Flexibility-Sit and Reach Test.

Pupils have to sit and reach out as far as they can. The length of their reach is measured in centimetres. A child who can reach further has better flexibility.

### Strength-Press ups.

Pupils complete as many press ups as they can. A child who can complete more press ups has better upper-body strength.

### Autumn 2016

Components of fitness	Year 6		Year 5		Year 4		Year 3		Year 2		Year 1	
	Sept	Dec	Sept	Dec	Sept	Dec	Sept	Dec	Sept	Dec	Sept	Dec
Stamina	15.11	15.9	12.8	12.2	12.10	12.1	9.8	12.1				
Speed	4.6	4.5	4.7	4.5	4.9	4.8	5.6	5.0	5.8	5.8	5.9	5.8
Flexibility	24	27	23	24	24	24	21	22	150	120	100	110
Strength	20	17	15	15	16	12	13	9				
<b>Impact</b> Strength, the number of reps may have decreased however this is due to use of the correct technique.	Stamina mostly the same. Speed a slight increase and flexibility a significant increase.		Stamina a slight decrease. Speed and flexibility a slight increase.		Stamina a significant decrease. Speed a slight increase and flexibility no change.		Stamina and speed both show a significant increase. Flexibility a slight increase.		Speed no change but flexibility a significant decrease.		Speed a slight increase along with flexibility showing a slight increase overall.	

### Spring 2017

Components of fitness	Year 6		Year 5		Year 4		Year 3		Year 2		Year 1	
	Dec	March	Dec	March	Dec	March	Dec	March	Dec	March	Dec	March
Stamina	15.9	15.9	12.2	14.1	12.1	12.9	12.1	12.4				
Speed	4.5	4.3	4.5	4.5	4.8	4.7	5.0	4.9	5.8	5.2	5.8	5.5
Flexibility	27	26	24	25	24	25	22	23	120	130	110	120
Strength	17	17	15	15	12	14	9	13				
<b>Impact</b>	Slight increase in speed and flexibility. Stamina and strength results stay the same.		Significant increase in stamina. Speed, flexibility and strength stay the same.		Increase in Stamina, speed and strength. Slight increase in speed.		Significant increase in strength. Increase in stamina, speed and flexibility.		Significant increase in both speed and flexibility.		Increase in speed but a significant increase in flexibility.	

### Summer 2017

Components of fitness	Year 6		Year 5		Year 4		Year 3		Year 2		Year 1	
	March	July	March	July	March	July	March	July	March	July	March	July
Stamina	15.9	15.10	14.1	14.3	12.9	13.1	12.4	12.5				
Speed	4.3	4.2	4.5	4.4	4.7	4.6	4.9	4.7	5.2	4.9	5.5	5.4
Flexibility	26	28	25	26	25	26	23	25	130	130	120	130
Strength	17	16	15	14	14	14	13	13				
<b>Impact</b>	Improvements in stamina, speed and flexibility. A decrease in strength, this may be due to a focus on performing with the correct.		Improvements in stamina, speed and flexibility. A decrease in strength, this may be due to a focus on performing with the correct.		Improvements in stamina, speed and flexibility. No improvement in strength however this could be due to a focus on correct technique.		Improvements in stamina, speed and flexibility. No improvement in strength however this could be due to a focus on correct technique.		A significant improvement in speed. No improvement in flexibility.		Improvements in both speed and flexibility.	