



Longfield Learning Journey



Year Group: 10	Unit of work: Applying Principles of Training	Term: 1:2-2.1
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Skills:	Context:	R	A	G
LO3: Your task is to carry out and interpret the results of fitness tests to assess their "baseline" fitness. Consider reliability and validity in the testing.	Be able to carry out a number of fitness tests, collect and interpret your data considering reliability and validity throughout.			

Content:	Not attempted	1st Draft	Complete
Test Protocols – have you discuss: PAR-Q, doctors approval and there importance of explaining each test before conducting?			
Have you wrote all the procedure of each Fitness test?			
Have you attached all normative data tables with sources to each fitness test?			
Have you discussed your score and the impact it has on your sport?			
Have you discuss what Sub-maximal, Maximal and test sequence are?			
Have you discuss what, Normative data, Validity and Reliability are?			

What you know	What you need to know	How are you going to get there?