

## PHYSICAL ABILITIES TESTS EXPLANATION - 4th GRADE

PHYSICAL ABILITY	TEST	RESULT		
		Very good	Normal	It could be better
<b>Leg strength</b>	<b>Long jump</b> without previous run and with both feet at the same time. We measure the length in meters and centimeters.	+ than 1'25 m	Between 1'00 - 1'25 m	- than 1'00 m
<b>Arm strength</b>	<b>Medicine ball throwing</b> (2 Kilogrames). We measure the distance in meters and centimeters.	+ than 2'50 m	Between 2 - 2'5 m	- than 2'00 m
<b>Abdominal strength</b>	<b>Most number of sit-ups</b> you can do in 30 seconds. We take note of the number of sit-ups.	+ than 19	Between 13 - 19	- than 13
<b>Flexibility</b>	<b>Sit and reach</b> using a bench and a wooden brick. We measure the distance in centimeters. We cannot bend our knees.	+ than 5cm	0 - 5 cm	- than 0cm
<b>Agility</b>	<b>4x9 meter race</b> with 2 wooden pieces. We measure the time in seconds and milliseconds.	- than 12'5"	Between 12'5 - 14"	+ than 14"
<b>Speed</b>	<b>30 meter race</b> . We measure the time in seconds and milliseconds.	- than 6'00"	Between 6'00 - 7'00"	+ than 7'00"
<b>Endurance</b>	<b>Running around the playground</b> . We measure how many laps you can complete running around the playground in 6 minutes.	+ than 10 laps	Between 8 - 10 laps	- than 8 laps