NAME: Haley GRADE:3B

**FITNESS**

### Term One Date:22/2/10 ­­­­­­­­

Term Four Date:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Task** | **Term 1 Estimate** | **Term 1 Answer** | **Term 4**  **Estimate** | **Term 4**  **Answer** |
| **Height** | Cms  139 | Cms  134 | Cms  134 | Cms  138 |
| **Weight (optional)** | Kgs  22.0 | Kgs | Kgs  30.0 | Kgs  31.2 |
| **Vertical**  **Jump** | Cms  30 | Cms  24 | Cms  30 | Cms  22.00 |
| **Standing Long Jump** | Cms  32 | Cms  100 | Cms  110 | Cms  115 |
| **Sit Reach test (flexibility)** | Cms  1 | Cms  -3 | Cms  -8 | Cms  -8 |
| **Beep Test** | (Level)  7 | (Level)  5 | (Level)  8 | (Level)  7.05 |
| **50m Sprint** | secs…  12 | secs…  10.62 | secs…  10.00 | secs…  10.37 |
| **Laps of the gym – 80m (4mins)** | 6 | 7 | 10 | 6 |
| In one minute I can do… | | | | |
| **Star**  **Jumps** | 49 | 68 | 76 | 71 |
| **Burpies** | 30 | 17 | 20 | 18 |
| **Lunges** | 39 | 35 | 40 | 28 |
| **Skips of**  **the rope** | 112 | 55 | 100 | 60 |
| **Push-ups**  **(on knees or full)** | 14 | 26 | 30 | 12 |

#### Term 2: I think I can improve upon my Standing long jump!

I will do this by skipping and jumping for a few minutes..

Term 4 : Did I improve upon my selected goals? Why? Home Because I practiced hard skipping at home!