



## **6 Week Year 3**

# **Fitness Programme Analysis**

## **South View Primary School**

**5.1.18 - 9.2.18**

## Introduction

Children from Year three (54 children) took part in a six week fitness programme carried out by Give It Some Fizz. The brief given by the school was to carry out high intensity sessions to increase the children's fitness to run alongside a healthy lifestyles session also delivered by Give It Some Fizz. A programme was developed by Give It Some Fizz to meet this objective. Four main areas of focus were:

- Endurance
- Speed
- Power / strength
- Flexibility

At the beginning of the six weeks all the children were initially assessed to establish a baseline level of fitness. Their endurance was tested in the Cooper's Course, in which children had to travel around a square area for six minutes. They were asked to count how many times they went past the starting point. Two members of staff supervised this activity and recorded the distances. Children were encouraged to keep moving but could slow to a walk if needed. If children stopped before the end of six minutes, the number of laps completed before they stopped, were recorded.

In order to assess the children's speed, shuttle runs were completed over a set distance and timed. Again the children were encouraged to continue moving for as long as possible but knew if necessary that they could stop.

Abdominal muscle strength and endurance is important for core stability and back support. The sit up test measures the strength and endurance of the abdominals and hip-flexor muscles. This test was measured by an adult who recorded the number of repetitions completed in 30 seconds. Children were shown how to position their bodies correctly and how to complete a sit up.

Finally all of the children completed the sit and reach test. This simple test is designed to measure the flexibility of your hamstrings and lower back. The sit and reach test has long been used as a test to represent a person's flexibility, though actual flexibility may differ around the body.

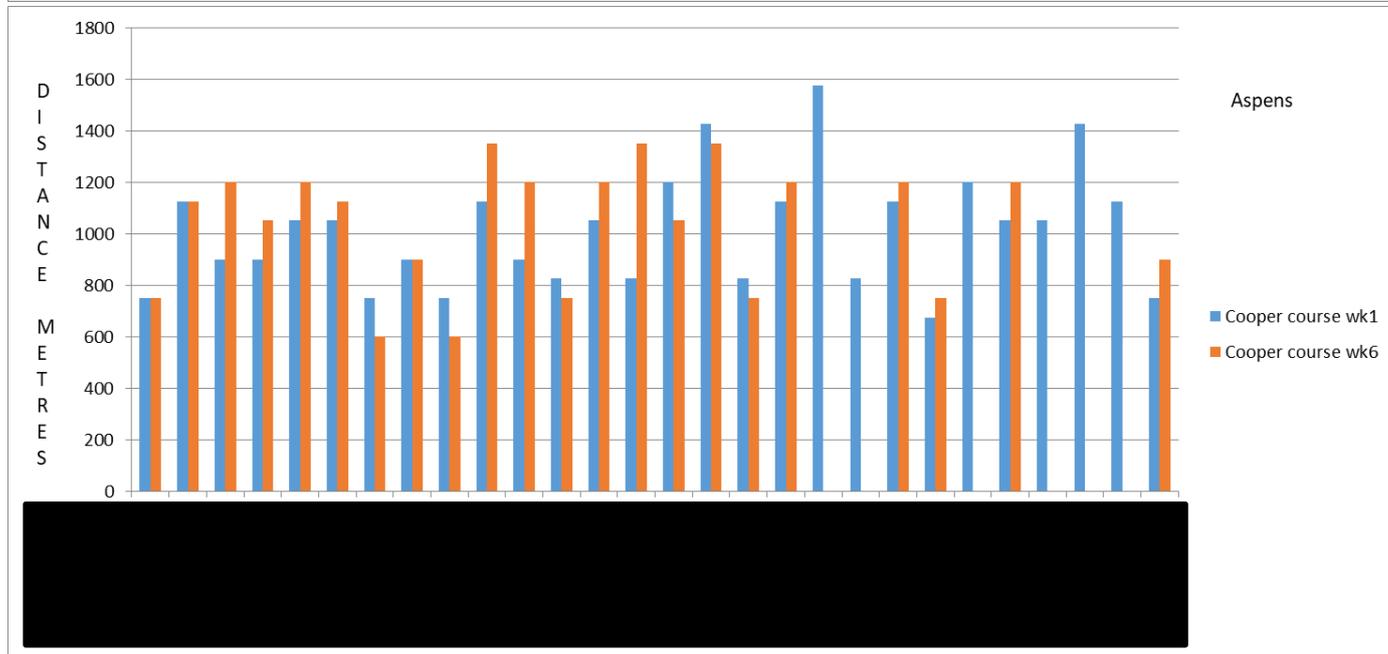
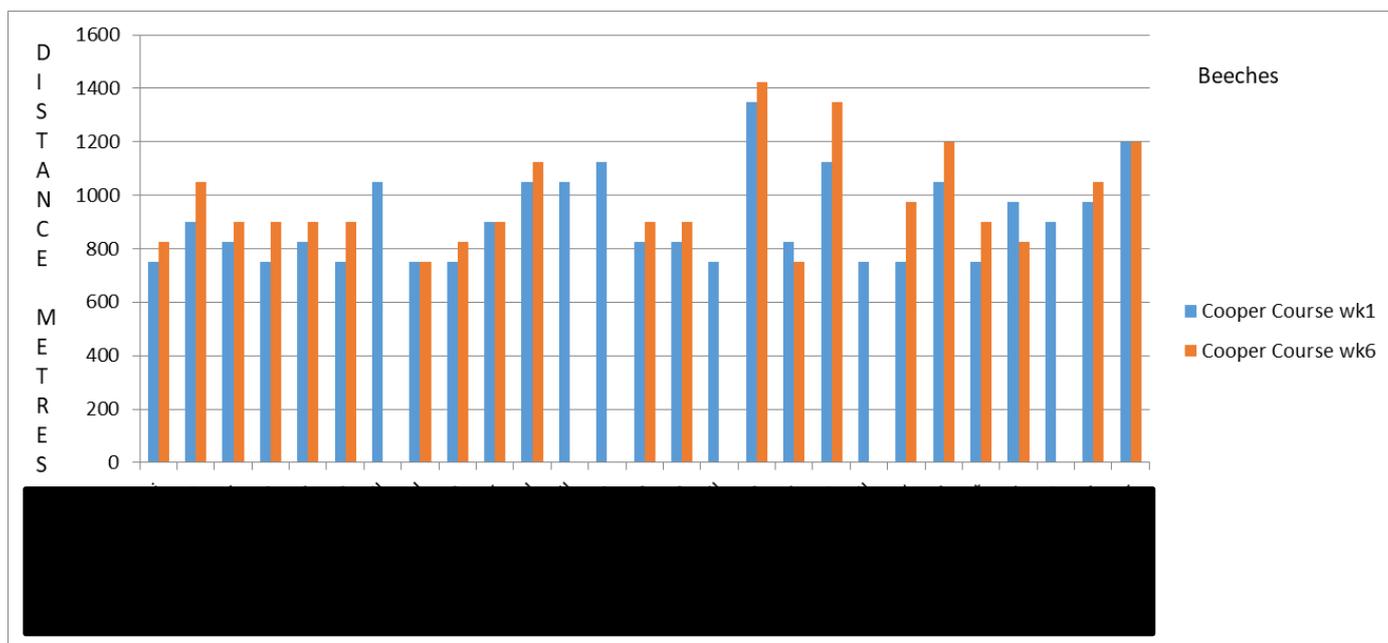
The children took ownership over their results, which enabled them to take greater responsibility for their progress and it was stressed to the children that the focus should be on improving their own fitness, not comparing with their peers. Testing was repeated in week six. During the testing weeks children who were absent for either assessment were discounted from the final data analysis. The data reflects the results of 43 children who completed all 6 sessions and were present for both assessments.

In between these assessments the children followed an energetic programme with the focus being on developing all round fitness, an understanding of the importance of exercise and to encourage the enjoyment of being active. The children experienced theory sessions about food groups, importance of sleep and how to recognise feeling.

The results from the six weeks showed a good improvement in the children's fitness. Positive feedback from the children during the sessions regarding their enjoyment of the activities reinforced the objective of developing the children's enjoyment of exercise.

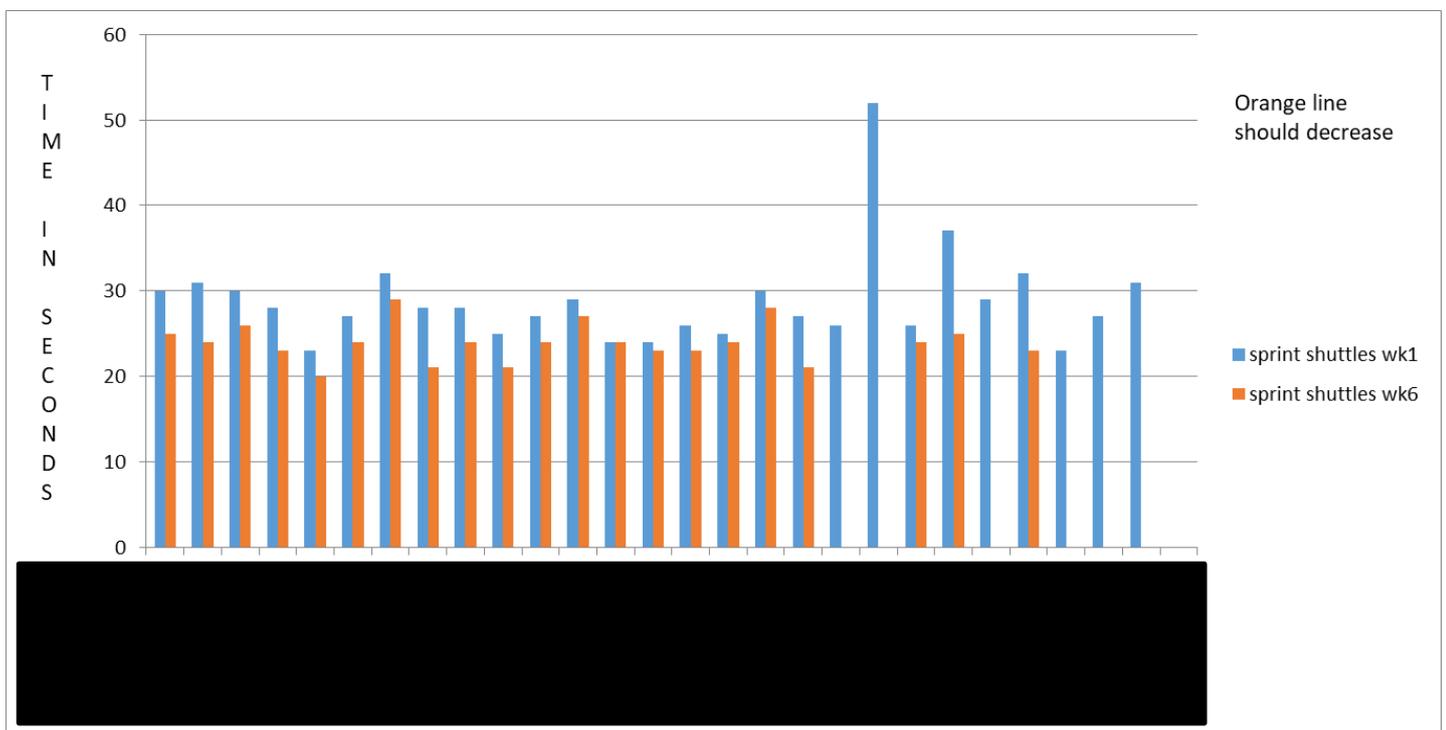
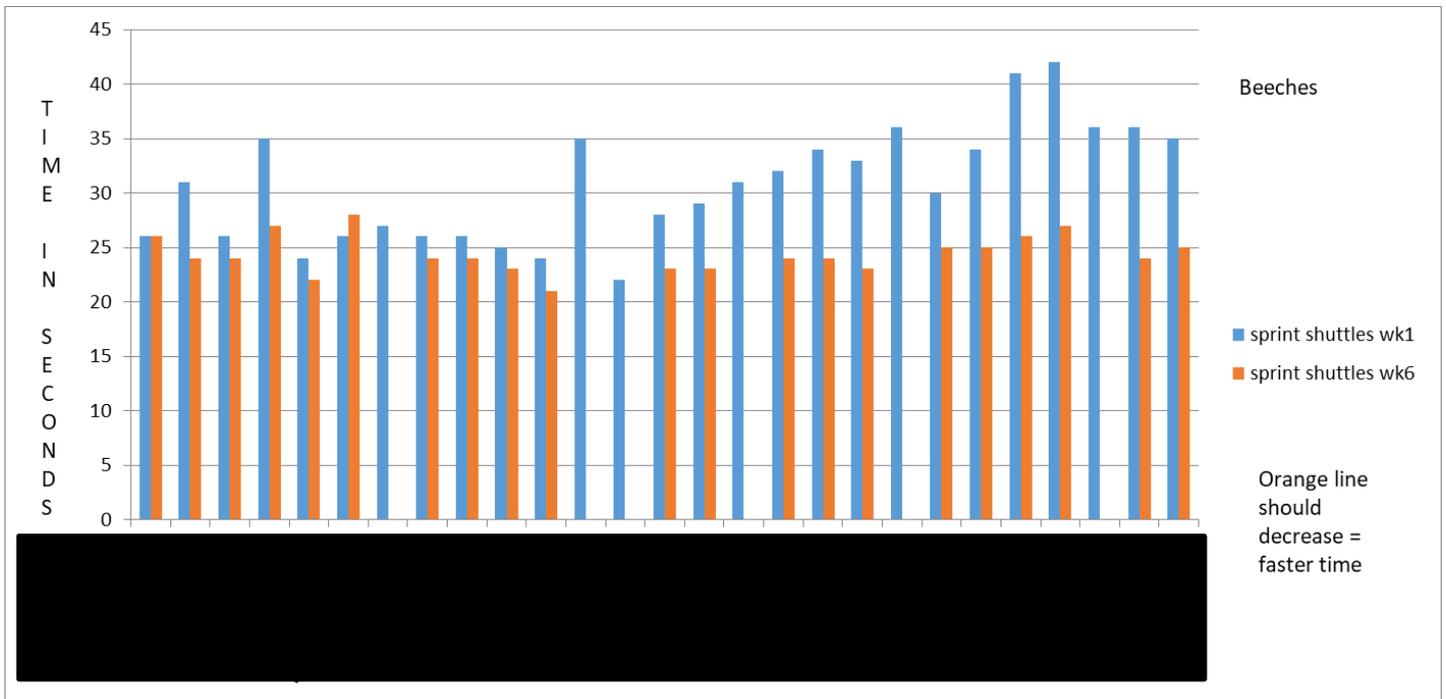
## Cooper's Course Results

- Year three 67% of children made progress completing a greater distance.
- The largest improvement in distance saw an increase of 525 metres.
- Using the National Centre for Biotechnology Information statistics for the Cooper's course the children's results showed on the first assessment that 16.2% were working at 95<sup>th</sup> percentile, 41.9% were working at 75<sup>th</sup> percentile and the majority of children (55.8%) were working at 50<sup>th</sup> percentile. After the final assessment the results showed an increase of 16% of children working in the 95<sup>th</sup> percentile. The number of children working at the 50<sup>th</sup> percentile reduced to 44.2%. During the final testing many children were absent and the weather conditions outside were poor, which may have a detrimental effect on the final results.



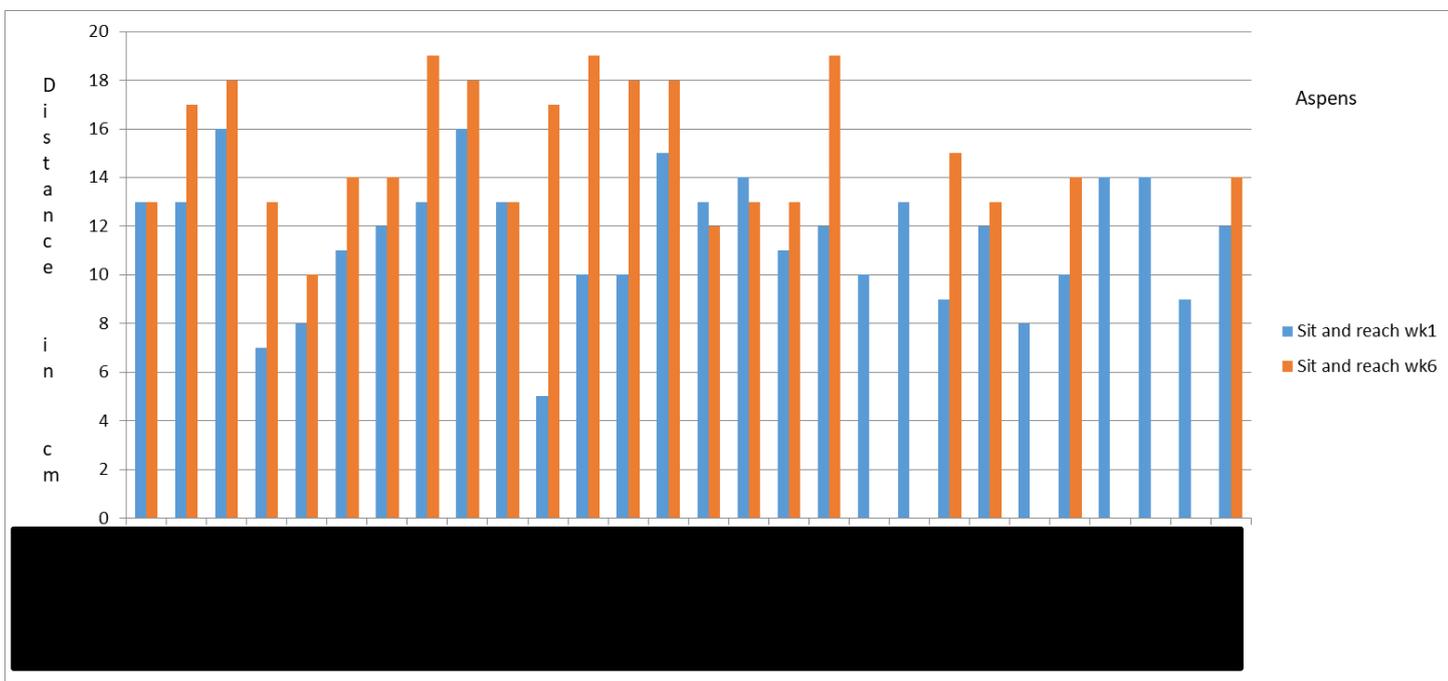
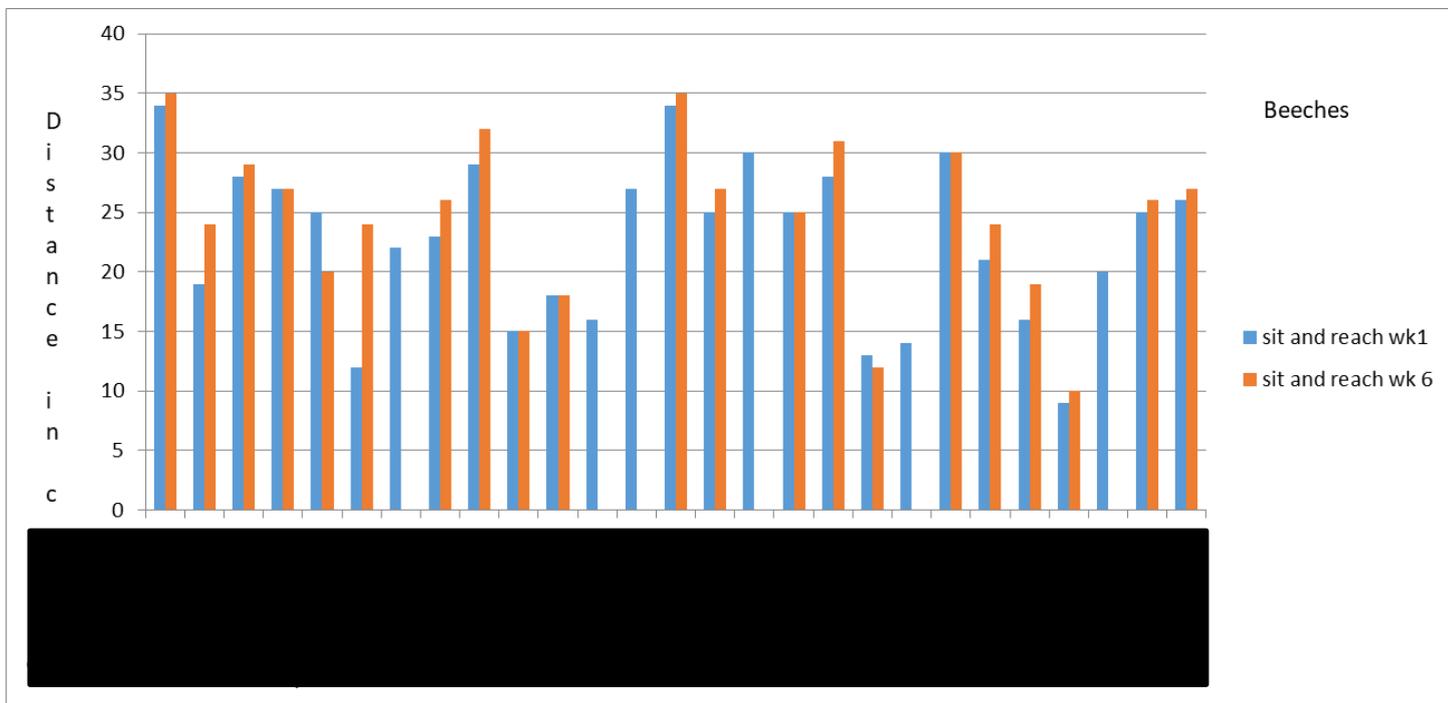
## Shuttle Runs Results

- Year three 95% improved the speed in which they completed the 10m x 4 sprints. All children in Aspens showed a reduced time.
- Noticeable results included improvements of 15 seconds were made by two children.



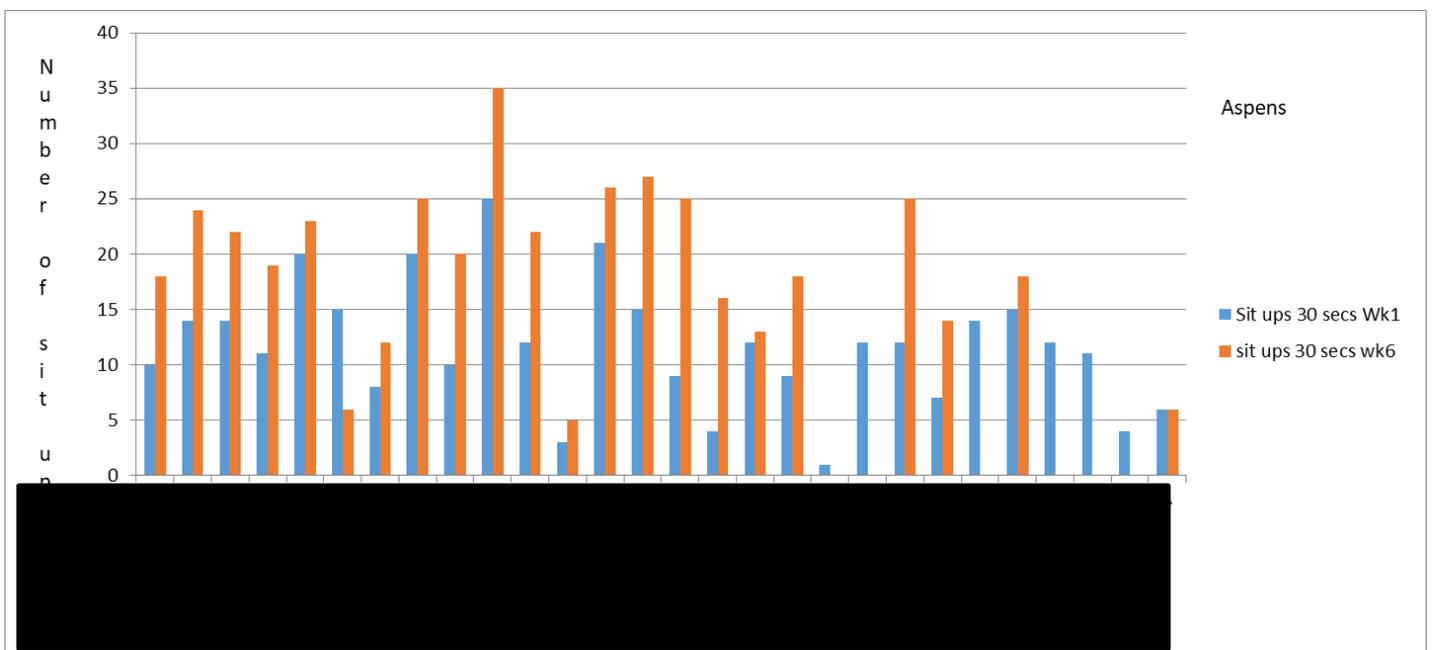
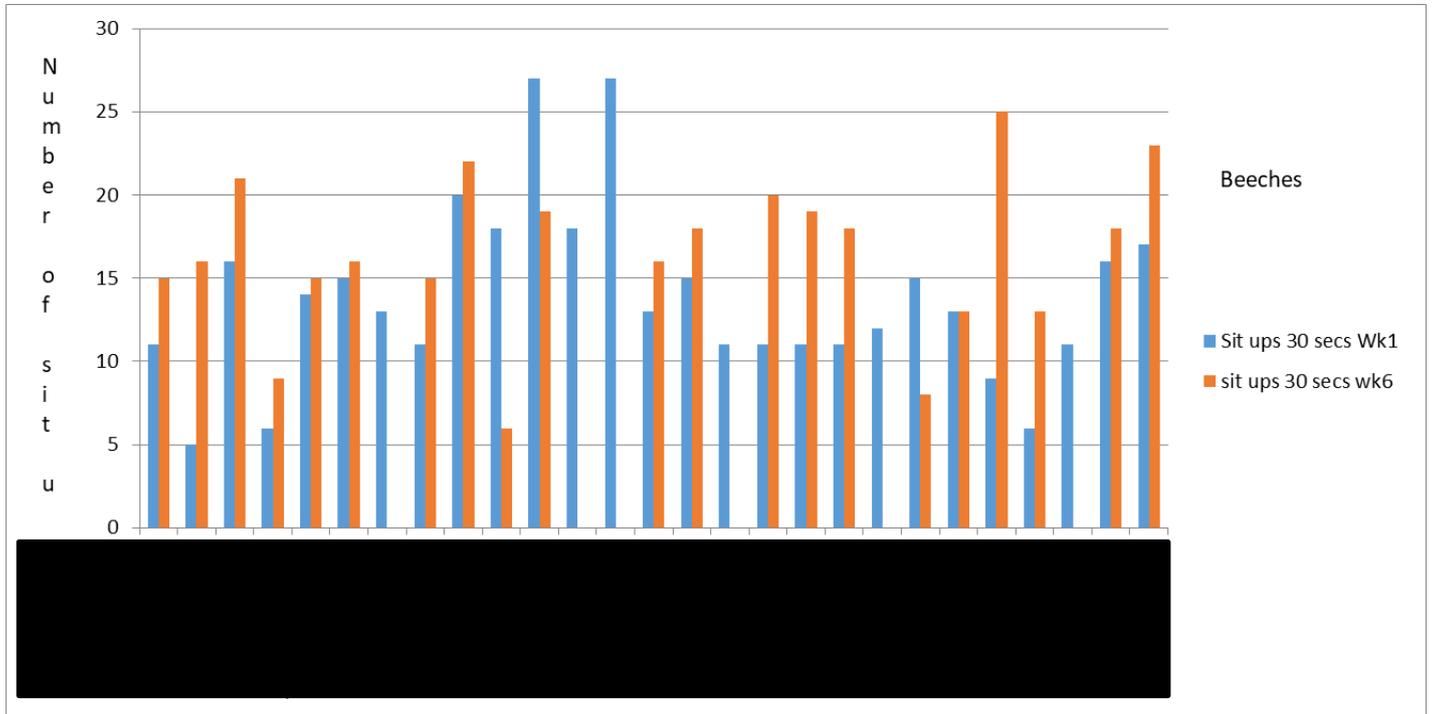
## Sit and Reach Results

- 72% of year three children showed an increased their flexibility in the sit and reach test.
- Using the National Centre for Biotechnology Information statistics for the sit and reach test 76.7% of the cohort were below the 5<sup>th</sup> percentile. By the final assessment children had increased to 27.9% 5<sup>th</sup> percentile, 7% 25<sup>th</sup> percentile, 14% 50<sup>th</sup> percentile, 9% 75<sup>th</sup> percentile and 4.56% 95<sup>th</sup> percentile.



## Sit ups test results

- Year three children achieved 83.7% increase in the number of sit ups completed in 30 seconds.
- Using the National Centre for Biotechnology Information statistics for the sit ups test at the beginning showed 85% of children were working at 5<sup>th</sup> percentile or below. This decreased to 60.5% working at or below 5<sup>th</sup> percentile. From the remaining children 18.6% working at 25<sup>th</sup> percentile, 16.3% working at 50<sup>th</sup> percentile and 2.3% working at 75<sup>th</sup> percentile.



### **Summary of results**

- Overall 95% of children across both classes completed the sprinted shuttles in a quicker time.
- Overall 67% of children across both classes were able to complete a greater distance since the initial assessment for the Cooper's Course.
- Overall 76% of children across both classes increased the number of sit ups completed in 30 seconds.
- Overall 83.7% of children across both classes increased their flexibility in the sit and reach test.
- Decrease in some performances in the second round of testing may have been affected by weather conditions during Cooper's Course and low attendance of children.