



6 Week Year 5

Fitness Programme Analysis

South View Primary School

20.4.18 - 25.5.18

Introduction

Children from Year five (56 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.

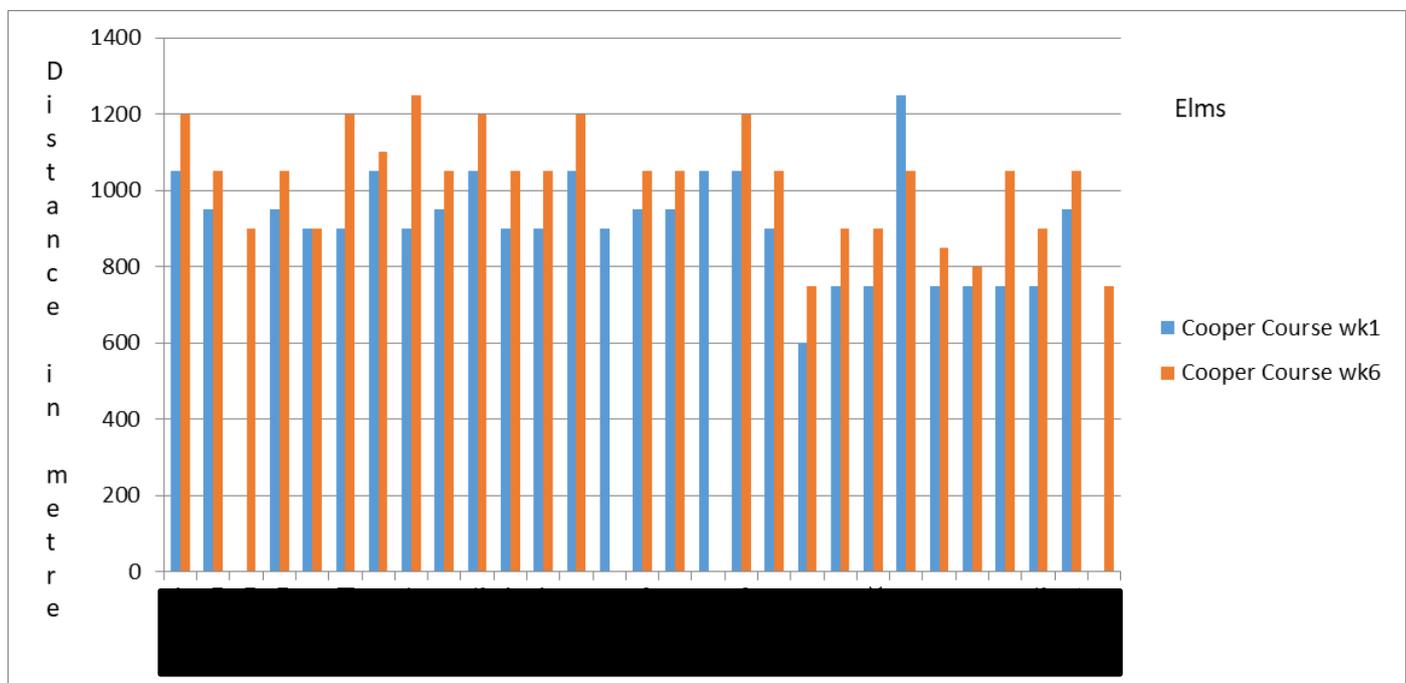
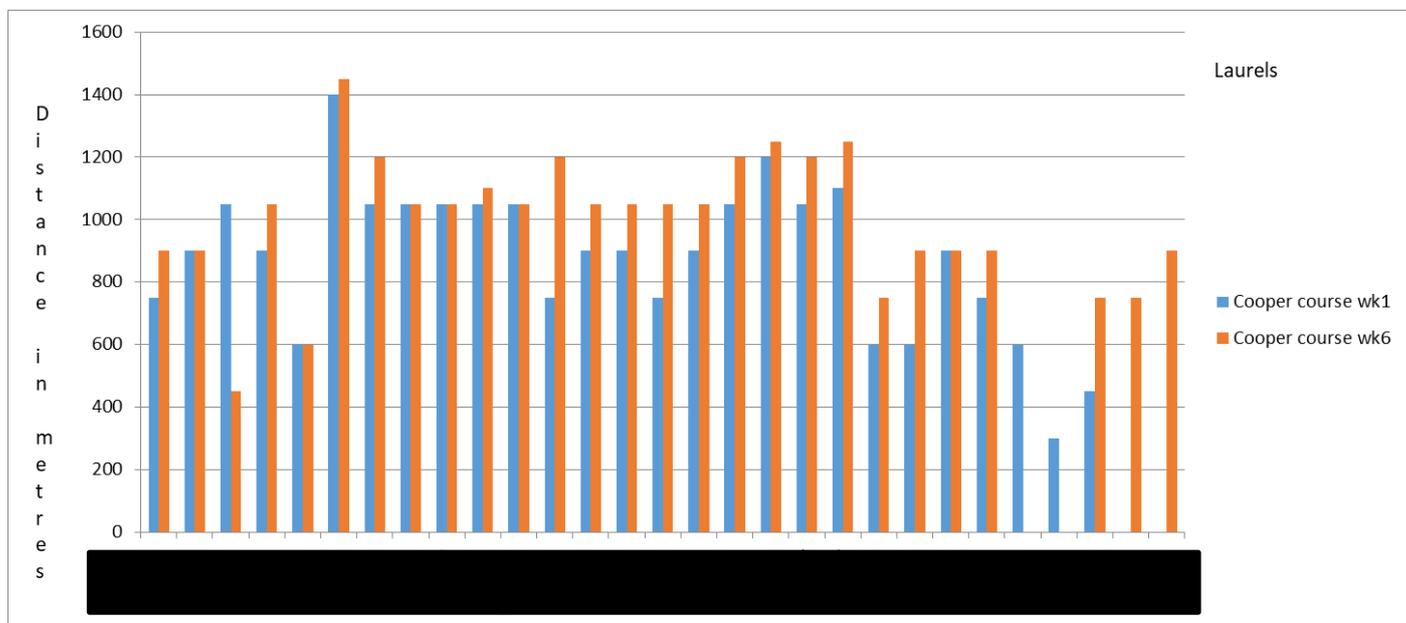
The children took ownership over their results, which enabled them to take greater responsibility for their progress and it was stressed to the children that the focus should be on improving their own fitness, not comparing with their peers. Testing was repeated in week six. During the testing weeks children who were absent for either assessment were discounted from the final data analysis. The data reflects the results of 51 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.

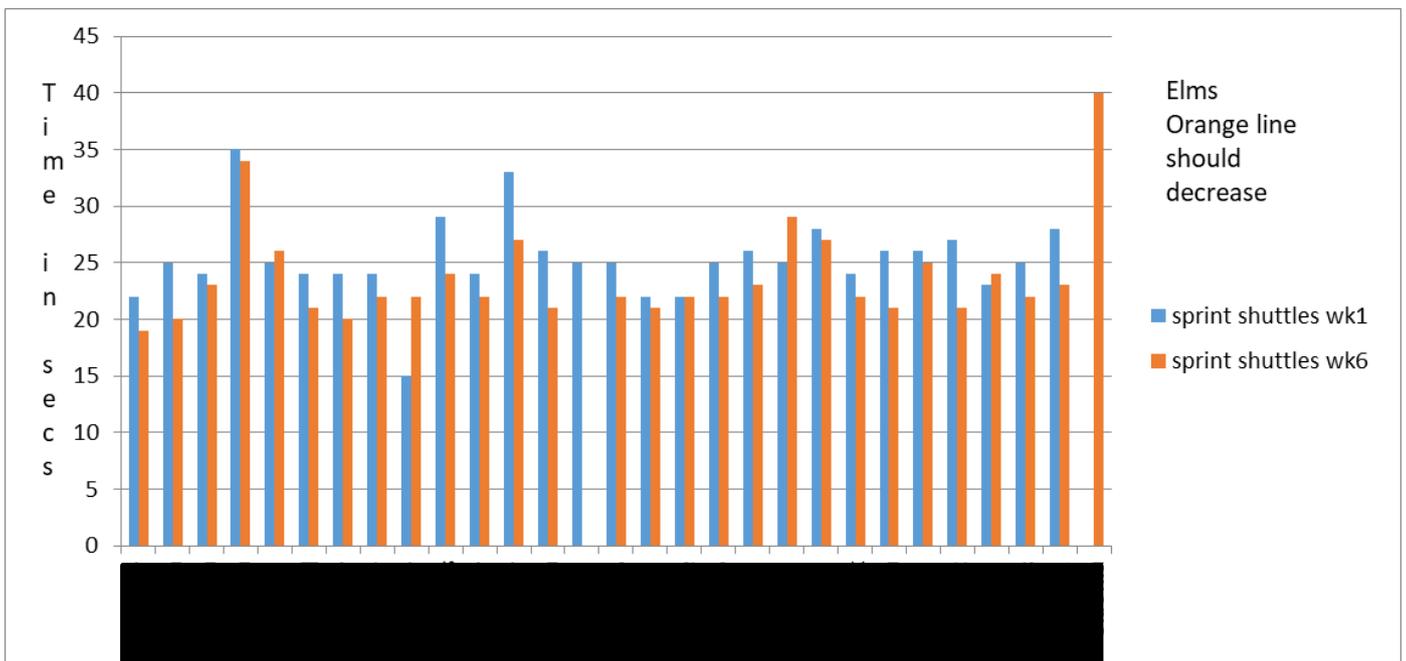
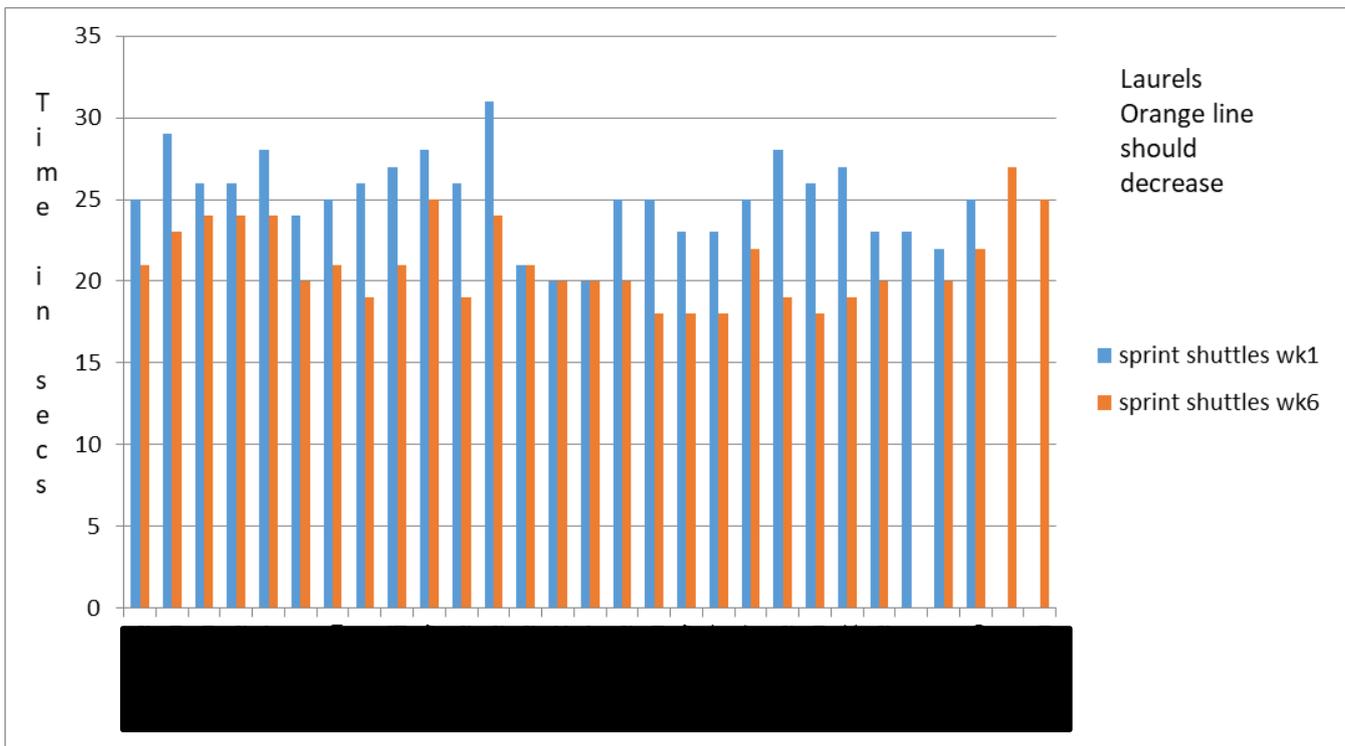
Cooper's Course Results

- Year five 80% of children made progress completing a greater distance.
- The largest improvement in distance saw an increase of 350 metres.
- Using the National Centre for Biotechnology Information statistics for the Cooper's course the children's results showed on the first assessment that 2% were working at 95th percentile which remained the same for the second assessment. 3.9% were working at 75th percentile which increased to 25.5% of the children on the second assessment. The majority of children (47%) were working at 25th percentile which decreased to 27% as children improved to the 75th or 50th percentile group.



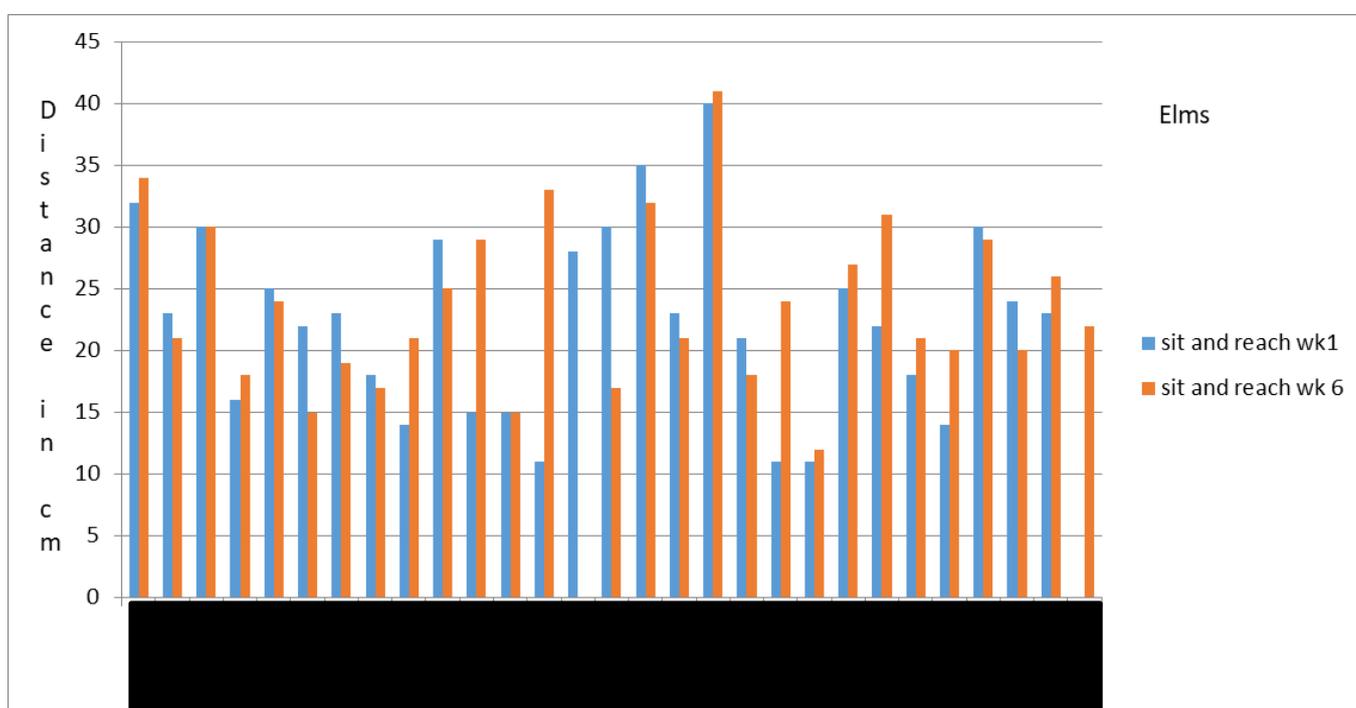
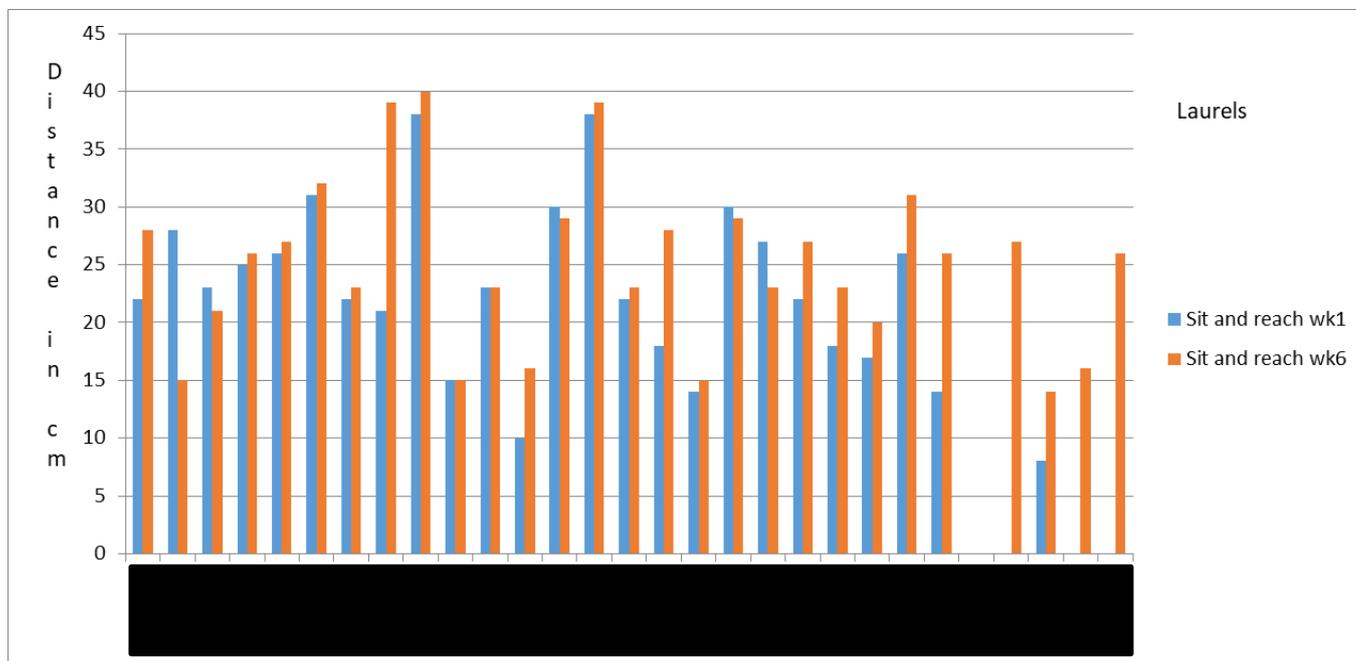
Shuttle Runs Results

- Year five 88% improved the speed in which they completed the 10m x 4 sprints.



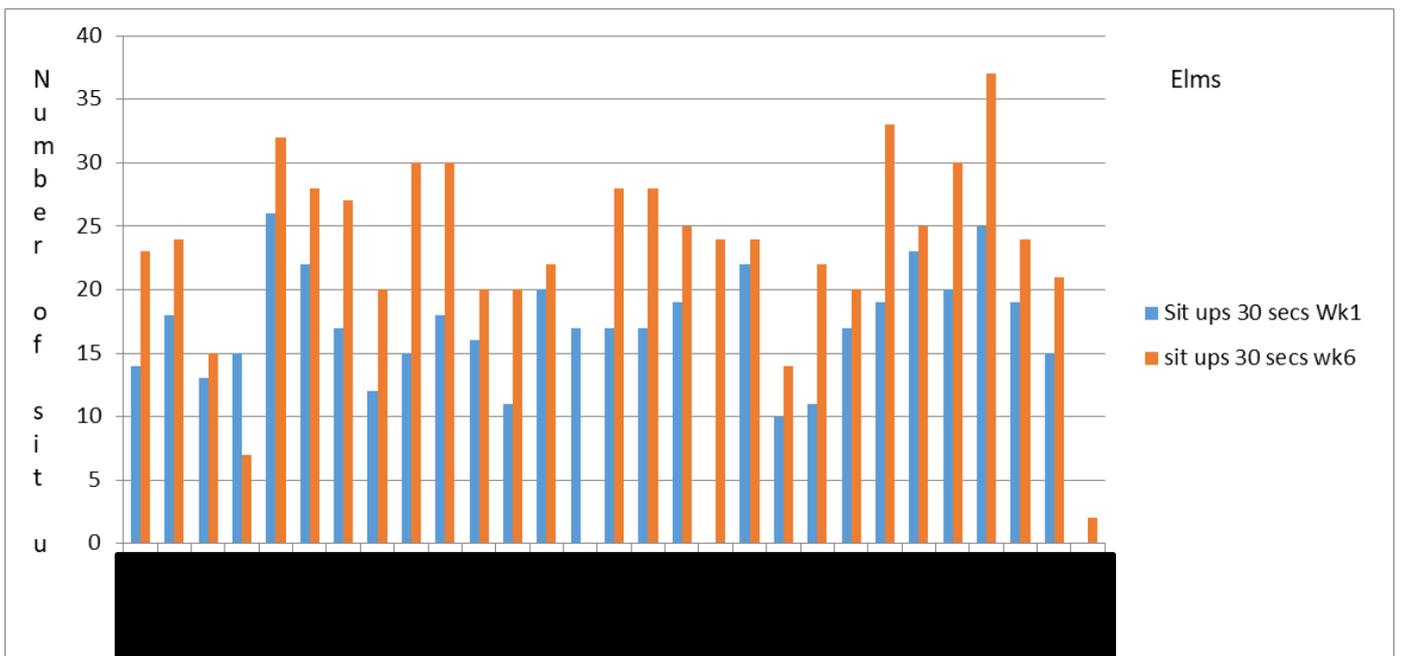
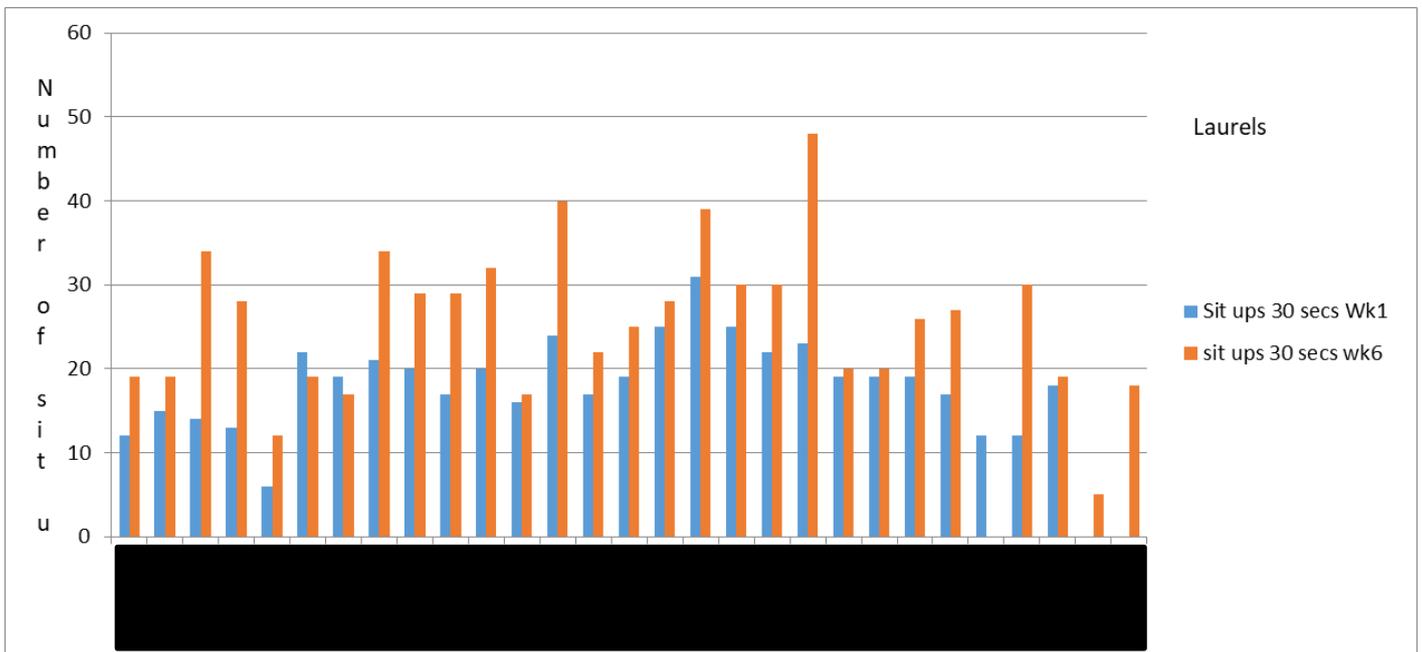
Sit and Reach Results

- 69% of year five 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 the majority of children were working at the 5th percentile or lower on the first assessment. By the final assessment children had increased to 35% 5th percentile, 19.6% 25th percentile, 17.6% 50th percentile, 19.6% 75th percentile and 9.8% 95th percentile.



Sit ups test results

- Year five children achieved 94% increase in the number of sit ups completed in 30 seconds.



Summary of results

- Overall 88% of children across both classes completed the sprinted shuttles in a quicker time.
- Overall 80% of children across both classes were able to complete a greater distance since the initial assessment for the Cooper's Course.
- Overall 94% of children across both classes increased the number of sit ups completed in 30 seconds.
- Overall 69% of children across both classes increased their flexibility in the sit and reach test.