



## **6 Week Year 2**

# **Fitness Programme Analysis**

## **South View Primary School**

**3.11.17 - 8.12.17**

## Introduction

Children from Year two (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.

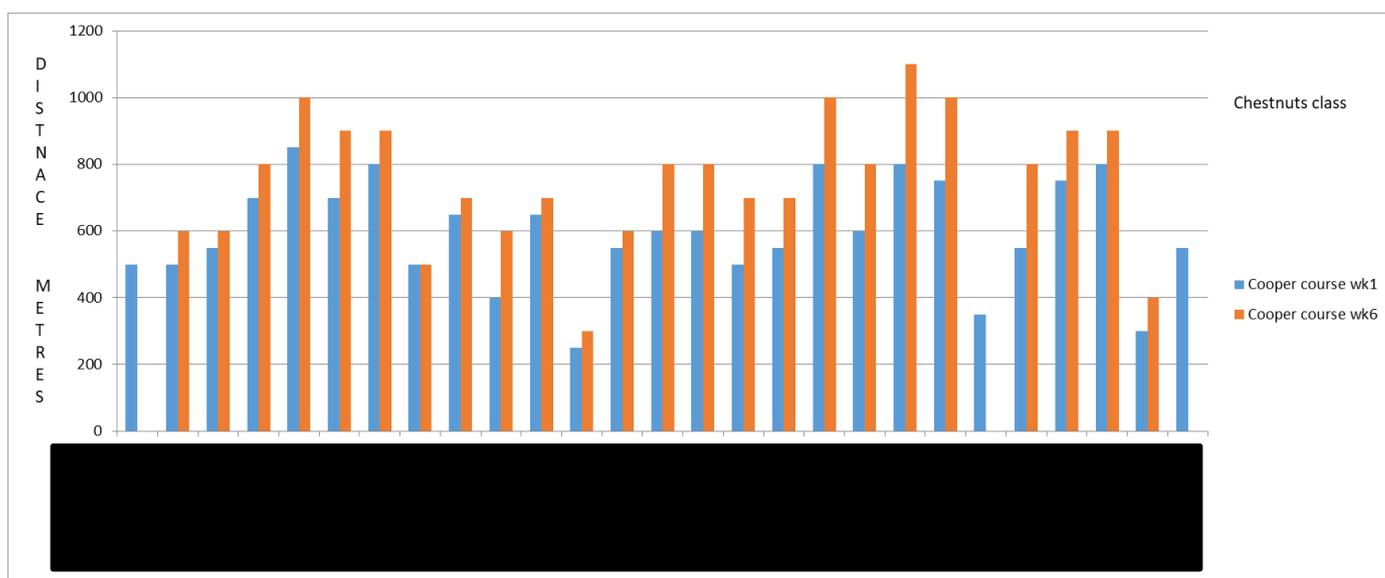
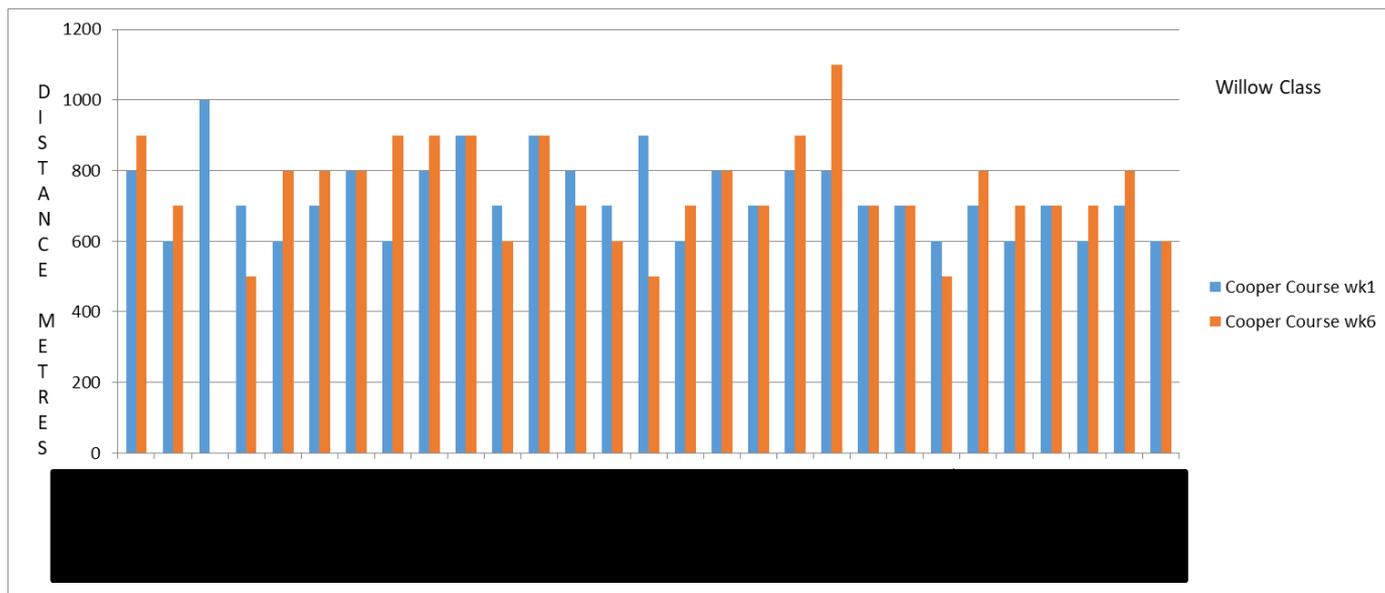
The children took ownership over their results, which enabled them to take greater responsibility for their progress and it was stressed to the children that the focus should be on improving their own fitness, not comparing with their peers. Testing was repeated in week six. During the testing weeks children who were absent for either assessment were discounted from the final data analysis. The data reflects the results of 50 children who completed all 6 sessions.

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 results from the six weeks showed a significant 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.

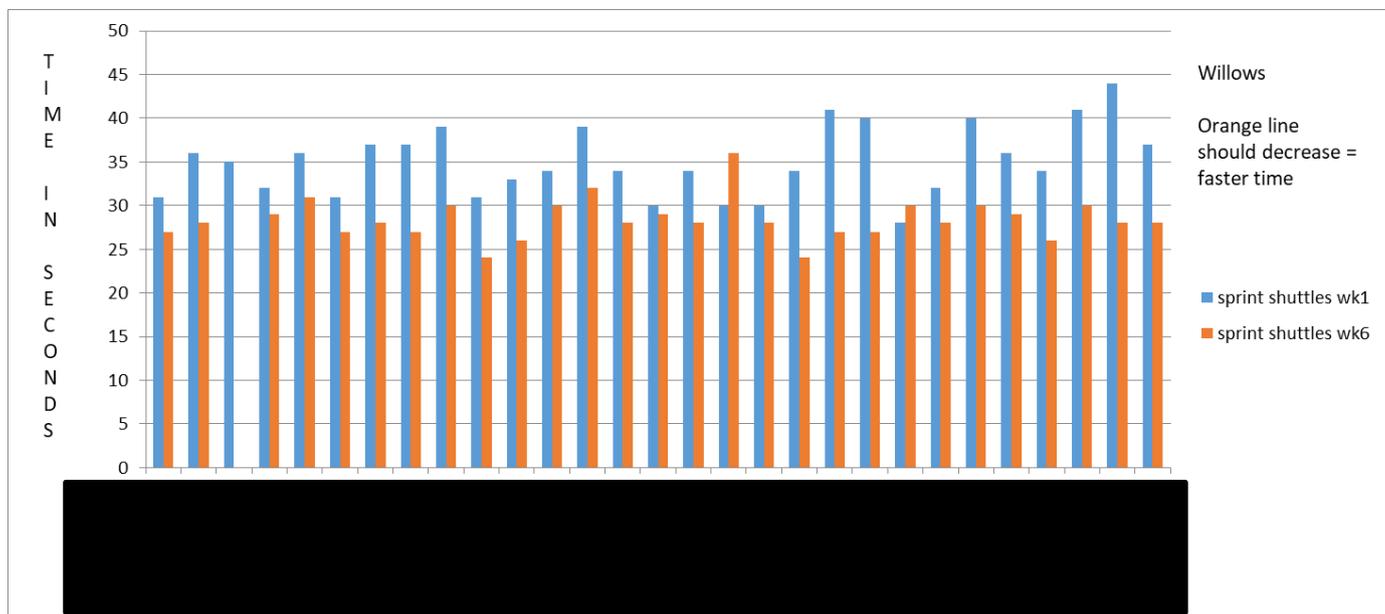
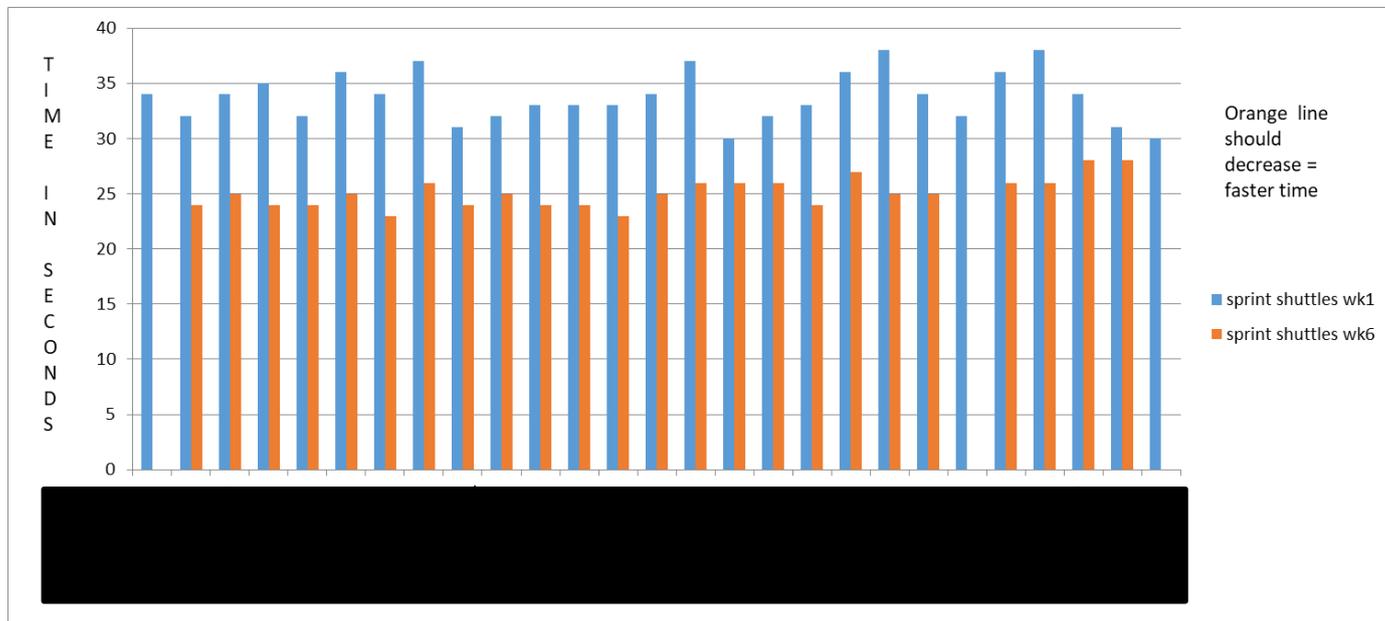
## Cooper's Course Results

- Year two 72% of children made progress completing a greater distance. Overall 98% of Chestnuts class increased the distance.
- The largest improvement in distance saw an increase of 300 metres.
- 8% of the cohort which all came from Willows class reduced the distance that was covered. 18% of cohort which all came from Willows class recorded the same distance.
- Using the National Centre for Biotechnology Information statistics for the Cooper's course the children's results showed that 72% of children were working below 50<sup>th</sup> percentile and only 2% was working in the 95<sup>th</sup> percentile. After the final assessment the results showed 10% of children working in the 95<sup>th</sup> percentile and 42% of children were working in the 75<sup>th</sup> percentile. Children completing less than 310 metres are performing below the 25<sup>th</sup> percentile.



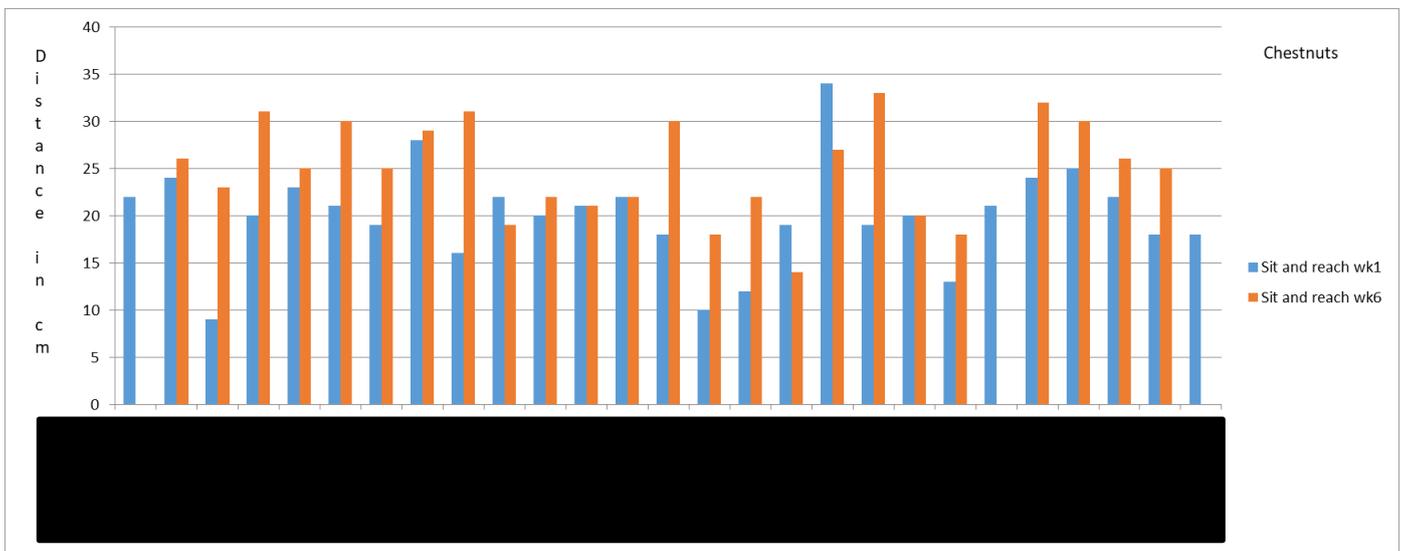
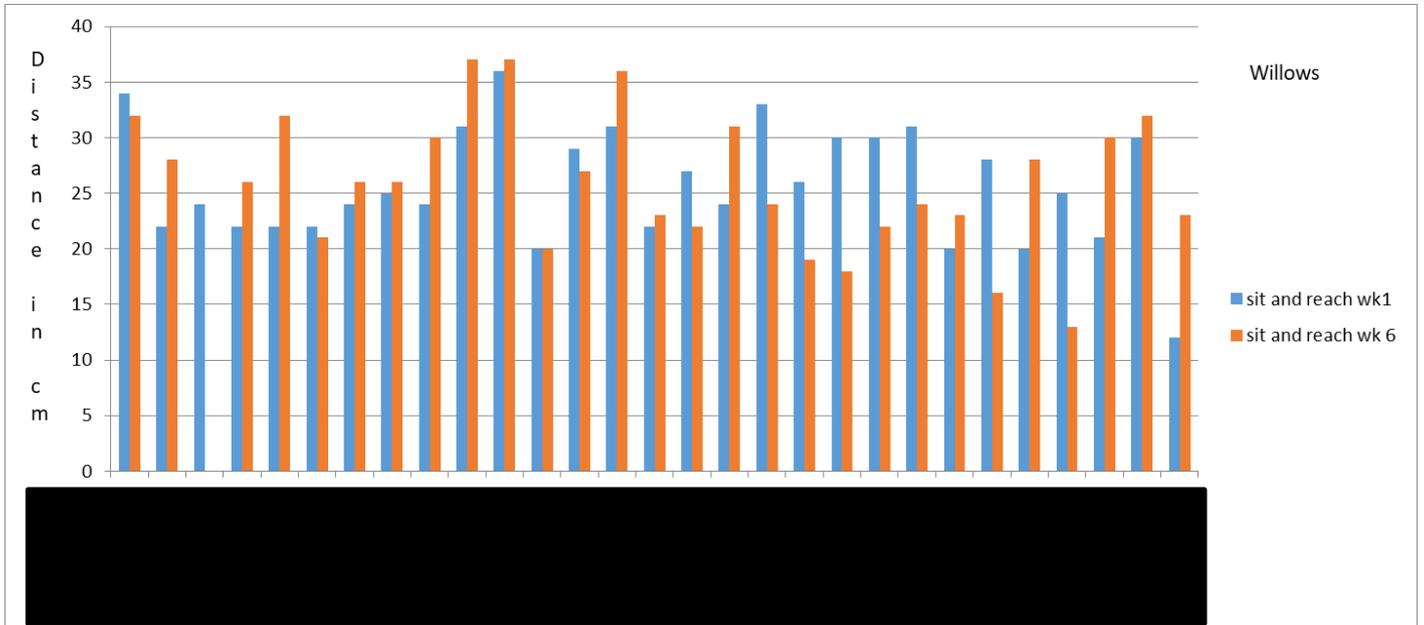
## Shuttle Runs Results

- Year two 96% improved the speed in which they completed the 10m x 4 sprints. All children in Chestnuts showed a reduced time.
- Noticeable results included improvements of 13 seconds.



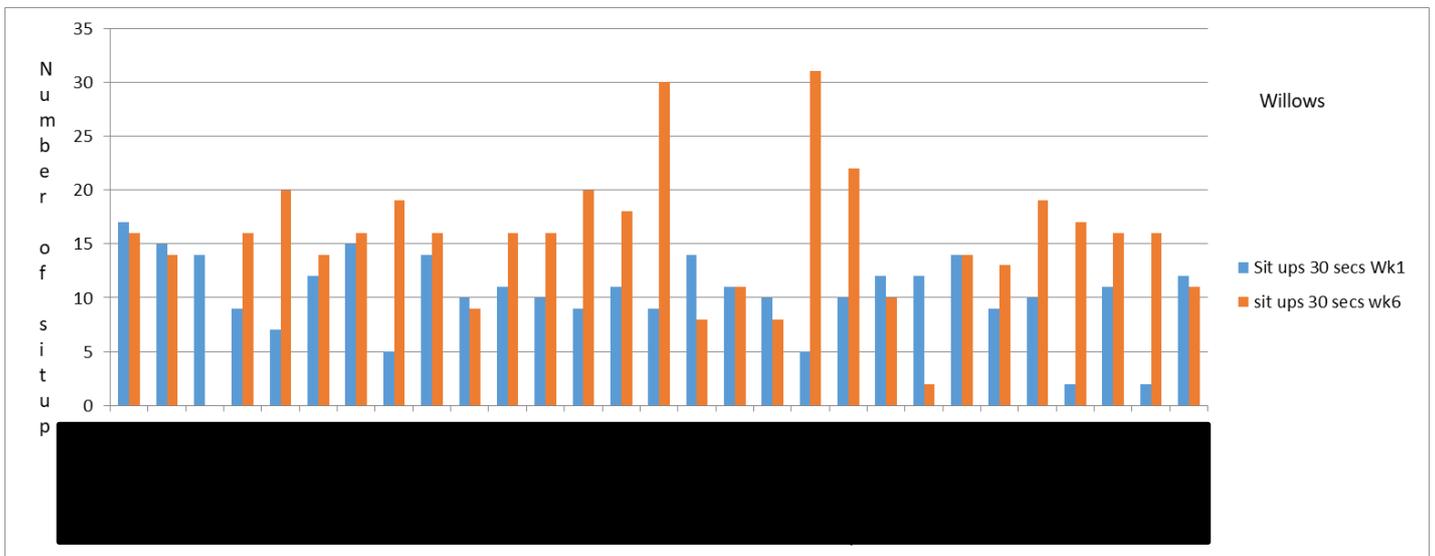
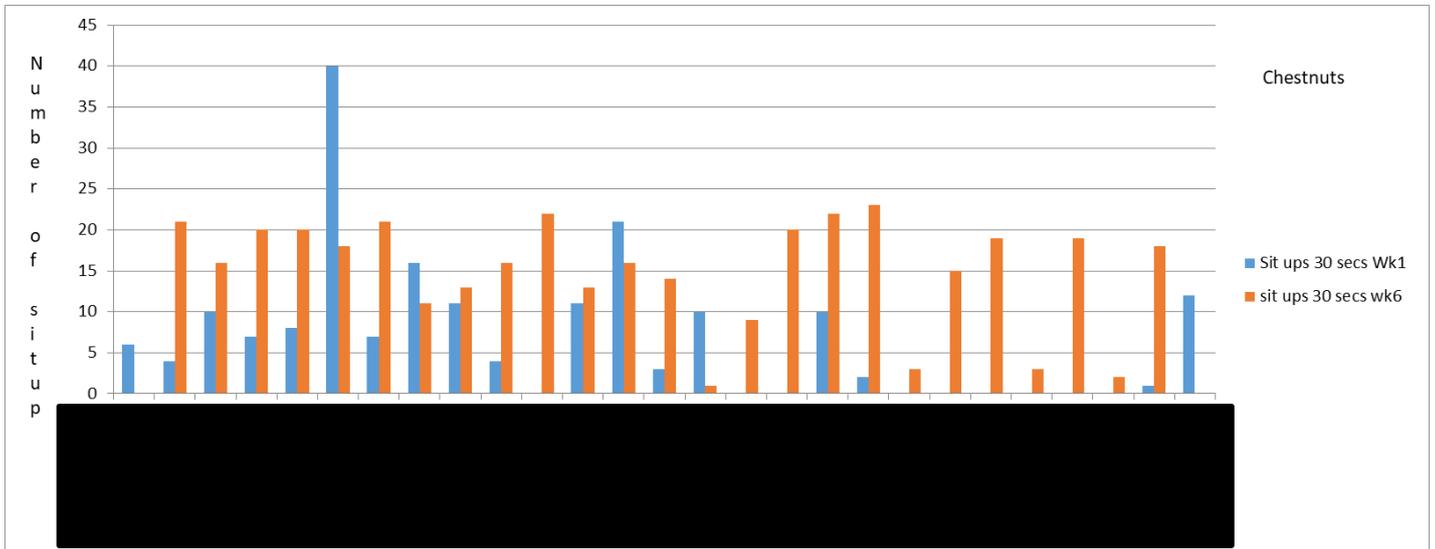
## Sit and Reach Results

- 68% of year one 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 44% of children were below the 25<sup>th</sup> percentile at the beginning of the block. By the end this reduced to 24% of children being below the 25<sup>th</sup> percentile. At the start of testing 34% were above the 50<sup>th</sup> percentile and at the end 58% of children were working above the 50<sup>th</sup> percentile.



## Sit ups test results

- Year two children achieved 76% 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 all but one child was working below the 25<sup>th</sup> percentile with many of the children not able to complete one sit up. After the block, the children showed a good increase and 20% were working above the 25<sup>th</sup> percentile.



## Summary of results

- Overall 96% of children across both classes completed the sprinted shuttles in a quicker time.
- Overall 72% 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 68% 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 teachers not being present for the final session.