



Fitness Testing Data

Danielle is a High Jumper.



Table 1

Gender	Excellent	Good	Average	Poor
Male	>14	14.0 - 11.0	10.9 - 7.0	<4
Female	>15	15.0 - 12.0	11.9 - 7.0	<4

Table 1 shows results from the sit and reach test. Danielle completes the test and scores 10.3cm. What rating is Danielle?

Table 2



Fitness Test	Rating
30m Sprint Test	Average
Sit and Reach Test	Average
Vertical Jump Test	Excellent
Muscular Strength	Good

Table 2 shows the ratings from other fitness tests that Danielle completed. With a partner, answer the questions below:

- Describe the test that is least relevant for Danielle, explain why?
- Which test should Danielle work on to improve her score? Explain why. (Use the sentence starter below to help):

‘Danielle should work on her _____ results. This tests her _____ which is important in High jump because...’