



Fitness Testing Data

Danielle is a High Jumper.

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:

1. Describe the test that is least relevant for Danielle, explain why?
2. 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...'

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

