

## Self-Assessment

# Assessing Skill-Related Physical Fitness

Record Your Results on the Record Sheet

Use these stunts to assess your skill-related fitness abilities. Keep these points in mind, especially if you score low:

- ▶ You can improve all parts of your skill-related fitness, but it is often harder to improve on skill-related fitness abilities than on health-related fitness abilities.
- ▶ With practice you can improve your skills even if you are low in a skill-related fitness ability.
- ▶ Many activities do not require high levels of these abilities.
- ▶ You do not need to excel in an activity or sport to enjoy it.
- ▶ Many subparts of skill-related fitness are not included in these stunts. You may excel in some of these other subparts. Ask your teacher to help you find stunts to test more specific abilities not measured by these stunts.

### PART 1: Side Shuttle (Agility)

Use masking tape or other materials to make five parallel lines on the floor, each 3 feet apart. Have a partner count while you do the side shuttle. Then count while your partner does it.

1. Stand with the first line to your right. When your partner says “go,” slide to the right until your right foot steps over the last line. Then slide to the left until your left foot steps over the first line.

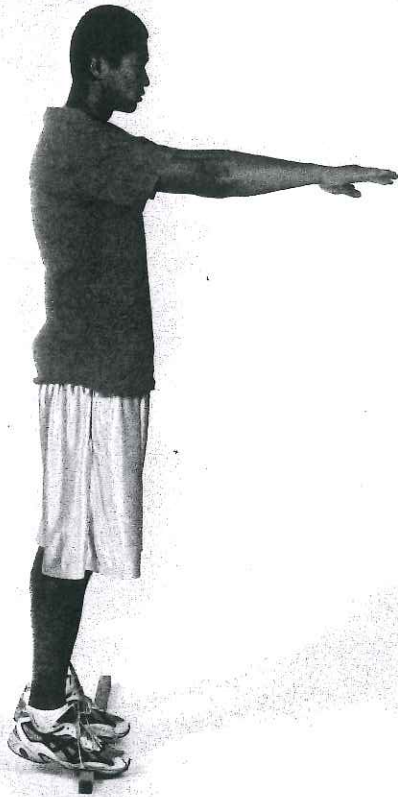
2. Repeat the exercise, moving from side to side as many times as possible in 10 seconds. Only one foot must cross the outside lines.
3. When your partner says “stop,” freeze in place until your partner counts your score. Score 1 point for each line you crossed in 10 seconds. Subtract 1 point for each time you crossed your feet.
4. Do the side shuttle twice. Record the better of your two scores on your record sheet.



**Caution:** Do not cross your feet.







## PART 2: Stick Balance (Balance)

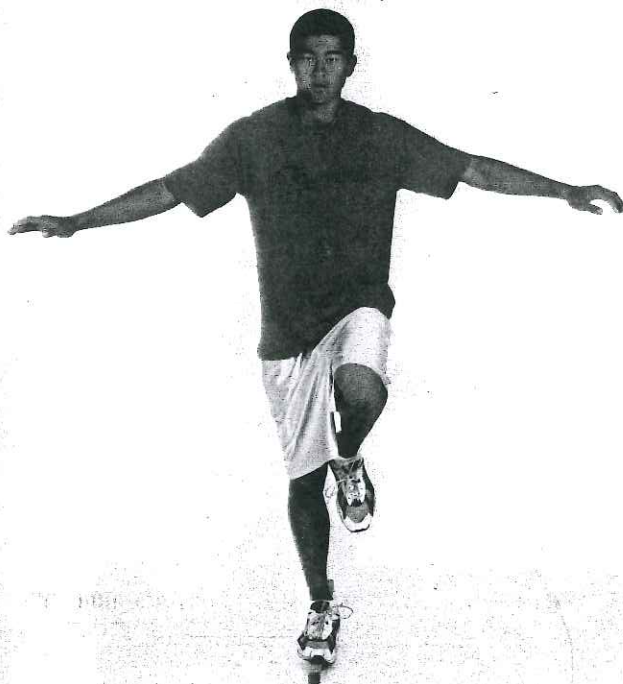
You may take one practice try before doing each stunt for a score.

### Stunt 1

1. Place the balls of both feet across a stick so that your heels are on the floor.
2. Lift your heels off the floor and maintain your balance on the stick for 15 seconds. Hold your arms out in front of you for balance. Do not allow your heels to touch the floor or your feet to move on the stick once you begin.

**Hint:** Focus your eyes on a stationary object in front of you.

3. Try the stunt twice. Give yourself 2 points if you are successful on the first try, 1 point if you failed on the first try but succeeded on the second, and 3 points if you were successful on both tries. Try stunt 2 even if you did not do well on stunt 1.



### Stunt 2

1. Stand on a stick with either foot. Your foot should run the length of the stick.
2. Lift your other foot off the floor. First, balance for 10 seconds with your foot flat. Then rise up on to your ball of foot (heel off the stick) and continue balancing for 10 seconds.

**Hint:** Balance on your dominant leg—the one you balance on when you kick a ball.

3. Try the stunt twice. Give yourself 1 point if you balanced flat-footed for 10 seconds, and another point if you balanced on the ball of your foot for 10 seconds. Give yourself another point if you successfully balanced both flat-footed and standing on your toes. Your maximum score is 3 points.





### PART 3: Wand Juggling (Coordination)

1. Take three practice tries before doing this stunt for a score. Hold a stick in each hand. Have a partner place a third stick across your sticks.
2. Toss the third stick in the air so that it makes a half turn. Catch it with the sticks you are holding. The tossed stick should not hit your hands.
3. Do this stunt 5 times tossing the stick to the right, and then do it 5 times tossing the stick to the left. Score 1 point for each successful catch.

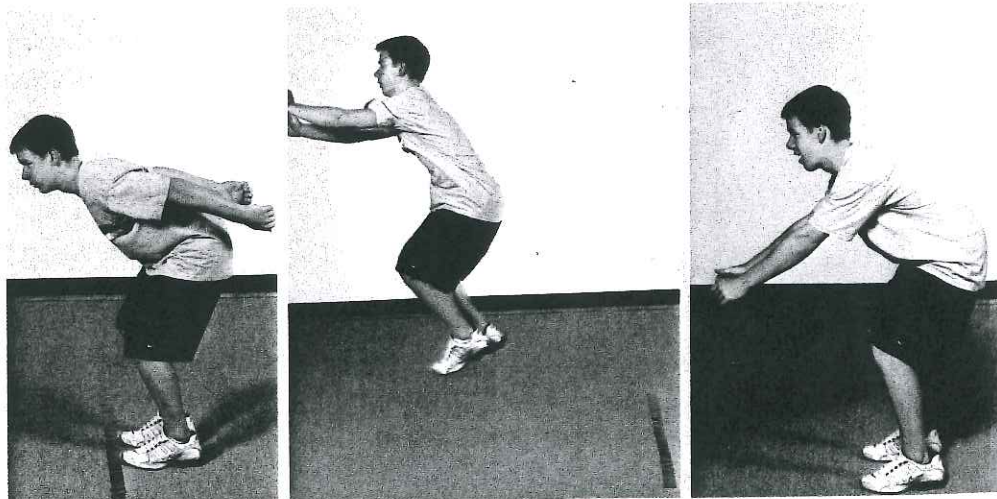
**Hint:** Absorb the shock of the catch by giving with the held sticks, as you might do when catching an egg or something breakable.

### PART 4: Standing Long Jump (Power)

Use masking tape or other materials to make a line on the floor.

1. Stand with both feet behind the line on the floor. Swing your arms forward, and jump as far forward as possible. Keep both feet together. Do not run or hop before jumping.
2. Have a partner measure the distance from the line to the nearest point where any part of your body touched the floor when you landed.

3. Do this stunt twice. Record the better of your two scores on your record sheet.





## PART 5: Yardstick Drop (Reaction Time)

1. You will need a partner for this stunt. Have your partner hold the top of a yardstick with his or her thumb and index finger between the 1-inch mark and the end of the yardstick.
2. Position your thumb and fingers at the 24-inch mark on the yardstick. They should not touch the yardstick. Your arm should rest on the edge of a table with only your fingers over the edge.
3. When your partner drops the stick without warning, catch it as quickly as possible between your thumb and fingers.

**Hint:** Focus on the stick, not your partner, and be very alert.

Try this stunt 3 times. Your score is the number on the yardstick at the place where you caught it. Record your scores. Your partner should be careful not to drop the yardstick after the same waiting period each time. You should not be able to guess when the yardstick will drop. To get your rating, use the middle score (between your lowest and highest score).



## PART 6: Short Sprint (Speed)

Use masking tape or other materials to make lines 2 yards apart beginning 10 yards from the starting line for a total distance of 26 yards. Work with a partner who will time you and blow a whistle to signal you to stop.

Try this once for practice without being timed; then try it for a score. Record your score on your record sheet.

1. Stand 2 or 3 steps behind the starting line.
2. When your partner says "go," run as far and as fast as you can. Your partner will start a stopwatch when you cross the starting line. Then your partner will blow the whistle 3 seconds later. When the whistle blows, do not try to stop immediately, but begin to slow down.
3. Your partner should mark where you were when the 3-second whistle blew. Measure the distance to the nearest yard line. Your score is the distance you covered in the 3 seconds after crossing the starting line.