

1. Agility – The Illinois Agility Test

Normative Data for the Illinois Agility Run Test

The following are national norms for 16 to 19 year olds.

Gender	Excellent	Above Average	Average	Below Average	Poor
Male	<15.2 secs	15.2 - 16.1 secs	16.2 - 18.1 secs	18.2 - 19.3 secs	>19.3 secs
Female	<17.0 secs	17.0 - 17.9 secs	18.0 - 21.7 secs	21.8 - 23.0 secs	>23.0 secs

2. Balance – The Stork Stand Test

Normative Data for the Stork Stand Test

The following table are national norms for 16 to 19 year olds.

Rating	Males	Females
Excellent	>50	>30
Above Average	41-50	23-30
Average	31-40	16-22
Below Average	20-30	10-15
Poor	<20	<10

3. Cardiovascular Endurance – The Coopers Test

Normative Data for the Coopers Test

The following table are national norms for 13 to 16 year olds.

Male Athletes

Age	Excellent	Above Average	Average	Below Average	Poor
13-14	>2700m	2400-2700m	2200-2399m	2100-2199m	<2100m
15-16	>2800m	2500-2800m	2300-2499m	2200-2299m	<2200m

Female Athletes

Age	Excellent	Above Average	Average	Below Average	Poor
13-14	>2000m	1900-2000m	1600-1899m	1500-1599m	<1500m
15-16	>2100m	2000-2100m	1700-1999m	1600-1699m	<1600m

4. Co-ordination – The Wall Toss Test

Normative Data for the Wall Toss Test

The following table are national norms for 15 to 16 year olds.

Age	High Score	Above Average	Average	Below Average	Low score
15-16 Years	>35	30 - 35	25 - 29	20 - 24	<20

5. Flexibility – The Sit and Reach Test

Normative data for the Flexibility Test

The following table are national norms for athletes aged under 36.

Rating	Men	Women
Excellent	>17.9	>17.9
Good	17.0 - 17.9	16.7 - 17.9
Average	15.8 - 16.9	16.2 - 16.6
Fair	15.0 - 15.7	15.8 - 16.1
Poor	<15.0	<15.8

6. Muscular Endurance – The Sit Up Test

Normative data for the Sit Up Test

The following table are national norms for 16 to 19 year olds.

Gender	Excellent	Above Average	Average	Below Average	Poor
Male	>30	26 - 30	20 - 25	17 - 19	<17
Female	>25	21 - 25	15 - 20	9 - 14	<9

7. Power – The Vertical Jump Test

Normative Data for the Vertical Jump Test

The following table is for 15 to 16 year olds.

Gender	Excellent	Above average	Average	Below average	Poor
Male	>65cm	56 - 65cm	50 - 55cm	49 - 40cm	<40cm
Female	>60cm	51 - 60cm	41 - 50cm	35 - 40cm	<35cm

8. Reaction Time – The Ruler Drop Test

Normative Data for the Ruler Drop Test

The following are national norms for 16 to 19 year olds.

Excellent	Above Average	Average	Below Average	Poor
<7.5cm	7.5 - 15.9cm	15.9 - 20.4cm	20.4 - 28cm	>28cm

9. Speed – The 30m Sprint Test

Normative Data for the 30m Sprint Test

The following are national norms for 16 to 19 year olds.

Gender	Excellent	Above Average	Average	Below Average	Poor
Male	<4	4.0 - 4.2	4.3 - 4.4	4.5 - 4.6	>4.6
Female	<4.5	4.5 - 4.6	4.7 - 4.8	4.9 - 5.0	>5.

10. Strength (Forearm) – The Handgrip Dynamometer Test

Normative Data for the Hand Grip Dynamometer Test

The following are national norms for 16 to 19 year olds.

Gender	Excellent	Good	Average	Fair	Poor
Male	>56	51-56	45-50	39-44	<39
Female	>36	31-36	25-30	19-24	<19

11. Strength (Leg and Trunk) – The Leg and Trunk Dynamometer Test

No Normative data for the Leg & Trunk Strength Dynamometer Test

Improving fitness

Below you will find web links as examples of how to improve health and fitness levels and examples of exercises to improve your/your child's levels of fitness.

Please note the following to optimise training and reduce the risk of injury

1. Match the type of training and the intensity of work to the performer's individual needs.
2. Do not over train.

3. Wear appropriate clothing and footwear.
4. Stretch, but do not overstretch or bounce your stretches.
5. Use taping and bracing, where appropriate.
6. Always use the correct technique.
7. Keep hydrated.
8. Make time for rest and recovery.
9. Always warm up and cool down.
10. If necessary, consult your/your child's GP for advice.
11. Always use the principles of training.

http://www.teachpe.com/fitness/training_principles.php

Health and Fitness

www.nhs.uk/live-well/exercise/

Agility

<https://www.acefitness.org/education-and-resources/professional/expert-articles/3782/6-exercises-to-improve-agility>

Balance

<http://www.health.com/fitness/improve-balance>

Cardiovascular Endurance

<https://www.fitday.com/fitness-articles/fitness/10-tips-to-improve-your-cardio-workout.html>

Co-ordination

<https://www.livestrong.com/article/506296-10-examples-of-coordination-balance-exercise/>

Flexibility

<https://www.self.com/gallery/essential-stretches-slideshow>

Muscular Endurance

<https://www.healthline.com/health/fitness-exercise/muscular-endurance-exercises>

Power

<https://www.livestrong.com/article/159566-power-exercises-drills/>

Reaction Time

<http://www.dailymail.co.uk/sciencetech/article-428903/How-improve-reaction-times.html>

Strength

<https://www.nhs.uk/live-well/exercise/how-to-improve-strength-flexibility/>

Speed

<https://greatist.com/fitness/25-ways-run-faster-now>