

Physical Testing Programme

About The Programme

In order to keep Members progressing in their classes, all Squad Members will take part in a Physical Testing Programme throughout the season. These activities will test strength, endurance and flexibility. Members will be tested on a selection of activities approximately every 2 months, with the results recorded and used by Coaches to help identify where additional support is needed for each Member.

Home Practice

The programme is designed to require minimal input from parents, however it is requested that parents encourage Members to complete a selection these activities on a daily basis. Parents are also encouraged to gently assist Members in their flexibility activities.

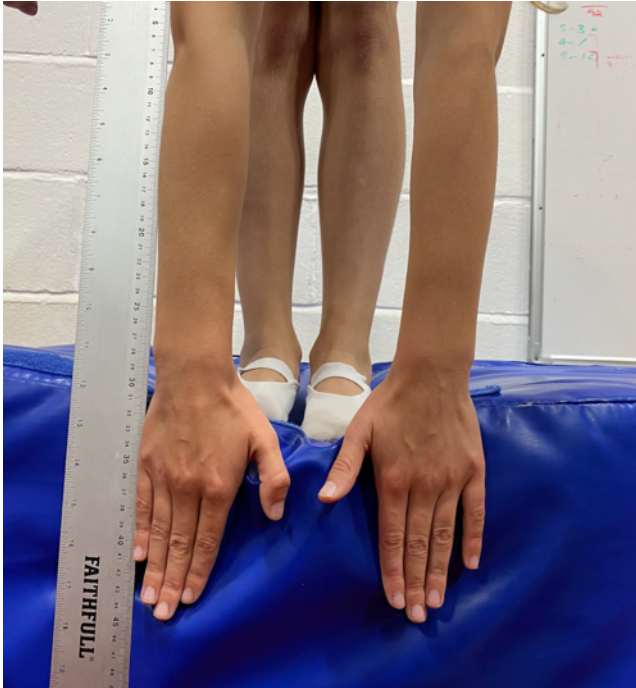
Using The Results

The results from each Testing Day will be recorded and then used to identify any areas which need further development, with Coaches potentially assigning additional activities to each Member to practice at home to improve future results.

Standing Pike Fold

Activity Instructions

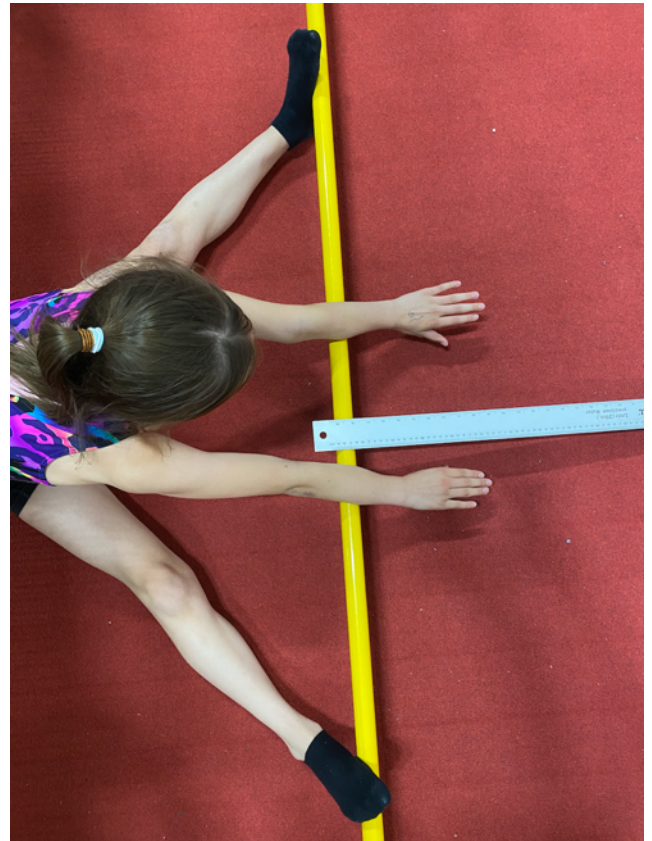
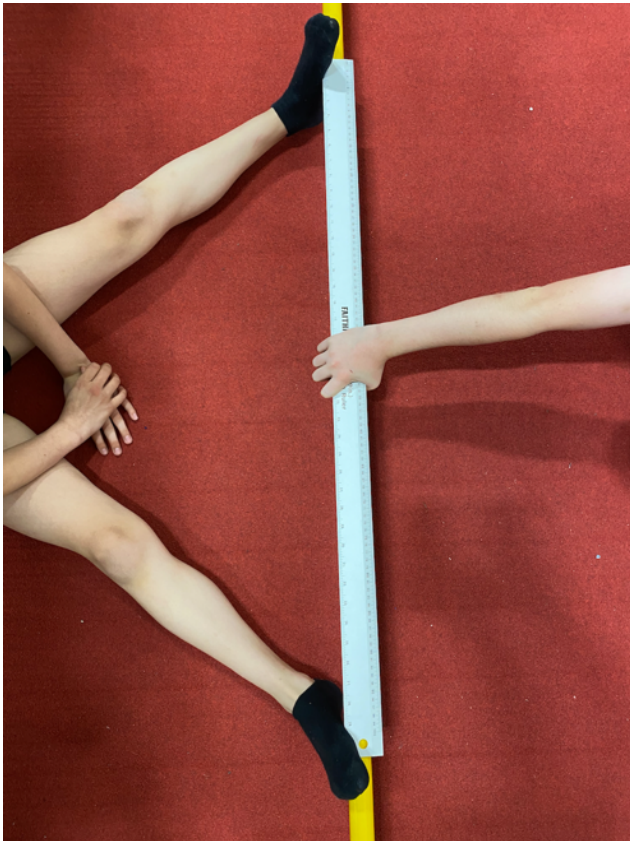
- Standing on the edge of a box top with feet slightly apart
- Keeping legs straight, reach past the edge of the box
- Hold this position for 3 seconds
- Distances will be measured from the edge of the box to the fingertips



Japanana

Activity Instructions

- Sitting on floor with legs straight and apart
- Place feet on the small bar approximately 1m apart
- Stretch down to the bar keeping knees straight and hold for 3 seconds
- Distances will be measured from the edge of the bar to the fingertips



Shoulder Flexion

Activity Instructions

- Lying on floor with arms locked straight overhead with thumbs touching
- Keep forehead, chest, hips and knees on the floor
- Lift both hands clear off the floor and hold for 3 seconds
- Distances measured from wrist to floor



Splits (Left & Right)

Activity Instructions

- Put one foot in front of the other, sliding one leg forwards whilst keeping legs straight
- Knees must remain pointing upwards and ankles must not turn in
- Support can be provided against a bench if needed
- Distances measured from floor to hip

Note – Gymnastics & Cheerleading Members will also be assessed on Splits (Middle)



Bulgarian Split Squats (Left and Right)

Activity Instructions

- Place one foot flat on the floor and the other foot elevated on a raised block
- Keeping bodyweight over the front foot, bend knee
- Keep a straight line between the knee, hip and shoulders – the knees must not turn in
- Tests will continue until 5 have been completed successfully



V-Sits

Activity Instructions

- Lying flat on the back and keeping legs straight, fold in to a V-shape
- Repeat the exercise as quickly as possible within 30 seconds
- The feet and hands must touch the floor between attempts
- The number of successful V-sits within 30 seconds will be counted



Depth Jump

Activity Instructions

- Using a block, jump from floor up on to block then jump up, performing a tuck jump
- Run back around the block and repeat the activity
- The number of successful activities within 30 seconds will be counted



Leg Lift Holds

Activity Instructions

- Hanging straight from the wall bars with back against the bars
- Lift legs in a pike shape up to the horizontal line, keeping legs straight
- The length of time the position is held is counted



Bench Holds (Front, Back, Left and Right)

Activity Instructions

- Lying flat on a bench with the hips at the end of the bench
- An assistant will keep the legs flat on the bench
- Place arms across chest and maintain a straight line position over the edge of the bench
- The activity will be timed, timing will stop when a straight shape is no longer being held



Handstand

Activity Instructions

- Keeping hands within a hoop, go up on to hands and keep straight body shape
- Legs should be kept straight and knees together
- The length of time the position is held is counted



Straddle Lever (Gymnastics Squad Only)

Activity Instructions

- Sitting in straddle with a set of parallel bars between the legs
- Lift legs off the floor and then in to a straddle lever
- The length of time the position is held is counted



Pull Up (Gymnastics & Cheer Squad Only)

Activity Instructions

- Starting from hanging from the high bar, hands over the bar
- Pull chin up over the bar and lower down, repeating as many times as possible
- The number of successful pull-ups is counted



Chin Up (Gymnastics & Cheer Squad Only)

Activity Instructions

- Starting from hanging from the high bar, hands under the bar
- Pull chin up over the bar and lower down, repeating as many times as possible
- The number of successful pull-ups is counted



30 Straight Jumps On Trampoline (Trampoline Squad Only)

Activity Instructions

- From stand, complete 30 straight jumps on trampoline without stopping
- Maintain maximum height throughout the 30 jumps and good positioning on trampoline
- The time taken to complete 30 jumps will be recorded along with the HD of the jumps
- This activity is the only activity that will be completed at every testing date

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0.2	0.1	0.0	0.2
0.3	0.2		0.3