

Whole School analysis: Fitness tests

	Cardio Vascular Autumn	Cardio Vascular Summer	Difference	Flexibility Autumn	Flexibility Summer	Difference	Muscle Endurance Autumn	Muscle Endurance Summer	Difference
Average score	55.4	76.4	+21	74.1	65.8	-8.3	277.6	358.9	+81.3

❖ Flexibility = The lower the number the more flexible the children are.

Conclusion

Since working more closely with the Sports Plus coach and tailoring the PE sessions and after school sessions to what the children need. The fitness levels of pupils across the school have significantly improved.

❖ Cardio Vascular is still lower than flexibility and muscle endurance. After school clubs will be tailored to try and improve the cardio vascular levels of our children.

Year 6 Swimming results 2017

75% of Year 6 children can:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]