



Student name:.....

**EVALUATION INDICATORS MEASURING THE PROJECT OBJECTIVES
 PHYSICAL FITNESS TEST**

Test	Inicial (1st or 2nd term course 16-17)	Intermediate (1st term course 17-18)	Final (3rd term course 17-18)	Final objective
Test of speed (30m)		-2% time	-3% time	-5% time
Test of aerobic resistance (6 min)		+2% distance	+3% distance	+5% distance
Agility test 10x5		-2% time	-3% time	-5% time
Test to know the power of legs (jump feet together in stopped)		+2% distance	+3% distance	+5% distance
Test to know the power of back and arms (launch 2kg medicinal ball backwards)		+2% distance	+3% distance	+5% distance
Cardiopulmonary test after 6 minutes of continuous race at moderate pace		- 2% heartbeats	- 3% heartbeats	- 5% heartbeats