

Evaluació de condició física, comparació amb l'any passat

Test	Last year result	Grade (last year)	This year result	Grade (this year)	Valoració
Course navette	7 peliers	3,5	7 peliers	3	I've made the same peliers as last year, however, my note has dropped because in my age I should have done more instead of the same than before.
Test dels 30m	8,06 s	4	5,73 s	10 (?)	Last year I did not know how to apply the technique to gain speed, this year I have done the test better and as a result I have increased the grade.
Flexions en barra pronació	0,5	0,5	3	3	Although I have more arms strength than last year I am below the note to pass, I should improve on this aspect.

Salt de llargada sense carrera	1,71 m	0	1,65 m	0	I have made less distance than last year, so the note is still 0. The condition of my legs is what I have in the worst state in any sport, since I am not very trained.
Abdominals en 30s	35 abdominals	10	33 abdominals	10	More or less I managed to keep myself in this aspect, and the note remains 10 even if I did 2 abs less.
Seat and reach	-5 cm	0,5	-11 cm	0	I did not train my flexibility in this year, so I became more rigid, getting more than twice the score worse than before.

3. Quins són els teus hàbits de salut i Activitat Física? Són adients? Els pots millorar? (Which are your healthy habits and physical activities? are they suitable? Can you improve them?) L'any passat feia piscina (a Can Millars) 2 cops a la setmana, sessions de més o menys 40 min en les quals em feia 1km aproximadament. Aquest any la piscina està en obres així que he començat a anar al gimnàs (PELL), fent sessions de gimnàs de ~30 min i després piscina fins que arribo als 2km. Després d'aquestes sessions estic molt cansat, tot i així cada dia que hi vaig faig més activitat física així que els meus hàbits de salut sí que són adients i els puc millorar.

(Last year I used to go swimming (in Can Millars) twice a week, sessions of about 40 min in which I swam about 1km. This year the pool is under construction so I started to go to the gym (PELL), doing gym sessions ~ 30 min and then swimming until I reach 2km. After these sessions I am very tired, but every day I do more physical activity, so my health habits are good and I can improve them.)