

Mar Llorens

EVALUATION OF Y PHYSICAL CONDITION AND HEALTHY HABITS

In the agility test I got a 10 but I think that the scale is too low because I'm not very agile. In the jumping test I got a 8,5, I have worsened over last year because last year I jumped 2,10 and I got a 10. In the abdominals test I got a 10 and I agree with that mark because I think that I'm and good at this. In the flexing test I got a 9,5 and I have improved since last year. In the course Navette test I got a 10 and I also improved because last year I arrove to 10 periods and this year I did 12. I'm a very active girl and I really enjoy doing sports. Every day I go to the swimming pool and I often go to run races on weekends. I think that my habits are right and I'm having a healthy live. I also think that I don't need to improve them.