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EVALUATION OF PHYSICAL CONDITION AND HEALTHY HABITS

**1. After realising the physical condition tests, what marks would you get from** **each test?**

|  |  |  |
| --- | --- | --- |
| Activity  | Result | Mark |
| Speed | 6,30 s | 10 |
| Strength of arms | 1 | - |
| Crunches (abdominal) | 38 | 10 |
| Long jump | 1,80 m | 7,5 |
| Course navette | 9 | 8 |
| Agility | 19 s | 5,5 |
| Flexing exercise | 22 | - |
| Flexibility | 15 cm | 7,5 |

**2. What is your level of physical condition in general? (You can design a file with all the tests, even add results from other years if you have them). Discuss and evaluate the results obtained.**

I think that I’m in a good level of physical condition, especially in doing crunches. But I have to improve in everything in general, because I want to get fitter.

My grades are more or less similar in relation to the other’s years grades. For example, I made 1,81 in the long jump when I was in 1st ESO, and my strength of my arms and flexibility are unfortunately the same. Although I don’t remember very well, but I guess that my speed and my agility have get worse. I’ve always been good at doing crunches. I suppose that my flexing exercise have upgrade and the course navette test too.

I’m satisfied with some marks (crunches, course navette) and unsatisfied with the others, because in my opinion I can do it better.

**3. What are your health habits and Physical Activity? Are they suitable? Can you improve them?**

I play basketball 3 times a week and on the weekend I play a match. I do approximately 5 hours of basket every week.

Moreover I walk a lot and sometimes I go out with my family to do sport.

I try to eat healthy, even that I need to ameliorate my diet.

I believe that I can improve all, maybe I should go for a run more times, or go on a hiking trip with my family. And finally, one of the most important things, I should eat better.